



Facilitators: Nan & Gary Zastrow,

Certified Grief Educators, Founders of Wings-a Grief Education Ministry providing education and support since 1993. www.wingsgrief.org 715.845.4159

THE OTHER SIDE OF GRIEF—YOUR NEW REALITY

Tuesdays via ZOOMGRIEF link:

AUGUST 4, 11, 18, 25 • 6:00-7:00 p.m.

Registration required. email nanwings1@gmail.com

In this NEW series, participants will learn how to accept that life after loss will gradually become their new reality. The secret is not about escaping the sorrow of grief; but, it's about finding how to build the courage to live differently. In this ZOOMGRIEF virtual group, you will be challenged to imagine and initiate a new path; design your new identity; and rely on your core values to validate: Who Am I Now? To be happy again, you must be willing to accept this new chapter and grow from your experience. This interactive, Part-2, four-week series is designed for participants who are ready to discover their authentic self, challenge their fear factors, make forward choices, and become a seasoned griever gracefully.

THINGS SOMEONE SHOULD HAVE TOLD YOU ABOUT GRIEF

Tuesdays via ZOOMGRIEF link:

SEPT 22, 29 & OCT 6, 13, 20, 27 • 6:00-7:00 p.m.

Registration required. email nanwings1@gmail.com

Grief happens. No matter how prepared you think you are for death, you can never be prepared for the mixture of emotions, the pressure to move on, how the world goes on without you, and how to establish a life without your loved one. Trust your path to those who have been there! In this 6-week series, learn about and share all the things you wish someone had told you. Even though grief is normal, finding new meaning is natural and desirable. You can't go back to the way it was before, but you don't have to forget the person who died. The trick to inner peace and purpose for living again is to find out how to live without all the answers. Rebuilding your life after loss can be the greatest tribute you can give to your loved one who died.

– By Wings-A Grief Education Ministry

HOW TO REINVENT YOUR HOLIDAYS AFTER LOSS AND COVID-19

Tuesday via ZOOMGRIEF link

DEC 8, 2020 • 7:00-8:00 p.m.

Registration is not required. Public is welcome. Enter Zoom Meeting ID#865-0384-2535

Holidays this year may seem less than happy and more like surviving. Plans and traditions may be altered by the death of a loved one or by social restrictions resulting from the pandemic. Nevertheless, the holidays will come and go with or without your approval. You can choose to initiate some change or skip the season all together. We'll explore the 4 major components of holidays that may cause worry: Family, Food, Traditions, and Faith. We'll share ways to "save the day" by initiating magical moments that are possible even when you are sad. Reinventing the holiday with these ideas will likely be remembered long after the time we can gather together again just like we used to. In fact, they may become your favorite new traditions!

Registration for small group ZOOMGRIEF programs is required, as handout are sent by email. As restrictions for gathering are lifted, some face-to-face programs will be resumed. These ZOOMGRIEF sessions will continue as scheduled. Sessions are open across the USA. Follow the website or the Wings Facebook Page for the latest information.



Sponsored by: Aspirus, Brainard Funeral Home, Helke Funeral Home, and Peterson Kraemer Funeral Home