

HEALING GRIEF Education Programs

NEW! GETTING BACK TO LIFE—AFTER LOSS (2012)

A Six-Week Series: Education and Support for Grief, Loss and Transition

There is no easy way around the pain of losing a loved one. Grief has no rules and no timetables. Understanding the grieving process can soothe the doubts that linger. Learn about the “surprises” of grief and the emotions that affect you physically, mentally, and spiritually. In this six week series, you will learn what is “normal” during grief. Come and learn, share feelings, and ask questions to gather hints about picking up the pieces after loss.

This group is an education and support series. It is open to anyone who is grieving the loss of a loved one regardless of the circumstances of death. We do not advise or counsel. We listen, teach, and share grief experiences. Getting back to life is not about forgetting, but rather about finding a way to go on without your loved one who died.

2012 Spring Series:

Meets Tuesdays: February 21, 28
and March 1, 8, 15, 22

2012 Fall Series:

Meets Tuesdays: September 18, 25
and Oct. 2, 9, 16, 23

Facilitators: Nan & Gary Zastrow

Time: 6:30—8:00 p.m. No Charge. | Place: Conference Room A-1, Quality Services, Aspirus Wausau Hospital

15TH ANNUAL UNDERSTANDING GRIEF SPRING CONFERENCE

Our Presenter: HAROLD IVAN SMITH (back by request-last presentation 2006)

A Community Seminar for the Bereaved and Caregivers | *Juggling your Losses in a “Get Over It and Move On” World*
Date: Thursday, April 12, 2012 | Time: 7:00 pm – 9:00 pm | Holiday Inn Conference Center - at Cedar Creek

A Seminar for Professionals and the Bereaved | *How to Heal Grief in a “Jerry Springer” Family*
Date: Friday, April 13, 2012 | Time: 9:00 am – Noon | Holiday Inn Conference Center - at Cedar Creek

FINDING THE OTHER SIDE OF SADNESS—MOVING FROM GRIEF TO MOURNING

Many of us grieve, but not all of us mourn. What is the difference? How do we get unstuck from our feelings of intense grief and move towards a state of “new normal”? It begins with grief work. Family and friends may have considered your grief as “finished”, but you may feel uncertain about facing life without your loved one. This four-week series is designed for those who feel they are ready to move forward in their grief. It offers strategies for transforming your grief by actively participating in activities that encourage grief work, building a new identity, and making positive choices for healing.

Meets Tuesdays: May 22, 29, and June 5, 12

Facilitators: Nan & Gary Zastrow Call: 715-845-4159

Time: 6:30-8:30 p.m. No Charge. Group size is limited. Pre-registration required.

Place: Conference Room A-1, Quality Services, Aspirus Wausau Hospital

16TH ANNUAL HOLIDAY REMEMBRANCE PROGRAM

When the Holidays Hurt—for the Bereaved

Each year, a theme-based program is presented with fresh ideas and personal insight about coping with grief during the holidays. When someone loved dies, the holidays can be a source of anxiety and added grief. Join us for this inspirational program that helps families cope by giving them options and suggestions for managing their traditions and emotions. Discover ideas for ritual, celebration, and remembrance.
Topic title to be announced.

Presented by: Nan & Gary Zastrow

Tuesday, December 4, 2012 | Time: 7—9 p.m. | Place: The Rose Garden

Wings
A Grief Education Ministry

For more information on any of these programs, contact Nan or Gary Zastrow at 715-845-4159, Wings—a Grief Education Ministry or visit our website www.wingsgrief.org or email wings1@charter.net. Groups facilitated by: Nan & Gary Zastrow, Certified Grief Educators. Pre-registration recommended.