

JANUARY - MAY 2019 Program Schedule

Wings—a Grief Education Ministry

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

Most programs are free and open to the public.
Programs facilitated by Nan & Gary Zastrow,
Certified Grief Educators

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.

Wings—a Grief Education Ministry –
providing grief education and support since 1993.
www.wingsgrief.org 715.845.4159

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



Other sponsors: Brainard Funeral Homes
Helke Funeral Home, Peterson Kraemer Funeral Homes

***Public is welcome.
Registration not required.***

For information, contact:

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