

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** •

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


Group Testimonial

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

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



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 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, 25, August 8, 22, September 12, 26,
 and October 10, 24
 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


Group Testimonial

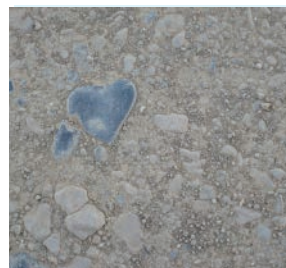
“When I was knocked out by grief the group got me back on my feet.”
 —E.G.


Group Testimonial

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


Group Testimonial

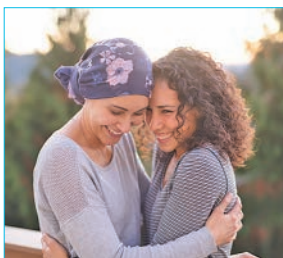
“Throughout the week, I often find myself reflecting on what was said by other or what wasn’t said by me.”
 —W.B.


Group Testimonial

“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.


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.