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.

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

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.

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)

Tuesdays • April 2, 16, May 7, 21, June 4, 18, and July 2, 16
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

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**Group Testimonials**

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

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

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

"The openess of all and the wise empathetic leadership helps me feel compassion for fellow members and take focus away from my pain.”
—S.N.

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