

## How to connect with Wings:

### Subscribe to our free E-Letter Service:

Subscribe to information and inspiration through Email. Sometimes we receive inspirational stories, information, or just news to share with the friends of Wings. Several times a year we deliver this to your computer in a well-designed eLetter. To subscribe, send an email to wings1@charter.net or subscribe through our website.

### Visit our website:

Updated on a regular basis, our website offers articles, information, and hope. Read our tribute to Chad. Read past issues of our newsletter and follow the events of Wings. [www.wingsgrief.org](http://www.wingsgrief.org)

### Support Wings with your personal donation:

Wings operates as a 501-C-3, non-profit organization. Wings is a volunteer organization without paid staff. Wings continues its ministry through personal donations and memorial gifts. Community events are possible because of generous sponsorship by individuals and organizations. Wings welcomes your donation in any amount.

### Visit Wings on Facebook:

Search FACEBOOK for Wings and see our familiar logo. Occasional news and tips are posted at this social media site. "LIKE" Wings™ and become a fan.

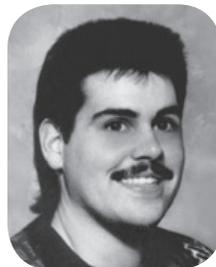


### Contact Wings:

Email: [wings1@charter.net](mailto:wings1@charter.net)

Postal: Wings-a Grief Education Ministry  
P.O. Box 1051  
Wausau, WI 54402-1051

Phone: Nan or Gary at 715-845-4159



*In Memory of Chad Zastrow  
12-4-1971 to 4-16-1993*

# Wings™

*A Grief Education Ministry*

*Established in 1993 by Nan & Gary Zastrow*

## The Services of Wings

- Informal Talks
- Invited Speaking
- Grief Groups for Education and Support
- Annual Workshops and Seminars
- Annual Community Holiday Remembrance Program
- Free Electronic eLetter
- Published articles, published author and Columnist for Grief Digest magazine

Our mission is to companion others who walk the journey of grief and to encourage a choice to heal through education, compassion, and hope that is mutually beneficial to the bereaved and those who comfort them.

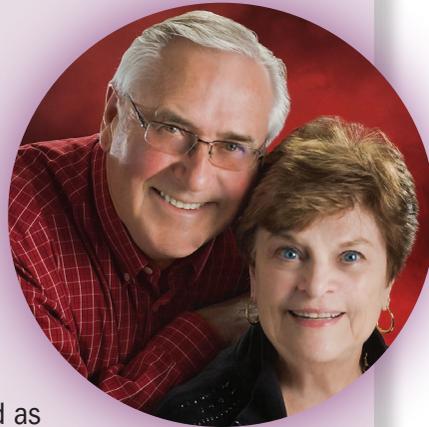
## About the Founders

Wings™ was founded in 1993 by Nan and Gary Zastrow after the suicide death of their son, Chad Eric Zastrow, age 21. Ten weeks later, Chad's fiancée took her life, too. This double tragedy inspired the Zastrows to build a ministry of hope. Wings was created as a non-profit (501-c3) organization dedicated to providing hope for the bereaved and support for caregivers.

From 1993-2003, Wings™ published a printed magazine that was mailed throughout the United States and Canada that shared information and healing stories from the bereaved. In 2003, the printed Wings magazine was retired and Nan became a regular columnist for Grief Digest magazine where she continues to contribute her writings today.

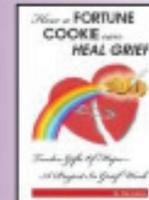
In 2004 Wings reorganized and rebranded as Wings-a Grief Education Ministry. The organization refocused its efforts with the purpose of "Honoring the Past and Rebuilding the Future." The influence of Wings reached a broader audience through an online eLetter, grief seminars, presentations, published articles and highly recommended local education/support groups. Additionally, the website provides substantial resources for healing grief.

Nan and Gary are Certified Grief Educators, hospice volunteers, serve on the county suicide prevention taskforce and are active in the community in addition to their careers. Nan is the author of several books. The Wings organization is all-volunteer without paid staff or administration fees. Donations provide funding for their programs. Nan and Gary's volunteer work involves the pursuit of hope after loss and the strategies for finding it.

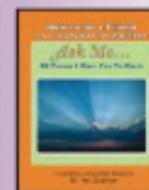


## Books by Nan

**Blessed Are They That Mourn....** \$7.95  
Written from the heart, Nan tells her story about their real grief experience and how the sudden death of her 21 year-old son impacted her future and loss of dreams. She candidly shares her attempt to resurface from unbearable pain when community and friends couldn't understand why her grief should last so long.



**How a Fortune Cookie can Heal Grief** \$7.95  
Did you ever think that a fortune cookie could offer a profound message of comfort, happiness and peace in a life stressed by grief? Nan weaves a modern parable of life and teaches the value of attitude and choice in grief work. Discover what you might be missing. Read personal stories with results by people who used the Twelve Gifts of Hope-a project in grief work.



**Ask Me. 30 Things I Want You to Know** \$5.95  
All griever's want to be heard, but many suffer in silence. This book speaks to "30 Things" you will want to know about surviving grief (not just suicide grief). ASK ME teaches you what to expect and how to plan your response to uncomfortable situations. "When I am most vulnerable, here is what I want you to know," says Nan.



**Hitch Your Hope to a Star** \$7.95  
Here is a collection of stories about HOPE. Each shares its perspective through analogies and lessons learned during the journey through grief. Give this as a gift book to someone who is hurting, someone who has lost a special loved one, or to someone who could use reassurance that we are resilient individuals who survive the roller coaster experiences of life and grow from telling our stories.



**When the Holidays Hurt** \$7.95  
For nearly two decades, Nan, and her husband, Gary, have inspired the bereaved through community holiday programs for those who grieve. They offer ideas to preserve holiday sanity and sanctity based on their own experiences. Learn how to unwrap and add heart-warming, commemorative rituals into the holiday that honors and remembers your loved one who died. In this book is a collection of stories meant to inspire you and encourage you as you plan your first holidays after your loss.

Available from:  
Wings - a Grief Education Ministry  
PO Box 11051 • Wausau, WI 54402-1051  
Web: [Wingsgrief.org](http://Wingsgrief.org) • Email: [wings1@charter.net](mailto:wings1@charter.net)  
[www.centeringcorporation.org](http://www.centeringcorporation.org)  
1-866-218-0101

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