**Good Grief, Bad Grief - How Grief Changes Your Life** *(Education/Support Group)*

Grief is not an event that begins and ends. It becomes a 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 you realizing it. Sometimes family and friends “just don’t get it” when it comes to the emotional turmoil you might be going through. This is a journey you do not need to face alone. Join us for this six-week series to understand grief and learn coping skills as you move forward.

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

6:00 - 7:30 p.m.

Conference Room 0-850-2, Quality Services, Aspirus Wausau Hospital

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**22nd Understanding Grief Seminars**

Two seminars for the bereaved and caregivers. Watch or call for details in February/March.

**Invited Professional Speaker: Ted Bowman**

Holiday Inn & Suites, 1000 Imperial Avenue, Rothschild

Open to the Public. Everyone is welcome to attend both programs. CEUs available for professionals.

**Thursday, April 4**  7:00 - 9:00 p.m.

**Shattered Dreams, Resiliency—Finding Hope,** a community program for grieving families. No charge. Registration not required.

**Friday, April 5**  9:00 a.m. - Noon  Cost: $50

**Grief and Hope in Life’s Intersections:** Multiple Responses to Immediate and Chronic Sorrow

Pre-registration recommended or register at the door.

**Finding The Other Side Of Sadness: Living The New Normal After Loss** *(Education/Support Group)*

This four-week series is a second step in understanding life after loss designed for those who have done some grief work and are ready to move forward. You may find that your old life doesn’t fit you anymore because you are a different person. In this series, participants will be challenged to understand the depth of their loss, engage in grief work, and build new identities. We provide an excellent opportunity for you to open this new chapter in your life by remembering the past and moving forward without regrets.

**Tuesdays, May 21, 28, June 4, 11**

6:00 - 8:00 p.m

Conference Room 0-850-2, Quality Services, Aspirus Wausau Hospital

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Most programs are free and open to the public.

Programs facilitated by Nan & Gary Zastrow, Certified Grief Educators

Wings—a Grief Education Ministry – providing grief education and support since 1993.

www.wingsgrief.org  715.845.4159

Other sponsors: Brainard Funeral Homes

Helke Funeral Home, Peterson Kraemer Funeral Homes

ASPIRUS™ Wings — A Grief Education Ministry
Public is welcome. Registration not required.

For information, contact:

Nan Zastrow
Wings – A Grief Education Ministry
at 715.845.4159

Amy Kitsembel
Aspirus Comfort Care and Hospice Services
at 715.847.2703