

22nd Annual  
**Understanding Grief  
Spring Seminar 2019**

Presented by:   
*A Grief Education Ministry*

**SEMINAR ONE**

**Shattered Dreams, Resiliency—  
Finding Hope**

A community seminar for grief, healing and hope.

**Thursday, April 4, 2019 | 7:00 – 9:00 pm**  
Free of charge and open to the public

**SEMINAR TWO**

**Grief and Hope in Life's Intersections:  
Multiple Responses to Immediate and  
Chronic Sorrow**

A seminar that explores grief and compassionate bereavement support.

**Friday, April 5, 2019 | 9:00 am – Noon**  
Fee: \$50

CCHS-181 (1/2019)

Partner sponsor:



**About the Presenter - Ted Bowman**

Ted Bowman is an educator, author and consultant who specializes in change and transition, whether it occurs in families, an organization, or the community. His emphasis is on aiding people in utilizing their strengths and the resources of others in facing change and transition. He became an adjunct faculty member at the University of Saint Thomas in 2006, teaching a graduate social work course on grief and loss, which continues.



Ted Bowman has many credentials. From 1985-1996 Ted was Senior Trainer for the Wilder Foundation located in St. Paul, Minnesota. Ted taught Family Education courses at the University of Minnesota from 1981-2012. He was an adjunct faculty member of the National Center for Family Literacy in Louisville, Kentucky from its beginning through 1992; United Theological Seminary from 1989 through 1996; and he was a guest faculty member for the School of New Learning at DePaul University in Chicago during summer 2009.

Ted Bowman has published more than 90 articles, chapters, booklets, and poems. His two booklets will be available for sale at the seminars.

Ted has served on many boards, local and national. He was a national advisory member of Practical Parenting Partnership, a Missouri program. He was a member of the board of directors for the National Association for Poetry Therapy from 1993 to 2008. Locally, he was a board member of the Minnesota Coalition for Death Education and Support from 2006 to 2012 and Minnesota-Uruguay Partners of the Americas. He also served a six-year term on the Committee on Ministry for the Minnesota Conference of the United Church of Christ from 2006-2012; and he was on the board for the Block Nurse program in his neighborhood community.

Ted received the Minnesota Council on Family Relations Distinguished Service to Families Award in 1979; the Friend of the Network Award from the Minnesota Vocational Consumer and Family Education Network in 1988; and the St. Paul Civitan Club Clergy Award in 1994. He was a Minnesota delegate to the 1980 White House Conference on Families. In 2008, he received the Outstanding Achievement Award from the National Association for Poetry Therapy.

Ted is married, the father and stepfather of four children, and a grandfather of five “grand” children.

**SPONSORSHIP**

**Event Host:** Wings-a Grief Education Ministry

**Partner Sponsor:** Aspirus Comfort Care and Hospice Services

**Key Sponsors:**

Brainard Funeral Home & Cremation Centers

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Peterson/Kraemer Funeral Homes & Crematory

Wings™ acknowledges the support of many other community sponsors and individuals who make this program possible. A complete list will be posted at the seminar and available at the website after the event. [www.wingsgrief.org](http://www.wingsgrief.org)

**Continuing Education - CEUs**

Continued Education Units are approved by the WI Department of Safety and Professional Services. For details, call Nan at 715-845-4159.

**For more information or questions about these programs, call Wings—a Grief Education Ministry, Nan or Gary Zastrow 715.845.4159 or email [wings1@charter.net](mailto:wings1@charter.net)**

**Or Aspirus Comfort Care and Hospice Services Amy Kitsemel 715.847.2703**



P.O. Box 1051  
Wausau, WI 54402-1051

## Shattered Dreams, Resiliency – Finding Hope

A community seminar for grief, healing and hope.

**DATE:** Thursday, April 4, 2019 | 7:00 – 9:00 pm

**LOCATION:** Holiday Inn & Suites – Cedar Creek  
1000 Imperial Avenue, Rothschild, WI

**FEE:** Complimentary public grief seminar. No charge.

**REGISTRATION:** Not required. Offers 2 CEUs-DSPS

### CONTENT DESCRIPTION:

Life rarely happens as desired or planned. Detours and surprises are the stuff of living. While many such detours are disappointing, others shatter dreams and can throw people off their usual resilient responses. Unexpected medical or mental health diagnoses, family tensions, miscarriage, loss of job for no personal reason, divorces, and personal disasters are but a few examples.

In response, the conspicuous losses must be faced along with the shattering of dreams. In order for many to move forward, we must grieve lost expectations in order to dream new dreams and create new plans.

In this session, participants will be presented with frameworks and tools for understanding and responding to shattered dreams. Connections to honest hope will also be emphasized.

### OBJECTIVES:

By the end of the session, participants will be able to:

1. Describe differences between conspicuous losses and shattered dreams
2. Name three or more responses to shattered dreams
3. Develop a plan for living with losses and finding honest hope

### WHY SHOULD YOU ATTEND THIS PROGRAM?

Here is an opportunity to attend a community seminar at no charge that may help with a variety of losses which often catch one unaware. Many times we may be dealing with more than one life-loss at a time. This creates an undeniable outcome which is shattered dreams. We ponder our ability to pick up the pieces and restore order in our lives. Such life-changing events require focus on forward movement and rebuilding your self-image. By practicing resiliency, one can find hope in the future and develop a new plan for living life to the fullest.

## Grief and Hope in Life's Intersections: Multiple Responses to Immediate and Chronic Sorrows

A seminar that explores grief and compassionate bereavement support

**DATE:** Friday, April 5, 2019 | 9:00 am – Noon

**LOCATION:** Holiday Inn & Suites – Cedar Creek  
1000 Imperial Avenue, Rothschild, WI

**FEE:** \$50

**REGISTRATION:** Advance registration is recommended. However, for your convenience you may register online or at the door.

### CONTENT DESCRIPTION:

Compassionate and skillful practitioners must be adaptive to do their work well. Not only are the situations of disruptive changes, illness, dying and death widely variable; the ways people grieve are many. Further, families are rarely dealing with one thing at a time. Even as dying is occurring, someone else may have lost a job, be receiving addiction treatment, moving to a new house, or giving birth. For some, chronic sorrow deserves validation and support.

In this experiential workshop, the best of palliative and grief caring for a wide range of presenting behaviors will be addressed. Attention will also be given the well-being of the practitioner. For if the practitioner is unhappy or distracted, he or she cannot help many people

### OBJECTIVES:

By the end of the session, participants will be able to:

1. Distinguish chronic sorrow and complicated grief and depression
2. Name and discuss multiple tools for listening for and responding to losses
3. Develop a plan for use of the workshop for personal, volunteer or professional uses

### WHY SHOULD YOU ATTEND THIS PROGRAM?

Those who work with the bereaved are continuously learning new ways to deal with death and dying. They are often brought into the family situation in a time of crisis and find that complicated situations require delicate care. Here's an opportunity to learn something new – perhaps a new approach to a common situation or a keener sense of listening to wishes and needs of the family and the person who may be dying. There is no single way to respond and having options is a valuable tool.

## Location & Lodging

NOTICE: Special Room rates of \$99 for standard double queen room (staying one night, April 4, 2019) are available at the Holiday Inn & Suites at Cedar Creek, 1000 Imperial Avenue, Rothschild, WI 54474 for guests of our seminars. These rates will be available until March 19, 2019.

**Reservations may be made by calling 715-355-1111. Mention *Wings* for discounted rate.**

**Thursday, April 4, 2019**

7:00 – 9:00 pm - Free of Charge

**Shattered Dreams, Resiliency—Finding Hope**

*A community seminar for grief, healing and hope*

**(Registration is not required for this seminar.)**

**Friday, April 5, 2019**

9:00 am – Noon - Fee \$50

(Fees include a Certificate of Completion and CEUs for both programs dependent upon attendance throughout the program.)

**Grief and Hope in Life's Intersections: Multiple Responses to Immediate and Chronic Sorrow**

*A seminar that teaches essential tools for dealing with loss*

**(Pre-Registration is recommended. Or Register at the door on the day of the seminar.)**

**HOW TO REGISTER FOR THE APRIL 5 PROGRAM:**

**Advance registration is recommended.** However, ample seating is available and you may register at the door. Pre-registration helps us plan for the number of people to expect. It also helps avoid delays at check-in.

**Advance Register/Pay:** To save time, mail your check or money order with this registration form to: Wings, PO Box 1051, Wausau, WI 54402-1051.

**Save a Seat:** Pre-register at wingsgrief.org. Tickets will be held at the registration table and payment can be made by cash or check the day of the event.

**Same Day:** Register and pay at the event. Cash or check.

## Pre-Registration Form

(for Friday, April 5)

Name: \_\_\_\_\_

Job Title: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Email (optional): \_\_\_\_\_

**Return form to:**

Wings™ – A Grief Education Ministry  
PO Box 1051  
Wausau, WI 54402-1051