Greetings

Shouldn’t the sunny days of summer lift our spirits when we are grieving? Unfortunately, that is not always so. The cold, dreary winter months can sometimes be more comforting because they mirror how we feel inside. The summer brings an awakening of nature around us; birds chirping, grass growing and flowers blooming. It can be so difficult to watch the world around us enjoying this awakening when we don’t have the energy to participate. Perhaps we also remember past vacations and summer parties with our loved ones who died with fondness and longing. Try not to judge your feelings and remember that they are part of your grief.

See if you can allow yourself a moment or two to reflect on the season. Is there any part of you that can find some hope in the wonder of how the earth transforms from a desolate landscape in winter to a lush beauty in the summer? Sometimes we wonder if winter will truly ever end, but it always does... maybe the tides of change can remind us that our grief will also change over time, as difficult as that may be to imagine today.

Maria Georgopoulos, LMHC, FT
Director of Bereavement Services

Event: Day at the Museum

On Wednesday, May 29, Calvary’s Brooklyn teen bereavement group took its session to the Brooklyn Museum. The teens spent time exploring the galleries of Life, Death and Transformation in the Americas as well as the world-renowned ancient Egyptian art collection. In Life, Death and Transformation in the Americas, group members were reminded that in many indigenous cultures of the Americas the subjects of death and transformation are often part of social practices and spiritual beliefs. Through art, sculpture, oral traditions, religious objects and every day vessels, Native peoples often expressed their beliefs about the intertwining of life and death.

Similarly, the Egyptian galleries provided a great opportunity for the teens to understand how themes of death and transformation are illustrated through the artifacts and art on display. Teens were prompted to select items from each exhibition and then present the artifacts’ stories to their peers. Whether choosing musical instruments, sarcophaguses or miniature sculptures, there was no shortage of items to discover and describe.

Overall, it was an enriching time spent enjoying the company of one another and learning how death is viewed through different cultural lenses.

Rashida Sanchez, MA
Bereavement Counselor
Children’s grief is a complex subject and families are often searching for ways to help young kids deal with the experience of loss. Libraries are filled with books and the Internet has its share of good and bad websites, blogs, and podcasts. We asked our Brooklyn Tweens (10-12 year olds) Bereavement Group what they would tell a newly bereaved kid about grief. Here are their thoughtful responses:

“Find a group or someone to talk to.”
“Don’t keep in your tears.”
“Don’t let it keep you from moving forward.”

Express your feelings – don’t let yourself feel trapped.”

“It’s okay to laugh and be happy.”
“It’s okay to be sad, but it’s not okay to be miserable.”

“Remember the happy thoughts.”
“Find hobbies to keep your mind clear.”

The group believes that if you release your emotions, you will feel better. Additionally they made suggestions for how to cope with the varied feelings associated with grief. We think you’ll agree that their suggestions can help bereaved individuals of any age:

Breathe
Do yoga
Listen to music
Make art
Shop for sports stuff
Craft
Write
Watch comedy
Exercise
Sleep
Eat
Have a cup of tea
Make a memory box
Make a stress ball out of rice

Abby Spilka, MA, CT, MHC-LP
Bereavement Counselor
## BRONX GROUPS

**Calvary Hospital**  
1740 Eastchester Road  
Bronx, NY 10461

- **Adult Death of a Child**  
  2nd, 3rd & 4th Thursday: Sherry  
  12:30 pm - 2:00 pm

- **Death of a Child**  
  Wednesday: Joanne  
  1:00 pm - 2:30 pm  
  Wednesday: Sarah  
  6:00 pm - 7:30 pm

- **Adult Death of a Parent**  
  Wednesday: Stephanie  
  6:00 pm - 7:30 pm  
  Thursday: Joanne  
  5:15 pm - 6:45 pm

- **Death of a Sibling**  
  Tuesday: Joanne  
  5:30 pm - 7:00 pm

- **Death of a Spouse/Partner**  
  Tuesday: Joanne  
  1:00 pm - 2:30 pm  
  Thursday: Joanne  
  5:15 pm - 6:45 pm

- **Death of a Young Spouse/Partner**  
  Wednesday: Rashida  
  6:00 pm - 7:30 pm

- **Spanish Speaking Group**  
  Monday: Yvette  
  12:30 pm - 2:00 pm

- **Precious Moments Ages 6 - 9**  
  Tuesday: Rashida  
  4:00 pm - 5:30 pm

- **Mindfulness & Movement for Grief**  
  Dates to be determined

## BROOKLYN GROUPS

**St. Joseph High School**  
80 Willoughby Street  
Brooklyn, NY 11201

- **Precious Moments Ages 6 - 9**  
  Tuesday: Rashida  
  4:00 pm - 5:30 pm

- **In Be-tween Group Ages 10 - 12**  
  Thursday: Abby  
  4:00 pm - 5:30 pm

- **Teen Group Ages 13 - 17**  
  Wednesday: Rashida  
  4:00 pm - 5:30 pm

- **Death of a Spouse/Partner**  
  Thursday: Rashida  
  5:00 pm - 6:30 pm

- **Death of a Young Spouse/Partner**  
  Thursday: Abby  
  6:00 pm - 7:30 pm

- **Adult Death of a Parent**  
  Tuesday: Rashida  
  6:00 pm - 7:30 pm

- **Death of a Child**  
  Monday: Rashida  
  5:30 pm - 7:00 pm  
  Tuesday: Abby  
  6:00 pm - 7:30 pm

- **Young Adult Group**  
  Wednesday: Abby  
  6:00 pm - 7:30 pm

- **Precious Moments for Children 6-9**  
  Wednesday: Stephanie  
  4:00 pm - 5:30 pm

- **In Be-tween Group Ages 10-12**  
  Wednesday: Melanie  
  4:00 pm - 5:30 pm

- **Teen Group**  
  Thursday: Stephanie  
  4:00 pm - 5:30 pm

- **Death of a Parent**  
  Wednesday: Stephanie  
  6:00 pm - 7:30 pm

- **Death of a Spouse/Partner**  
  Thursday: Stephanie  
  6:00 pm - 7:30 pm

- **Death of a Young Spouse/Partner**  
  Thursday: Melanie  
  6:00 pm - 7:30 pm

**Please make a note:** You must call to schedule an appointment prior to attending any of our groups. We do not accept walk-ins.

## MANHATTAN GROUPS

**Terence Cardinal Cooke Health Care Center**  
1249 Fifth Avenue 9th Floor  
New York, NY 10029

- **Precious Moments for Children 6-9**  
  Wednesday: Stephanie  
  4:00 pm - 5:30 pm

- **In Be-tween Group Ages 10-12**  
  Wednesday: Melanie  
  4:00 pm - 5:30 pm

- **Teen Group**  
  Thursday: Stephanie  
  4:00 pm - 5:30 pm

- **Death of a Parent**  
  Wednesday: Stephanie  
  6:00 pm - 7:30 pm

- **Death of a Spouse/Partner**  
  Thursday: Stephanie  
  6:00 pm - 7:30 pm

- **Death of a Young Spouse/Partner**  
  Thursday: Melanie  
  6:00 pm - 7:30 pm

- **Please make a note:** You must call to schedule an appointment prior to attending any of our groups. We do not accept walk-ins.

## MEMORIAL SERVICES

- **Bronx Christian**  
  July 13  
  August 10

- **Bronx Jewish**  
  July 28

- **Brooklyn Christian**  
  August 11

- **Brooklyn Jewish**  
  TBA

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*All groups are free & open to the community. Please call to schedule an appointment*
Contacts

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<th>Contacts</th>
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<th>Email</th>
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<tbody>
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**Bronx**

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**Brooklyn**

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- Abby Spilka, MA, CT, MHC-LP | (917) 574-6879 | aspilka@calvaryhospital.org |

**Manhattan**

- Stephanie Insalaco, MHC | (646) 771-6604 | sinsalaco@calvaryhospital.org |

Tree of Life

Through the Tree of Life, we can recognize your significant naming gift in a permanent and meaningful manner. Your loved one’s name will exist in perpetuity with the lifetime of the Hospital.

This a loving way of memorializing someone special to you or saying thank you, because your gift of love helps patients and families today and for many years to come.

For more information on the Tree of Life, contact Sandrina Fernandez at 718-518-2039.

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