

Wings Grief Groups



MARCH - JUNE 2026

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.

WHEN “WE” BECOMES “ME”



March 10, 17, 24, 2026

The Landing 3:30 - 4:30 p.m.

VITURAL: March 12, 19, 26, 2026

6:00-7:00 p.m. (3 WEEK SERIES)

When “WE” becomes “ME, happens after the loss of a significant loved one who shared your life. Being “me” isn’t easy. It comes with major transitions in your life-style, perceptions, and emotional well-being. It often requires moving from a comfortable partnership to one of becoming independent. Like it or not. This group isn’t about putting the past behind you. It’s about healing your wounds to make the best out of a new chapter in your life. In this interactive discussion series, we invite anyone who has lost a significant partner, be it a spouse, soulmate, friend, parent, sibling, or someone who made a difference in your life. This is a 3-week guided discussion series with thought-provoking questions that allows you to share your thoughts and hear what others have to say. It also includes tips and ideas to explore as you rebuild your vision of a future where grief and new-found joy can coexist.

BEYOND THE ABC’S OF GRIEF



April 14, 21, 28, May 5, 12, 2026

The Landing 3:30 - 4:30 p.m.

**VITURAL: Apr 16, 23, 30 May 7, 14, 2026
6:00-7:00 p.m. (5 WEEK SERIES)**

Grieving is different today. It’s constantly evolving. The new generation of bereaved are more willing to talk about grief, its complex emotions, and the personal impact on their lives. They understand that grief hurts, that it’s a process and takes time. The basic principles of healing grief remain the same. In Beyond the ABCs, we’ll explore the gray area of subjects not often talked about and those who grieve hesitate to mention. Some subjects covered are generational styles of grieving, circles of influence, secondary losses, avoidance, finding meaning, what you need to remove from your life to heal, and the awesome power of hope. Perhaps you feel like you are healing, but there is still more. Grief is a continuous process of learning so your life experiences can prepare you for the current and next inevitable loss. Also included are tips and ideas to help you rebuild your vision of a future with positive energy to live again. (This is a revised version of an older program based on Nan’s evolving perceptions of grief.)

VISITS FROM THE TWILIGHT ZONE

Updated & Revised
Single Session

June 16, 2026 The Landing 3:30 - 4:30 p.m.

VITURAL: June 18, 2026 6:00-7:00 p.m.

After the death of Someone Loved, it’s normal to feel that part of your life ended with theirs. However, some people describe extraordinary “signs”, messages or dreams that can’t be explained. Grief has a way of making us more aware of sensations around or within us. This may cause us to notice coincidences we may otherwise overlook. Some signs may be familiar such as smells, sounds, or objects. Ultimately the desire to maintain a bond with our loved one can be beneficial to healing grief. Whether you are a skeptic or a believer that those who passed can communicate in subtle ways, it would be hard to deny when it happens. An awesome power and reassurance in these symbolic messages remind us the spirit lives on. Though science may not be able to validate such experiences, we can be assured that we are all connected to something bigger than the small world we live in. Don’t think, “Maybe I imagined it.” Accept it and learn more how these signs offer comfort that death doesn’t end a relationship.

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

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