Presentations designed to support people on their journey of grief
• Registration is required • Workshops take place via Zoom •

How Long Does Grief Last?
Thursday • January 20, 2022
6:00 p.m.—7:30 p.m.
Willis Partington • 718-715-5320
Willis.Partington@vnsny.org

Saturday Matinee
A four-part film series to support you in the grieving process
Saturdays • January 22, February 5 and 12, and March 5
1:30 p.m.—3:00 p.m.
Debra Oryzysyn • 212-609-1929
Debra.Oryzysyn@vnsny.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 suggestion will be provided
Thursdays • February 10, March 10, April 7
11:00 a.m.—12:15 p.m.
Rosanne Sonatore • 646-276-4399
Rosanne.Sonatore@vnsny.org

Paths to Peace – A Healing Modality Series
Saturdays • February 26 —Self-Care and Rituals; March 5—Reiki; March 12—Mindfulness Meditation and the Labyrinth Walk
10:30 a.m.—11:30 a.m.
Debra Oryzysyn • 212-609-1929
Debra.Oryzysyn@vnsny.org

Stress Management and Self-Care in Grief
Tuesday • March 15
6:00 p.m.—7:30 p.m.
Debra Oryzysyn • 212-609-1929
Debra.Oryzysyn@vnsny.org

Special Topic: Art as a Pathway to Healing
Thursdays • April 14, 21, 28, May 5, 12, 19
2:00 p.m.—3:30 p.m.
This spring, the Museum of Modern Art, in Partnership with VNSNY Hospice and Palliative Care, invites you to join regularly scheduled virtual programs. 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 VNSNY Hospice 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 15
1:30 p.m.—5:00 p.m.
Jean Metzker • 917-331-7819
Jean.Metzker@vnsny.org
(Text or email preferred)
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.

Workshop Testimonial
“The bereavement services offered by VNSNY are like an oasis in a desert...When the group was over, I felt refreshed and on the path to healing.”

To learn more about VNSNY Hospice and Palliative Care, go to:
http://www.vnsny.org/how-we-can-help/hospice-palliative-care/our-services/grief-support/
**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@vnsny.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@vnsny.org

**For Adults in the First Year Who Are Grieving the Death of a Hospice Patient**

This is a general loss, ongoing group. New members are welcome at any time.  
Mondays • January 10, 24, February 7, March 7, 21, and April 4, 18  
6:00 p.m. — 7:30 p.m.  
Willis Partington • 718-715-5320  
Willis.Partington@vnsny.org

**For Adults Whose Loved One Died on Hospice**

Wednesdays • January 5, 19, February 2, 16, March 2, 16, April 6, 20  
1:00 p.m.—2:30 p.m.  
Janet King 646-341-0405 • Janet.King@vnsny.org

**Bi-Weekly Groups**

**For Adults Grieving the Death of a Loved One**

Tuesdays • January 4, 18, February 1, 15, March 1, 15, April 5, 19  
12:00 p.m.—1:30 p.m.  
Dianna Sandiford • 646-430-4125  
Dianna.Sandiford@vnsny.org

**For Young Adults Grieving the Death of a Loved One**

Thursdays • January 6, 20, February 3, 17, March 3, 17, April 7, 21  
6:00 p.m.—7:30 p.m.  
Gladys Ortiz-Alvarado • 917-923-6288  
Gladys.Ortiz-Alvarado@vnsny.org

**Grupo de Soporte para Españoles**

“Construyendo un Puente hacia una Vida Nueva” (Spanish Bereavement Group)  
Thursdays • January 13, 27, February 10, 24, March 10, 24, and April 7, 21  
1:30 p.m.—3:00 p.m.  
Liz Santana • 917-608-7220  
Elizabeth.Santanta@vnsny.org

**Workshop Testimonial**

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

**Workshop Testimonial**

“Each time I attend the weekly group meeting, I am reminded of the importance of allowing myself to grieve.”  
—W.B.
Bereavement Services Winter/Early Spring 2022 Calendar

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

**Monthly Groups**

**For Adults Grieving the Death of a Brother or Sister**
Mondays • January 24, February 28, March 28, and April 25
6:00 p.m.—7:30 p.m.
Gladys Ortiz-Alvarado • 917-923-6288
Gladys.Ortiz-Alvarado@vnsny.org

**Loss of an Adult Child**
**For Parents Grieving the Death of an Adult Child**
Wednesdays • January 12, February 9, March 9, and April 13
1:00 p.m.—2:30 p.m.
Pamela Yew Schwartz • 347-831-1811
Pamela.Schwartz@vnsny.org

**Workshop Testimonial**

“I was able to be strong because I had your support and knew I wasn’t alone.”
—A.K.

**Excerpt from Presence**

“Grief is the process of healing loss. It is a holistic process, with physical, mental, emotional, and spiritual dimensions interconnecting. We don’t just grieve for a loss, but for all the meanings and implications of that loss.”
—Nancy Reeves, Presence (Vol. 13, No. 4., December 2007)

**Focused Groups**

**LGBTQ+ and Allies Bereavement Group**
Thursdays • January 13, 20, 27 and February 3, 10, 17
4:00 p.m.—5:00 p.m.
Jean Metzker • 917-331-7819
Text or email preferred • Jean.Metzker@vnsny.org

**For Adults Grieving the Death of a Parent**
Tuesdays • January 18, 25, February 1, 8, 15, 22
2:00 p.m.—3:30 p.m.
Debra Oryzysyn • 212-609-1929
Debra.Oryzysyn@vnsny.org

**For Adults Grieving the Death of a Parent**
Mondays • March 21, 28, April 4, 11, 18, 25
6:00 p.m.—7:30 p.m.
Mary Kay King • 646-627-4618
MaryKay.King@vnsny.org

**Workshop Testimonial**

“When one door closes, another one opens… changes bring sadness as well as excitement for what comes next.”
—E.P.

**Workshop Testimonial**

“When I started attending the group, I realized I was in the company of others on the same journey.”
—R.W.
LOOK INSIDE FOR:
Winter/Early Spring 2022
CALENDAR OF EVENTS

Saturday Matinee: Fifteenth Season of Movies from VNSNY

Movies often carry the most profound images and messages about grief and loss. They can be a mirror to our own lives and help us get in touch with feelings and thoughts that we might not be able to access in the course of our daily routine.

We usually watch the films together, but this year you will need to watch it on your own and then we will gather via Zoom to talk about what the movie says to you about coping in bereavement. Think of this as a sort of book club format. You can view the film at your convenience and join us for the discussion. A movie can often break the ice, making it easier for everyone to explore their own grief, said one recent participant. The film series was designed to encourage those grieving to come together in a format outside of a traditional bereavement support group. Providing a variety of grief-related themes allows the participants to explore situations of loss that may parallel or differ greatly from their own. Limiting the workshop to ten people ensures that each person will have adequate opportunity to discuss the movie. A family-friendly film is always included on the schedule.

The schedule for the 2022 film series is:
• 1/22: Muriel’s Wedding, on Hulu, HBO Max, and Amazon Prime for $5.99
• 2/5: Field of Dreams, on Peacock for free, and Amazon Prime for $3.99
• 2/12: I Am Legend, on HBO Max, Hulu, and free with cable TV – TBS & TNT
• 3/5: Coco, on Disney+ and Amazon Prime for $3.99

Please note that these selections are subject to change.
For more information or to register, please contact Debra Oryzysyn at 212-609-1929 or Debra.Oryzysyn@vnsny.org

Seasons of Life