

**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

**Tuesdays • April 14, 21, 28, and May 5, 12, 19**  
**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 is 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](mailto:primetime@moma.org).**

#### Spring Labyrinth Walk

**Saturday • May 9**

9:30 a.m.

Debra Oryzysyn • 212-609-1929

[Debra.Oryzysyn@vnshealth.org](mailto:Debra.Oryzysyn@vnshealth.org)



#### How Long Does Grief Last?

**Thursday • May 14**

6:00 p.m.—7:30 p.m.

Willis Partington • 718-715-5320

[Willis.Partington@vnshealth.org](mailto:Willis.Partington@vnshealth.org)

### Mindfulness Based Grief Reduction: A full day silent retreat

**Finding Peace • 16 Breathing Exercises**

**Sunday • May 17**

1:30 p.m.—5:00 p.m.

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

[Jean.Metzker@vnshealth.org](mailto: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.*



### Special Topic

**Book Group: “It’s OK That You’re Not OK” By Megan Devine**

**Wednesdays • June 3, 17, July 1, 15**

6:00 p.m.—7:30 p.m.

Willis Partington • 718-715-5320

[Willis.Partington@vnshealth.org](mailto:Willis.Partington@vnshealth.org)

#### Grief Journaling

**Tuesdays • July 7, 14, 21, 28**

5:00 p.m.—6:00 p.m.

Debra Oryzysyn • 212-609-1929

[Debra.Oryzysyn@vnshealth.org](mailto:Debra.Oryzysyn@vnshealth.org)

#### Summer Labyrinth Walk

**Wednesday • July 22**

5:00 p.m.—6:00 p.m.

Debra Oryzysyn • 212-609-1929

[Debra.Oryzysyn@vnshealth.org](mailto:Debra.Oryzysyn@vnshealth.org)



#### Proceso de luto (The Process of Grief)

**Presentación en español**

**Wednesday • July 1**

12:00 p.m.—1:30 p.m.

Liz Santana • 917-608-7220

[Elizabeth.Santana@vnsny.org](mailto:Elizabeth.Santana@vnsny.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 hybrid Zoom and in-person group is ongoing*

Mondays • April 6, 20, May 4, 18, June 8, 22, July 6, 20

11:00 a.m. — 12:30 p.m.

Gregory Smith • 646-952-1123

Gregory.Smith@vnshealth.org

#### For Adults Grieving the Death of a Loved One More Than One Year

Mondays • April 6, 20, May 4, 18, June 1, 15, and July 6, 20

12:00 p.m. — 1:30 p.m.

Dianna Sandiford • 646-430-4125

Dianna.Sandiford@vnshealth.org

#### Men Coping with Grief

Mondays • April 6, 20, May 4, 18, June 1, 15, and July 6, 20

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 2, 16, May 7, 21, and June 4, 18

1:30 p.m. — 3:00 p.m.

Liz Santana • 917-608-7220

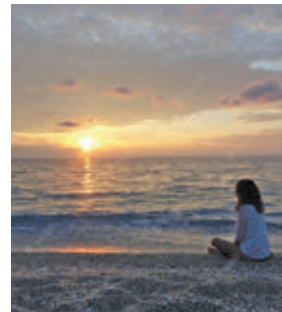
Elizabeth.Santana@vnshealth.org



#### Group Testimonial

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

—J.S.



#### Group Testimonial

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

—G.B.



#### Group Testimonial

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

—G.B.



#### Group Testimonial

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

—W.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 13, May 18, June 22, July 20**

6:00 p.m. — 7:30 p.m.

Alison Reynoso • 347-753-7687

Alison.Reynoso@vnshealth.org

#### Loss of an Adult Child

**For Parents Grieving the Death of an Adult Child**

**Wednesdays • April 8, May 13, June 10, July 8**

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**

**Note: Members must attend all six sessions**

**Tuesdays • April 14, 21, 28, and May 5, 12, 19**

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.”

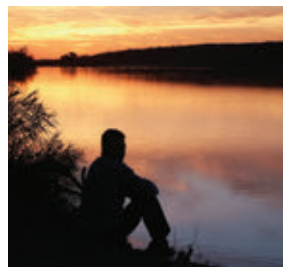
—E.G.



#### 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.”

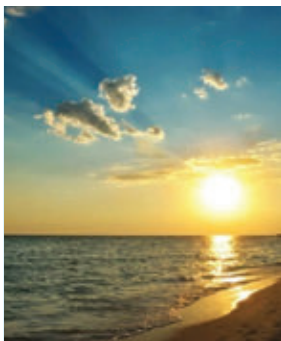
—W.B.



#### Group Testimonial

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

—E.G.



#### 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.

VNS Health Hospice Care  
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