Wings Grief Groups

zoom Grief

DECEMBER 2026 - FEBRUARY 2027

Registration in advance, is appreciated to assure facilitator has enough handouts. (Walk-ins are welcome too.)

In-person groups meet at the YMCA-The Landing.
All sessions are open to members AND non-members.

How to Become a Dream Catcher



Managing Holiday Expectations After Loss

Virtual program:
Thurs., Dec. 10, 2026,
from 6:00–7:00 p.m. CST via Zoom.

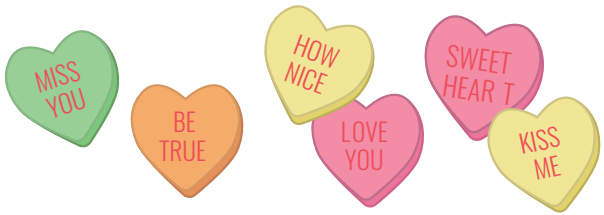
NEW In-person WHEN THE HOLIDAYS HURT SOCIAL GATHERING: Sat., Dec. 5, 2026.
See separate flyer. *(Includes the Dream Catcher presentation, Bingo, and Candle Lighting. You are invited. No Charge)*
The Dec. program will not be presented at The Landing, but offered virtually.

Join us for a program designed to help individuals and families navigate the emotional complexities of the holidays after the loss of a loved one. Through personal insight and practical strategies, we will introduce the idea of becoming a Dream Catcher—someone who intentionally shapes holiday experiences to reduce stress, honor memories, and create meaningful traditions. The program will focus on three gentle but important parts of reimagining holidays that feel manageable and meaningful. Grief often changes "the way it was," but it can also invite families to thoughtfully redesign favorite traditions so they better meet current needs. This program affirms that while the holidays may never feel exactly the same, it is possible to move forward with intention—honoring the past while creating space for comfort, new ideas, and even moments of joy.



In-person: January 19, 2027
3:30–4:30 p.m. at the Landing
Virtual: January 21, 2027,
6:00–7:00 p.m. CST via Zoom

The holidays may be over, but the fatigue and emotional weight of entering a new year without your loved one can remain. Winter's darker days can make it tempting to withdraw, yet you don't have to navigate this season alone. Join us for a gentle, supportive wake-up call—a chance to honor the past year, connect with others who understand, and discover renewed hope for the months ahead. Together, we'll explore four practical objectives for moving forward, focusing on what matters most, and making the best of each step. If you're ready for encouragement, understanding, and a path toward living fully again, this group is here for you."



Let Me Count the Ways

In-person: February 9, 2027
11:00 a.m.–Noon at The Landing.
Virtual: February 11, 2027
6:00–7:00 p.m. CST via Zoom

Valentine's Day can feel different after someone you love has died, bringing both tender memories and a longing for the moments you once shared. Join us for a gentle, heartfelt gathering to honor that special person and remember the many ways their love continues to touch your life, whether they were a partner, parent, child, friend, or anyone dear to you. Through guided reflection and conversation, you'll capture meaningful memories on a keepsake sheet you can take home and continue adding to whenever another memory comes to mind. Share a story if you wish, or simply listen, with room for laughter, tears, and quiet reflection. Together, we'll explore ways to make Valentine's Day a meaningful reminder of love that remains, while finding small ways to offer kindness to ourselves and others.
You're invited to bring a favorite photograph and a cherished item that reminds you of your loved one.

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



Certified Grief Educator | Facilitator:
Nan Zastrow
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Wings™
A Grief Education Ministry

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