Bereavement Services Fall 2023 / Early Winter 2024 Calendar

The David and June Pelkey Grief Education Series

Presentations designed to support people on their journey of grief

• Registration is required • Workshops take place via phone or Zoom •

**Book Club: Poems by Amanda Gorman**
*Call Us What We Carry*
Tuesday • 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
9:30 a.m.
Debra Oryzysyn • 212-609-1929
Debra.Oryzysyn@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.

**Bereavement Creative Arts Support Group**
*Each meeting will focus on the grief journey of group members, as told through the creative arts. No creative arts skills required and a list of suggested materials for each group will be provided.*

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

**Making the Holidays Meaningful and Manageable**
Thursday • November 16
6:00 p.m. — 7:30 p.m.
Willis Partington • 718-715-5320
Willis.Partington@vnshealth.org

**Stress Management and Self-Care in Grief**
Tuesday • December 12
6:00 p.m. — 7:30 p.m.
Debra Oryzysyn • 212-609-1929
Debra.Oryzysyn@vnshealth.org

**How Long Does Grief Last?**
Thursday • January 18, 2024
6:00 p.m. — 7:30 p.m.
Willis Partington • 718-715-5320
Willis.Partington@vnshealth.org

**Saturday Matinee**
*A four-part film series to support you in the grieving process*
Saturdays • January 20, February 3, 24, and March 2, 2024
1:30 p.m. — 4:00 p.m.
Debra Oryzysyn • 212-609-1929
Debra.Oryzysyn@vnshealth.org

**Art making and collage to share memories and grief**
*A workshop in collaboration with School of Visual Arts*
Thursdays • November 2, 30, and December 7
10:00 a.m. — 11:30 a.m.
Janet King 646-341-0405
Janet.King@vnshealth.org
Seasons of Life Support Groups

- Registration is required • Groups take place via phone or 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**
Tuesdays • 6:00 p.m. — 7:30 p.m.
Willis Partington • 718-715-5320
Willis.Partington@vnshealth.org

**Bi-Weekly Groups**

**For Adults in the First Year Who Are Grieving the Death of a Hospice Patient**
*This Zoom group is ongoing*
Mondays • October 9, 23, November 13, 27, December 11, and January 8, 22, 2024
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 • October 11, 25, November 15, 29, December 13, 27, and January 10, 24, 2024
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 • October 3, 10, November 7, 21, December 5, 19, and January 2, 16, 2024
12:00 p.m. — 1:30 p.m.
Dianna Sandiford • 646-430-4125
Dianna.Sandiford@vnshealth.org

**For Young Adults Grieving the Death of a Loved One**
Thursdays • October 12, 26, November 16, 30, December 14, and January 11, 25, 2024
6:00 p.m. — 7:30 p.m.
Gladys Ortiz-Alvarado • 917-923-6288
Gladys.Ordz-Alvarado@vnshealth.org

**Men Coping with Grief**
Mondays • October 9, 23, November 6, 20, December 4, 18, and January 8, 22, 2024
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 • October 12, 26, November 16, 30, December 14, 28, and January 11, 25, 2024
1:30 p.m. — 3:00 p.m.
Liz Santana • 917-608-7220
Elizabeth.Santanta@vnshealth.org

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

**Group Testimonial**
“Being able to listen and share my deepest feelings with a group of peers was healing.”
—J.S.
Monthly Groups
For Adults Grieving the Death of a Brother or Sister
Mondays • October 23, November 20, December 18, and January 22, 2024
6:00 p.m. — 7:30 p.m.
Gladys Ortiz-Alvarado • 917-923-6288
Gladys.Ormiz-Alvarado@vnshealth.org

Loss of an Adult Child
For Parents Grieving the Death of an Adult Child
Wednesdays • October 11, November 8, December 13, and January 10, 2024
1:00 p.m. — 2:30 p.m.
Pamela Yew Schwartz • 347-831-1811
Pamela.Schwartz@vnshealth.org

Focused Groups
LGBTQ+ and Allies Bereavement Group
Thursdays • October 26, November 2, 9, 16, 30, and December 7, 14
4:30 p.m. — 5:30 p.m.
Jean Metzker • 917-331-7819
Text or email preferred
Jean.Metzker@vnshealth.org

For Adults Grieving the Death of a Spouse or Partner
Tuesdays • January 23, 30 and February 6, 13, 20, 27, 2024
6:00 p.m. — 7:30 p.m.
Debra Oryzysyn • 212-609-1929
Debra.Oryzysyn@vnshealth.org

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
“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
“Throughout the week, I often find myself reflecting on what was said by other or what wasn’t said by me.” —W.B.

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

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