



Spring 2012

Getting Back to Life – After Loss

A Learning and Support Series
for Grief, Loss and Transition

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

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 about normal grief and hopefully gain a renewed sense of hope. 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.

Join us on Tuesday, February 21 and find information that can validate your thoughts and help you face one of life’s greatest challenges.

What you can expect:

This group is educational in design but provides plenty of time for personal stories, questions, and support. Expect to discover:

- What normal grief is and why you aren’t crazy
- Accept and take action in social grief situations
- How to accept and deal with guilt, anger, and the barriers of grief
- How to prepare yourself for life after grief

Presented by:

Wings
™
A Grief Education Ministry

Sponsored by:

 **ASPIRUS™**
COMFORT CARE AND
HOSPICE SERVICES
Passion for excellence. Compassion for people.

Spring 2012 Session

Meets Tuesdays for 6 Weeks:

February 21, 28 and March 6, 13, 20, 27

6:30 – 8:00 p.m.

Aspirus Wausau Hospital, Suite 0-850

No charge

Facilitators:

Nan & Gary Zastrow
Certified Grief Educators

For more information:

Call Nan Zastrow at 845-4159
Group size is limited
Pre-registration is appreciated