

CALVARY IN TOUCH

GREETINGS

Navigating grief can feel completely overwhelming. There is no way to truly prepare for a death, and you may find yourself questioning how you are coping with the loss. If this is your first time experiencing a deep loss, it can feel like your entire world has been shaken and your core beliefs questioned. Perhaps you knew that the person you cared for was nearing the end of their life, or maybe the death occurred completely unexpectedly. Experiencing the loss of someone you loved or were deeply attached to brings enormous emotional pain and it is completely natural to feel this way. Learning to live with the absence of an important figure takes time and patience. We encourage you to give yourself grace, especially in the moments when your grief catches you by surprise.

Being in the midst of grief can feel debilitating, especially if you lack the social support needed to navigate the most painful parts of your journey.

Social events can feel like a huge task when so much emphasis is placed on being festive. This can make them uncomfortable for the bereaved, who may worry that they won't know how to cope when they're grief suddenly wells up and intensifies.

During this year's bereavement camp, campers between the ages of 6 and 17 were given opportunities to process their grief through arts and crafts, supported closely by their camp counselors. Campers were introduced as "VOYAGERS" navigating their grief experience and were provided with mini wooden boats to help express their feelings. When words are hard to find, interactive activities offer an alternative way to process loss. Campers were also provided with a platform to speak openly—a practice that is encouraged for all bereaved individuals. Having a safe space to share experiences helps ensure that no one feels alone on their journey.

**Calvary Hospital
Bereavement Services**

**CALVARY
HOSPITAL**

Where Life Continues

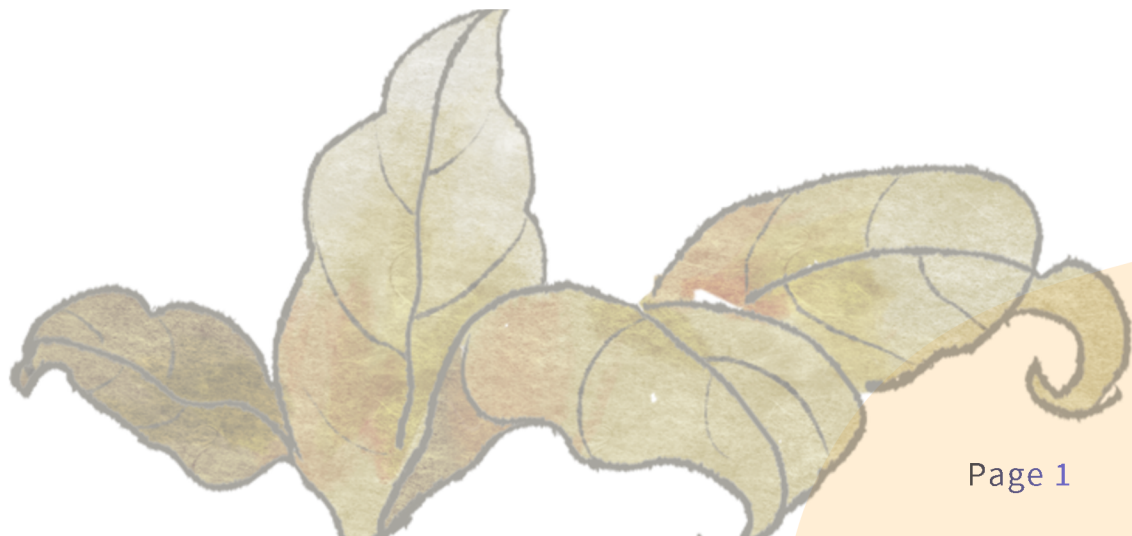
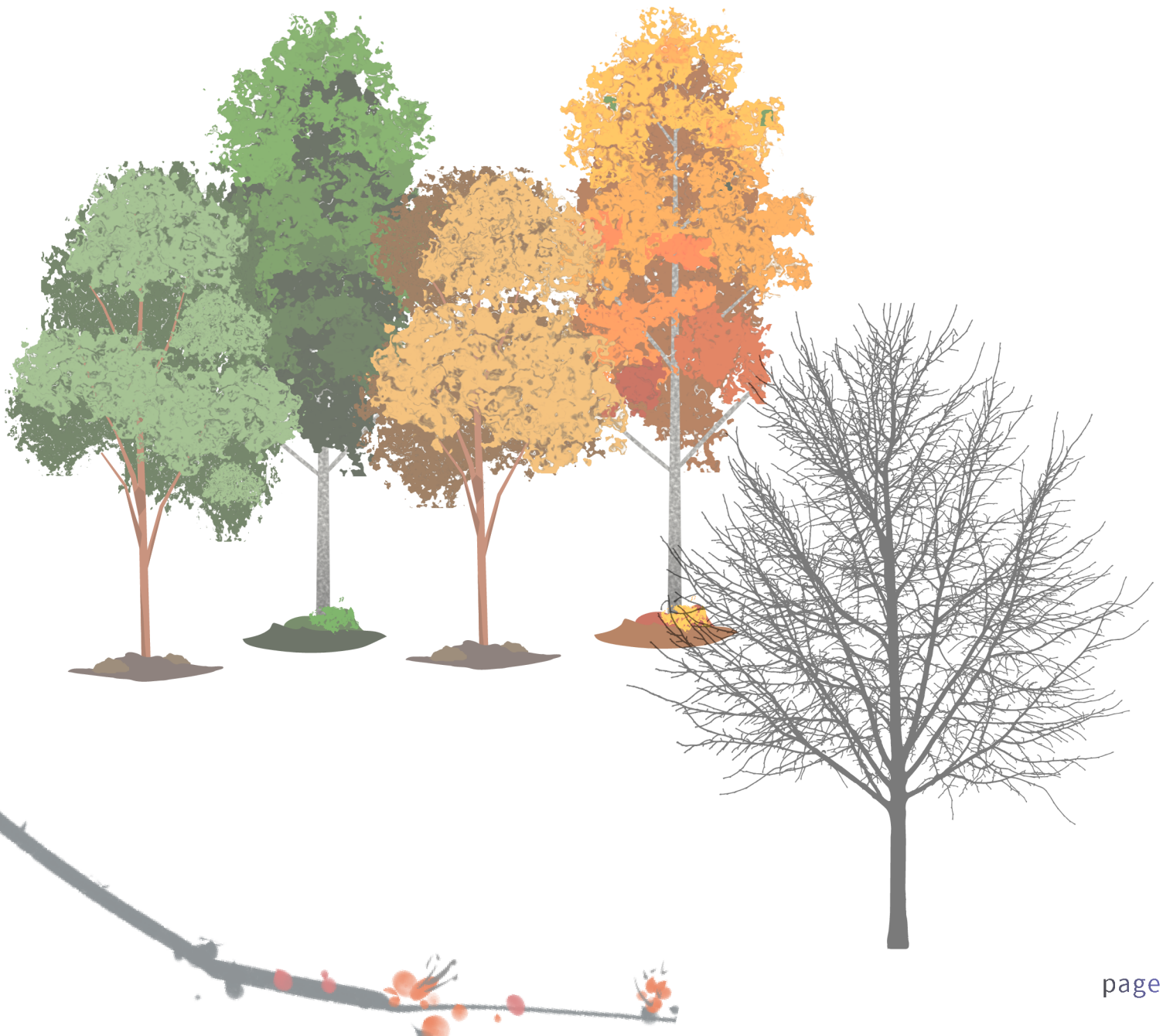


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Expressing your grief through poetry or engaging in expressive writing can contribute to healing. Think of the page as a safe container that holds your overflowing emotions, providing a dedicated space to release and let go.

Holding Space While Grieving

by Jasmine Caraballo

Grief doesn't discriminate on age,
gender, or circumstance.
One woman lost her boyfriend at twenty.
Another lost her son at thirty.
Different losses, same pain.
The same ache.
The same disbelief.
Holding space is hard
when you're grieving too.
Mema has only been gone a-year-and-a-half.
My Tio only four months.
Some days I swallow my tears in sessions,
other days I cry with them.
I try not to hide it.
I try not to apologize for it.
Because grief isn't something you "get over."
It isn't something you rush through.
It doesn't move on your timeline
and it certainly doesn't move on anyone else's.
In those moments,
we don't care about clichés
that they're "in a better place,"
or "no longer in pain."
What we care about
is that they're not here.
We can't hug them.
We can't hear their voice.
We can't spend one more minute with them.
So please stop rushing people.
Stop telling them to move forward.
Stop assuming you know what healing looks like.
Let people cry.
Let them be angry.
Let them grieve in the way they need to.
There is no one-size-fits-all for grief.
If you don't know what to say,
say nothing
or simply say,
"I'm sorry for your loss."

VIRTUAL BEREAVEMENT GROUPS

DEATH OF A SPOUSE/PARTNER CLASSIC

Bethanie Railling

- Tuesday: 1:00PM - 2:30PM

Jacqueline Marlow

- Thursday: 12:00PM - 1:30PM

Jackeline Abbondandolo

- Thursday: 6:00PM-7:30 PM

Death of a Spouse Partner Classic - 2 Years & Beyond

Marissa Piazzola

2nd Thursday of each month: 11:00 AM-12:30 PM

DEATH OF A YOUNG SPOUSE/PARTNER

Bethanie Railling

- Wednesday: 6:00PM - 7:30 PM

Marissa Piazzola

- Tuesday: 6:00PM - 7:30 PM

Death of a Young Spouse Partner- 2 Yrs & Beyond

Bethanie Railling

3rd Monday 6:00PM-7:30PM

ADULT DEATH OF A PARENT

Jackeline Abbondandolo

- Tuesday: 6:00 - 7:30 PM
- Wednesday: 6:00 - 7:30 PM

Bethanie Railling

- Thursday: 6:00 - 7:30 PM

Adult Death of a Parent-2 Years & Beyond

Jackeline Abbondandolo

2nd and 4th Monday 6:00 - 7:30 PM

DEATH OF A SIBLING

Jacqueline Marlow

- Tuesday: 5:30 - 7:00 PM

MEN'S DISCUSSION GROUP

Jackeline Abbondandolo

- 1st Thursday of each month: 12:30 - 2PM

BEREAVED YOUNG ADULT GROUP

Marissa Piazzola

- Monday: 6:00 PM - 7:30 PM

DEATH OF A CHILD

Death of a Child

Joanne Castellanos

- Monday: 5:30PM-7:00PM

Death of a Child - 2 Years & Beyond

Joanne Castellanos

- 2nd & 4th Thursday: 12:30 - 2:00 PM

Death of a Young Child

Jackeline Abbondandolo

- Wednesday: 11:00 AM - 12:30 PM

TEENS AGES 13-17

Jacqueline Marlow

- Thursday: 4:00- 5:15 PM

TWEENS AGES 10-12

Jacqueline Marlow

- Wednesday: 4:00 - 5:15 PM

DROP-IN VIRTUAL PARENT GUARDIAN GRIEF SUPPORT GROUP

Jackeline Abbondandolo & Jacqueline Marlow

- 1st Monday of each Month: 6 PM - 7 PM

CONTACT US

Jackeline Abbondandolo, LMHC

Bereavement Counselor

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Joanne Castellanos, MA, LMHC, FT

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Marissa Piazzola, LMSW

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mpiazzola@calvaryhospital.org; 646.984.2963

Bethanie Railling, LMSW

Bereavement Counselor

brailing@calvaryhospital.org; 929-458-1543

BRONX IN-PERSON CHILDREN'S GROUP

IN-PERSON PRECIOUS MOMENTS, TWEEN & PARENT GUARDIAN BEREAVEMENT GROUP IN THE BRONX

PRECIOUS MOMENTS AGES 6-9

Jacqueline Marlow

- Monday: 4:00 - 5:15 PM

TEENS

Bethanie Railling

- Tuesday: 4:00 - 5:15 PM

Parent/Guardian Group: runs concurrently with Precious Moments Group

Jackeline Abbondandolo

- Monday: 4:00 - 5:15 PM

CONTACT US

Jackeline Abbondandolo, LMHC

Bereavement Counselor

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347 949 1266

Jacqueline Marlow, MA Art Therapy

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917-708-0133

Bethanie Railling, LMSW

Bereavement Counselor

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929-458-1543

BROOKLYN IN-PERSON CHILDREN'S GROUPS

PM AGES 6-9

Marissa Piazzola

- Wednesdays: 4:00PM-5:15PM

CONTACT US

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Calvary Hospital
1740 Eastchester Road
Bronx, NY 10461

Monthly In-person Support Group

Death of a Spouse Partner Classic: Two Years & Beyond

Calvary Hospital's Bereavement Services is offering free grief support for grieving spouses and partners who experienced the death of their significant other over two years ago or longer. This program is designed for individuals looking for continued connection and support during their grieving process. It offers a chance to assess one's grief and connect with others who share similar experiences.

WHEN: 3rd Thursday of every month

TIME: 11:30 AM-1:00 PM

WHERE: Calvary Hospital's
Bereavement Care Center
1740 Eastchester Road,
Bronx, NY 10461



To join: Contact Joanne Castellanos at jcastellanos@calvaryhospital.org to schedule an intake appointment.

INDIVIDUAL BEREAVEMENT COUNSELING

People continue to struggle with the emotional pain of grief even years after losing a significant person in their lives. If you're feeling overwhelmed navigating through your grief and need a safe space to process the challenging emotions, don't hesitate to reach out to Calvary's Bereavement Department for Individual Counseling Services to receive the support and guidance you deserve during these difficult times. The service is offered for a nominal fee.

For more information, please call 718-518-2281, or email calvarybereavement@calvaryhospital.org.

TREE OF LIFE



Through the Tree of Life, we can recognize your significant person in a permanent and a meaningful manner. Your significant person's name will exist in perpetuity with the lifetime of the Hospital. This is a loving way to memorialize someone special to you or say, "thank you," because your gift of love helps patients and families today and for many years to come.

For more information, please call 718-518-2689.

Calvary Hospital complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

THANK YOU FOR READING!

Calvary In Touch has been made possible by a generous bequest from Michael Camara.