



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.

Living River Quartet In Concert



Friday,
May 29,
2026
6:30 - 8:30 p.m.

Doors open at
6:00 p.m.
Holiday Inn &
Suites at Cedar
Creek,
1000 Imperial Dr.,
Rothschild

Join us for an evening of refreshing contemporary praise, country, oldies, and more! This concert is not just for those who grieve but for everyone who lives with compassion and Hope. We wish to share the power of love and music with all of you. Hosted by Wings-a Grief Education Ministry, a 501c3 non-profit, charitable organization. Free will donations to support Wings programs and events.

For more information, call Nan Zastrow 715.845.4159

Sponsors: Aspirus Health, Inc, Brainard Funeral Homes, Helke Funeral Home, Peterson Kraemer Funeral Homes, Ascend Funeral Home



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.



Aug. 18, 2026 The Landing 3:30 - 4:30 p.m.

VITURAL: Aug. 20, 2026 6:00-7:00 p.m.

Are you feeling lazy or do you have that "Blah" feeling that just doesn't go away? You might be in a "grief slump". This is a period of unexpected fatigue and physical exhaustion following significant loss. You may feel overwhelmed by the energy required to grieve. Sometimes our best intentions for getting through grief don't go as expected. It doesn't help when society expects us to move on. It's natural to feel sadness and resistance around anniversary dates, holidays, as well as any other day when your energy and desire fade. This may cause you to question if you are stuck. You are not stuck. You are adjusting to irrevocable life changes. In this program, learn how the slump may affect you and how to manage it with a new perspective. Nothing can change the reality of loss but there are ways to make it tolerable. Even making one small change can bring you one step closer to getting out of your slump and healing your grief.

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



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