

HOSPICE of NEW YORK  
**GRIEF AND LOSS EVENTS CALENDAR**

*FOR SPRING & SUMMER 2019*

REGISTRATION REQUIRED – FREE OF CHARGE

**APR**

*HOW WOMEN GRIEVE WORKSHOP (WOMEN ONLY)*

Long Island City, Queens

Wednesday, April 24th

6:00 PM - 8:00 PM

**MAY**

*SPRING REMEMBRANCE GATHERING*

Long Island City, Queens

Sunday, May 19th

2:00 PM - 5:00 PM

**JUN**

*SCRAPBOOK PHOTO ALBUM WORKSHOP*

Long Island City, Queens

Wednesday, June 19th

6:00 PM - 8:00 PM

**JUL**

*SELF -CARE HEALING WORKSHOP*

Long Island City, Queens

Wednesday, July 10th

6:00 PM - 8:00 PM

**ALL  
YEAR**

*SPOUSE/PARTNER GRIEF SUPPORT GROUP*

Every 1st & 3rd Tuesday of every month

Long Island City, Queens

6:00 PM - 7:30 PM

**ALL  
YEAR**

*OPEN ADULT GRIEF SUPPORT GROUP*

Every 2nd & 4th Tuesday of every month

Long Island City, Queens

6:00 PM - 7:30 PM

**CALL TO REGISTER  
718-472-1999**

## Workshop & Group Descriptions

### **How Women Grieve - 4/24/19**

This workshop will include a presentation of how women may grieve differently from men. We will also explore the different roles that women play within the family when a loved-one is ill, and after the loved-one passes away. There will also be a group discussion in which participants can share their own experiences with loss and how it affected them as women and girls. (WOMEN ONLY)

### **Spring Remembrance Gathering – 5/19/19**

Twice a year, Hospice of New York holds a remembrance gathering when families, volunteers, and staff, come together as a community to honor the people we have lost. There is a short program of poetry, readings, and song presented by family members, volunteers, and staff, with time set aside for a candle-lighting ceremony. Participants may bring photos or mementos to place with the candles during the gathering. Refreshments are served.

### **Scrapbook Photo Album Workshop – 6/19/19**

In this fun and creative workshop, participants will make their own scrapbook with photos, markers, colored pencils, and other craft materials. You can even bring your own items such as photos, post cards, buttons, ribbons, old sports/theater tickets etc. Email to us electronically-stored or scanned photos (no more than 15) and we will print them in advance for you to enter into your scrap book. The address is [griefsupport@hospice.nyc](mailto:griefsupport@hospice.nyc) This is a great way to put memories together in one place. It's also a wonderful gift for an older person who does not have an electronic device in order to look at more recent photos.

### **Self-Care Healing Workshop – 7/10/19**

Through presentation, group discussion, and calming exercises, this workshop will help participants learn ways to help themselves heal from grief and loss. With a mind, body, and spirit approach we will explore techniques such as mindfulness/meditation, aroma therapy, and proper nutrition that can bring balance to our lives.

### **Spouse/Partner Grief Support Group**

This support group invites people who have lost a spouse or unmarried partner to share their experiences and provide support to each other. It is not necessary that your spouse/partner was a Hospice of New York patient.

### **Open Adult Grief Support Group**

This support group is for any adult who has lost a loved-one. It may be a parent, grandparent, brother, sister, or even a roommate. All are welcome. It is not necessary that your loved-one was a Hospice of New York patient.