



JUNE - SEPTEMBER 2024

*Registration is required for virtual groups and for in-person groups.
Contact Nan to receive a zoom link or to save your in-person spot.*

**SPEAKING
OF GRIEF...**



*An open session
for sharing your
grief experiences*

Tuesdays: JUNE 11, 18, 25
(3 Weekly Sessions) IN-PERSON
THE LANDING -YMCA Wausau
3:00 to 4:00 p.m. 4:30 to 5:30 p.m.
Registration is required. Class size is limited.
Facilitator: Nan Zastrow

INPERSON—INTERACTIVE—Closed after the first session.

Join us for a guided sharing session to talk about your grief experiences with others also dealing with loss. Discuss your thoughts, ask questions, share your challenges, and know that you are not alone. Participants will be asked to honor confidentiality, be non-judgmental, and respect each other's feelings. This is not a counseling session—and I won't be giving advice. It's a time to authentically share your feelings in a safe space. The facilitator may provide some guided ways to share your story. The goal is to leave the session with a positive feeling to rely on in difficult times and begin to restore balance and hope in your life again.



Single session:
Thursday, June 20
6:00—7:00 p.m. CST
Register for a link

Have you ever thought that your loved one who died is supporting you, reassuring you and even cheering you on from beyond? Do you believe in the possibilities of messages and signs that your loved one can connect with you? Do you continue to "talk" to your loved one to relieve the stress of grief and give you a sense of comfort and peace? If these questions intrigue you, you may want to attend this program where your curiosity and inner spirit beckon you to believe in things you cannot see or confirm. Learn about the behaviors that may prevent you from receiving this life after life affirming gift. And learn what gifts are out there just waiting for your acknowledgement.

**Give Sorrow
Words...**
**Silence is
Not Golden.**



In-Person Group @ The Landing-YMCA
Tuesdays: August 13, 20, 27 and Sept. 3, 10
5:30—7:00 p.m.
ZOOMGRIEF-VIRTUAL
Thursdays Aug 15, 22, 29 and Sept 5, 12
6:00—7:00 p.m. CST

Grief is something you may consider private and personal, as though only you can own it. We live in a culture that avoids talking about loss and one that wants us to move quickly through mourning to become our former selves. But grief is a process that takes time and work. Silence is not golden. When you give sorrow words, you express how you are feeling and begin to release your personal anguish. You teach others about your grief. Grief that goes unnamed and unspoken, remains unresolved. Grief is an emotion that can rule your life if you don't give it the attention it demands. In this series, you will learn what's normal and what's necessary to heal your grief. This is a perfect group for those new to grief or for those who feel grief still is hanging on. Learn how grief challenges your common sense. Giving sorrow words after loss helps you find peace and meaning in your life going forward.

Register online at wingsgrief.org or email: nanwings1@gmail.com



**Certified Grief
Educator | Facilitator:**
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