Presentations designed to support people on their journey of grief

• Registration is required • Workshops take place via Zoom •

Grief Journaling
Mondays • July 10, 17, 24, 31
6:00 p.m. — 7:30 p.m.
Debra Oryzysyn • 212-609-1929
Debra.Oryzysyn@vnshealth.org

Bereavement Creative Arts Support Group for Adults Whose Loved One Died on Hospice
Each meeting will focus on the grief journey of group members, as told through the creative arts. No artistic skills required and a list of suggested art materials for each session will be provided.

Thursdays • July 13, September 21, October 19, November 16, and December 14
11:00 a.m. — 12:15 p.m.
Rosanne Sonatore • 646-276-4399
Rosanne.Sonatore@vnshealth.org

Summer Labyrinth Walk
Wednesday • July 26
5:00 p.m. — 6:00 p.m.
Debra Oryzysyn • 212-609-1929
Debra.Oryzysyn@vnshealth.org

Saturday Matinee
A monthly film series to support you in the grieving process

Saturdays • Dates TBD
1:30 p.m. — 3:00 p.m.
Debra Oryzysyn • 212-609-1929
Debra.Oryzysyn@vnshealth.org

Proceso de luto (The Process of Grief)
Thursday • August 3
1:30 p.m. — 3:00 p.m.
Liz Santana • 917-608-7220
Elizabeth.Santana@vnshealth.org

Book Club: We Were Made for These Times
Ten Lessons for Moving Through Change, Loss and Disruption

Wednesdays • September 13, 20, 27, October 4, 11, 18, 25, and November 1, 8, 15
12:00 p.m. — 1:00 p.m.
Jean Metzker • 917-331-7819 • Text or email preferred
Jean.Metzker@vnshealth.org
Please register by Monday September 10th

Paths to Peace – A Healing Modality Series

Saturdays • September 16 – Self-Care and Rituals, September 23 – Reiki, September 30 – Mindfulness Meditation and Labyrinth Walk
10:30 a.m. — 11:30 a.m.
Debra Oryzysyn • 212-609-1929
Debra.Oryzysyn@vnshealth.org
Note: Dates may be subject to change

How Long Does Grief Last?
Thursday • October 5
6:00 p.m. — 7:30 p.m.
Willis Partington • 718-715-5320
Willis.Partington@vnshealth.org

Book Club: Poems by Amanda Gorman
Call Us What We Carry

Tuesdays • October 10, 17, 24
12:00 p.m. — 1:00 p.m.
Jean Metzker • 917-331-7819 • Text or email preferred
Jean.Metzker@vnshealth.org
“For All of Us Who Are Hurting & Healing Who Choose to Carry on.”

Fall Labyrinth Walk
Saturday • October 14
5:00 p.m. — 6:00 p.m.
Debra Oryzysyn • 212-609-1929
Debra.Oryzysyn@vnshealth.org

Group Testimonial
“My journey through the grieving process is evolving with the help and support of our Men’s Group.”
—G.B.
Seasons of Life Support Groups

- Registration is required • Groups take place via Zoom •

**Weekly (Ongoing) Groups**

**Chinese-Language Bereavement Support**
善別輔導小組
Tuesdays • 2:30 p.m. — 4:00 p.m.
Pamela Yew Schwartz • 347-831-1811
Pamela.Schwartz@vnshealth.org

**For Adults Grieving the Death of a Loved One**
For Adults Grieving the Death of a Loved One
Tuesdays • 6:00 p.m. — 7:30 p.m.
Willis Partington • 718-715-5320
Willis.Partington@vnshealth.org

**Bi-Weekly Groups**

**For Spouses and Partners in the First Year Who Are Grieving the Death of a Hospice Patient**
This Zoom group is ongoing
Mondays • July 10, 24, August 14, 28, September 11, 25, and October 9, 23
11:00 a.m. — 12:30 p.m.
Janet King • 646-341-0405 • Janet.King@vnshealth.org

**For Adults Whose Loved One Died on Hospice**
This is a general loss Zoom group with meetings ongoing
Wednesdays • July 12, 26, August 9, 23, September 13, 27, and October 11, 25
1:00 p.m. — 2:30 p.m.
Janet King • 646-341-0405 • Janet.King@vnshealth.org

**For Adults Grieving the Death of a Loved One**
Tuesdays • July 11, 18, August 1, 15, September 5, 19, and October 3, 10
1:00 p.m. — 2:30 p.m.
Dianna Sandiford • 646-430-4125
Dianna.Sandiford@vnshealth.org

**For Young Adults Grieving the Death of a Loved One**
Thursdays • September 7, 21, October 12, 26, and November 16, 30
6:00 p.m.—7:30 p.m.
Gladys Ortiz-Alvarado • 917-923-6288
Gladys.Ortiz-Alvarado@vnshealth.org

**Men Coping with Grief**
Mondays • July 10, 24, August 7, 21, September 11, 18, and October 9, 23
6:00 p.m. — 7:30 p.m.
Willis Partington • 718-715-5320
Willis.Partington@vnshealth.org

**Grupo de Soporte para Hispanos**
“Construyendo un Puente hacia una Vida Nueva”
(Spanish Bereavement Group)
Thursdays • September 14, 28, October 12, 26
1:30 p.m. — 3:00 p.m.
Liz Santana • 917-608-7220
Elizabeth.Santanta@vnshealth.org

**Special Topic:**
Art as a Pathway to Healing
Thursdays • October 12, 19, 26 and November 2, 9, 16
2:00 p.m.—3:30 p.m.

This fall, The Museum of Modern Art, in Partnership with VNS Health Hospice Care, invites you to join regularly scheduled in-person programs at the Museum. Learn about art and meet new people through interactive sessions that will explore different artists and themes in modern and contemporary art. No prior experience necessary! Space is limited and preregistration required. This program is open to individuals who have had loved ones in VNS Health Hospice Care and participated in the bereavement program. First time participants will be given priority. For more information or to register, e-mail primetime@moma.org.
Seasons of Life Support Groups

- Registration is required • Groups take place via Zoom •

**Monthly Groups**

For Adults Grieving the Death of a Brother or Sister
Mondays • July 24, August 28, September 25, October 23
6:00 p.m. — 7:30 p.m.
Gladys Ortiz-Alvarado • 917-923-6288
Gladys. Ortiz-Alvarado@vnshealth.org

**Loss of an Adult Child**

For Parents Grieving the Death of an Adult Child
Wednesdays • July 12, August 9, September 13, October 11
1:00 p.m. — 2:30 p.m.
Pamela Yew Schwartz • 347-831-1811
Pamela.Schwartz@vnshealth.org

**Focused Groups**

For Adults Grieving the Death of a Parent
Tuesdays • September 19, 26, October 3, 10, 17, 24
6:00 p.m. — 7:30 p.m.
Debra Oryzysyn • 212-609-1929
Debra.Oryzysyn@vnshealth.org

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**Group Testimonial**

“Being able to listen and share my deepest feelings with a group of peers was healing.”
—J.S.

**Group Testimonial**

“When I was knocked out by grief the group got me back on my feet.”
—E.G.

**Group Testimonial**

“The group gives me a safe place to tell my story and learn from others.”
—W.B.

**Group Testimonial**

“Each time I attend the weekly group meeting, I am reminded of the importance of allowing myself to grieve.”
—W.B.

**Group Testimonial**

“Even with Zoom we can speak freely, safely, and from our hearts.”
—N.D.

**Group Testimonial**

“The professional group leaders do their work with great wisdom and caring.”
—E.G.