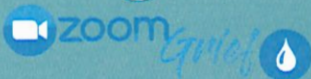


Wings Grief Groups



DECEMBER 2025 - FEBRUARY 2026

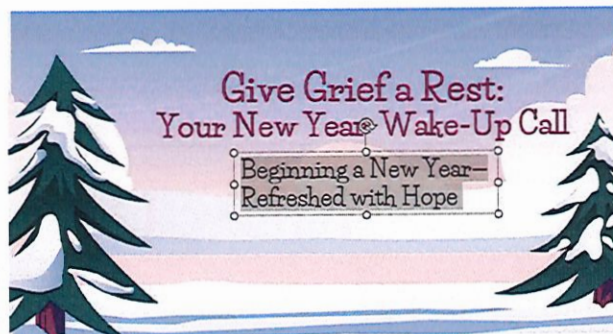
Registration is required for virtual groups and for in-person groups.
In-person groups meet at the YMCA-The Landing.
All sessions are open to members AND non-members.

THE GIFTS OF
SOMETHING OLD,
SOMETHING NEW,
AND SOMETHING
JUST TO GET YOU
THROUGH



Dec. 9, The Landing 3:30–4:30 p.m.
Dec. 11 VIRTUAL 6:00–7:00 p.m. CST

When grief becomes a part of your holiday season, it's easy to focus on what hurts. You know you can't go back to the "way it was". Anticipating change is a significant cause for holiday anxiety. It's normal to expect changes in traditions and gatherings but accepting that this year could be very different is challenging. It doesn't have to be that way. As the saying goes: "You can shed tears because they are gone or smile because they lived". The good news is grief can provide appreciation for the gifts that acknowledge your memories, your emotions, and even provide you with moments of joy. Some "gifts" may not be apparent right away, but they are yours. Join us and reflect on the preciousness of life each day and learn ways to cherish the gifts that give a sense of peace.



Jan. 13, The Landing 3:30–4:30 p.m.
Jan. 14, VIRTUAL 6:00–7:00 p.m. CST

After the holidays have ended, you may still be experiencing fatigue and emotional exhaustion as you enter the New Year without your loved one. The darker days of winter can easily tempt you to hibernate and take a break from grief. What you may need now more than ever is a wake-up call that allows you to soften the moments of the past year and encourage you to begin the new year with Hope. You have a choice. You can protest about dealing with your loss or you can move forward and experience life. It means not expecting the best to happen every step of the way, but instead accepting what happens with each step, and making the very best of it. Now is the perfect time to consider the four objectives for moving from the past into a new year and what's really, really important to live again and get back to "happy."

LETTING GO
OF THE GRIEF
WITHOUT
LETTING GO
OF THE LOVE



Feb. 10, The Landing 3:30–4:30 p.m.
Feb. 12, VIRTUAL 6:00–7:00 p.m.

After the death of Someone Loved, we are overwhelmed and don't want to "let go". It's normal to feel that part of your life ended with theirs. Grief reveals love as an emotion we hold on to that is a powerful force begging attention. Perhaps by redefining our expectations of "letting go", we can find what releases the pain and helps us live with the loss. Letting go is not about forgetting or ceasing to love someone. Love transcends death. While our loved one's physical presence is absent, the impact they had on our life continues. This speaks to the enduring nature of love. Learn about 3 kinds of connections and bonds that influence us through life and death. Our program is not about rushing to heal or about fixing what hurts. Instead, it confirms that it's okay to savor the memories and hold on to the LOVE.

3 Ways to Register: Online www.wingsgrief.org | Email nanwings1@gmail.com | Phone 715.845.4159



Certified Grief
Educator | Facilitator:
Nan Zastrow
wingsgrief.org
715.845.4159

Wings
A Grief Education Ministry


ASPIRUS™

Thank you to our sponsors:

Brainard Funeral Homes
Helke Funeral Home
Peterson Kraemer
Funeral Homes
Ascend Funeral Home