

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 Zoom •

Special Topic

Art as a Pathway to Healing

Thursdays • April 11, 18, 25 and May 2, 9 and 16
2:00 p.m.—3:30 p.m.



This spring, 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.**

Mindfulness Based Grief Reduction: A full day silent retreat

Finding Peace • 16 Breathing Exercises

Sunday • May 19

1:30 p.m.—5:00 p.m.

Jean Metzker • 917-331-7819 • Text or email preferred

Jean.Metzker@vnshealth.org

Learning to meditate and to find peace and calmness in the process often results in grieving that lets go of anxiety helping the grieving process have purpose.

Bereavement Creative Arts Support Group

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 • April 4, May 9, June 6, July 11

11:00 a.m. - 12:15 p.m.

Rosanne Sonatore • 646-276-4399

Rosanne.Sonatore@vnshealth.org

Spring Labyrinth Walk

Saturday • May 11

9:30 a.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnshealth.org



How Long Does Grief Last?

Thursday • May 16

6:00 p.m.—7:30 p.m.

Willis Partington • 718-715-5320

Willis.Partington@vnshealth.org

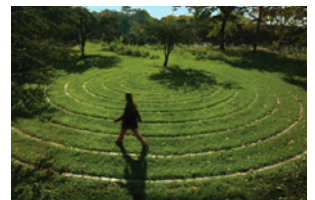
Summer Labyrinth Walk

Wednesday • July 24

5:00 p.m.—6:00 p.m.

Debra Oryzysyn • 212-609-1929

Debra.Oryzysyn@vnshealth.org



Special Topic

Grief and Dreams

Wednesdays • June 5, 19, and July 3, 17

6:00 p.m.—7:30 p.m.

Willis Partington • 718-715-5320

Willis.Partington@vnshealth.org

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

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 April 8, 22, May 6, 20, June 10, 24, and July 8, 22
 11:00 a.m. — 12:30 p.m.
 Janet King • 646-341-0405
 Janet.King@vnshealth.org

For Adults Grieving the Death of a Loved One

Tuesdays • April 2, 16, May 7, 21, June 4, 18, and July 2, 16
 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 • May 9, 23, June 13, 27, and July 11, 25
 6:00 p.m. — 7:30 p.m.
 Gladys Ortiz-Alvarado • 917-923-6288
 Gladys.Ortiz-Alvarado@vnshealth.org

Men Coping with Grief

Mondays • April 1, 15, May 6, 20, June 3, 17, and July 1, 15
 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 • April 4, 18, May 2, 16, and June 6, 20
 1:30 p.m. — 3:00 p.m.
 Liz Santana • 917-608-7220
 Elizabeth.Santanta@vnshealth.org



Group Testimonial

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



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

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

VNS Health Hospice Care
 Willis.Partington@vnshealth.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 • April 22, May 20, June 24, and July 22

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 • April 10, May 8, June 12, and July 10

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 • June 6, 13, 20, 27, and July 11, 18, 25

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 Parent

Tuesdays • May 7, 14, 21, 28, and June 4, 11

6:00 p.m. — 7:30 p.m.

Debra Oryzysyn • 212-609-1929

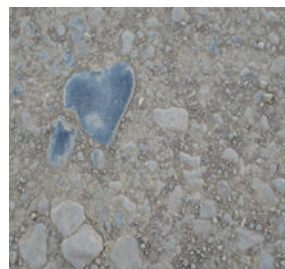
Debra.Oryzysyn@vnshealth.org



Group Testimonial

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

—E.G.



Group Testimonial

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

—N.D.



Group Testimonial

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

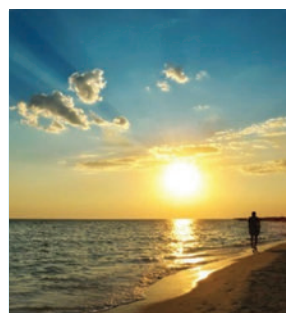
—W.B.



Group Testimonial

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

—W.B.



Group Testimonial

“The openness of all and the wise empathetic leadership helps me feel compassion for fellow members and take focus away from my pain.”

—S.N.



Group Testimonial

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

—E.G.