

# 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

### **22<sup>nd</sup> 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](http://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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