

Finding the Other Side of Sadness

Transitions from Grief to Life After Loss



Change is an inevitable part of life; but, sometimes it takes a little help to gain a new perspective that gives you the courage to move forward. Loss alters the way we lived our life before; and inevitably creates a different way we live after the loss. Now it's time to focus on "What's next?"

Establishing a path to a future with meaning and purpose requires welcoming your emerging life through this transition. In this series, we challenge you to assess and re-build your foundation which includes:

- questioning old beliefs
- discovering "Who am I now?"
- validating your core values
- discovering your authentic self
- trying something new
- and accepting a "new normal"

This four-week series is designed for participants who are ready to discuss and challenge their path to healing.

DATES: Tuesdays, May 21, 28, and June 4, 11, 2019

TIME: 6:00—8:00 p.m.

PLACE: Aspirus Wausau Hospital, Conference Room 0-850 (Quality Services)

COST: No charge. Group size is limited. Please register to save your spot.
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Presented by:

Wings
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