



# OCTOBER 2023 - JANUARY 2024

*There is no charge for these groups. Registration is required for virtual groups to receive the link and for in-person groups to save a spot.*



## FINDING THE OTHER SIDE OF SADNESS—WHO AM I NOW?

ZOOMGRIEF - Register online for a link [www.wingsgrief.com](http://www.wingsgrief.com)

### ZOOMGRIEF

**Tuesdays: Oct. 17, 24, & Nov. 7, 14, 2023  
6:00—7:15 p.m. CST Virtual Webinar**

Life is always changing, but the death of a loved one can make you feel disconnected from the person you used to be and the life you previously lived. Resistance to your new reality will only take away your energy. Instead, re-evaluate what you really care about. Make a choice to leave your uncertainty behind and see the other side of sadness more clearly. It's not about escaping the sorrow of grief. It's about accepting that since something has changed, so have you. This group is designed for participants who are ready to discover their authentic self by integrating their loss into their new reality. Self-assessments and action will encourage you to move forward to find a sense of purpose and happiness.



## ALL I WANT FOR CHRISTMAS IS THE RIGHT TO GRIEVE

**Tues., December 5, 2023 – 1:00-2:00 p.m.  
INPERSON Presentation: YMCA, Wausau**

**VIRTUAL Webinar: Wed., December 6  
6:00-7:00 p.m.**

ZOOMGRIEF - Register online for a link [www.wingsgrief.com](http://www.wingsgrief.com)

Are you anxious about handling your grief in the approaching holiday? While others find energy in the festivities of the holiday, missing a loved one can dampen your spirit. You shouldn't feel any pressure to participate in traditions that may make you uncomfortable. You have the Right to Grieve and choose what's comfortable for you. In this presentation, we'll share 30 of the most common holiday complaints grievers reveal. Learn how you can satisfy expectations without compromising your feelings. The "Good News" is that almost every bereaved person is capable of feeling some joy—even when the holidays hurt. We'll show you it's possible to "save the day" and your dignity when feeling vulnerable. Learn how to create a meaningful experiences this year and some that can last for years to come.



## HOW TO BEGIN A NEW YEAR WITH HOPE

3 ATTAINABLE FRESH STARTS FOR THE BEREAVED

**Wed., January 24, 2024 – 6:00-7:00 p.m.  
INPERSON Presentation: YMCA, Wausau**

**VIRTUAL Webinar: Wed., Jan. 24, 2024  
6:00-7:00 p.m.**

ZOOMGRIEF - Register online for a link [www.wingsgrief.com](http://www.wingsgrief.com)

As the New Year approaches, those who grieve realize that "life moves forward whether or not you like it". Just because the calendar changes, it doesn't mean you are "over it." You may still be facing the hard reality of life without someone loved. Those around you may be full of energy with resolutions and plans while you might be struggling to survive one day at a time. It's possible to glide into the New Year if you can approach it as a new opportunity for a new beginning. This program offers Hope. Committing to resolutions fail. Instead, find 3 attainable Fresh Starts that you can accomplish. Assess your progress and create a plan. Whether this is your first year without your loved one or many years since, now is the time to begin this new year with Hope.

Register online at [wingsgrief.org](http://wingsgrief.org) or email: [nanwings1@gmail.com](mailto:nanwings1@gmail.com)



Certified Grief Educator | Facilitator:  
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