

Good Grief, Bad Grief.

How Grief Changes Your Life.

“Pain becomes bearable when we are able to trust that it won’t last forever, not when we pretend it doesn’t exist.”

Grief is not an event that begins and ends. It becomes part of your life. It is an active, ongoing process of turning your sadness into a meaningful life again. Both good grief and bad grief can make an impact on your life, sometimes without realizing it. The ever-changing emotions of grief may catch you off guard. Sometimes family and friends just “don’t get it.”

Our group offers companionship and understanding from others who have experienced loss in many different ways, but all are experiencing the challenges that living with grief brings. If you are looking for understanding and support, you will likely find it here. You will have the opportunity to begin your healing process through sharing your story and hearing the story of others. The facilitators will offer coping skills to help through difficult situations physically, socially, and spiritually. We give permission to grieve and encouragement to seek purpose and meaning as you move forward.

Grief is a life-long journey, but you do not need to face it alone. Learn how to invite your family and friends into your world to understand your grief. Your experience will allow you to look back someday and see that good did come out of your journey.

Presented by:



Sponsored by:



Winter 2019 Sessions:

Meets Tuesdays for 6 weeks:

January 22, 29, February 5, 12, 19, 26

6:00 - 7:30 p.m.

Aspirus Wausau Hospital, Suite 0-850-2

Facilitators:

Nan & Gary Zastrow
Certified Grief Educators

For more information:

nanwings1@gmail.com
Call Nan Zastrow at 715-845-4159
Group size is limited. Free of charge.
Pre-registration is appreciated