

# HEALING GRIEF Education Programs

## HEALING GRIEF FROM THE INSIDE OUT

### *A Six-Week Series: Education and Support for Grief, Loss and Transition*

Loss is universal; yet the way each of us grieves is different. Grief has no rules and no timetable. Pause and learn how to cope with the grief that affects you physically, spiritually, and emotionally. This series offers information that can validate your emotions and help you face one of life's greatest challenges. Understand the "surprises" of grief. Find out why you are not crazy. In a safe environment for adults, learn, share feelings, ask questions, and find healthy strategies to heal the pain.

#### 2010 Spring Series:

Meets Tuesdays, February 16, 23  
and March 2, 9, 16, 23

#### 2010 Fall Series:

Meets Tuesdays, September 14, 21, 28,  
and October 5, 12, 19

Facilitators: Nan & Gary Zastrow

Time: 6:30—8:00 p.m. | Place: Ste. 0-850, Quality Services, Aspirus Wausau Hospital

## 13TH ANNUAL UNDERSTANDING GRIEF SPRING CONFERENCE

### *Dr. Alan Wolfelt, PhD. ~ Author, Educator, Grief Counselor*

#### **Protect Them or Teach Them? Understanding How Children and Teens Mourn**

Date: May 3, 2010 | Time: 7:00 pm – 9:00 pm | The Plaza, Wausau, WI

Grief is an experience shared by both adults and children. When a parent, sibling, friend, or relative dies, children feel the overwhelming loss of someone who helped shape their fragile self-identities. Children at different ages respond to grief in unique ways. Recognize the signs of grief needing attention and honor grief expressed. Adults have a responsibility to help young people understand both the joy and the pain that comes from caring deeply for others. A variety of subtopics will be explored in an effort to help participants learn how to artfully "companion" children and teens impacted by death loss.

#### **Providing Extraordinary Grief Support for Families with Sudden, Violent or Suicide Deaths**

Date: May 4, 2010 | Time: 9:00 am – 12:00 noon | The Plaza, Wausau, WI

Intense grief experiences raise a sense of helplessness and despair. There is an instinctive need to understand "why did this happen" and the doubt of "how will I survive this reality if it did happen". Some create social stigmas. Some create mysteries, but all require giving attention to the special needs for healing. Learn how to help families intentionally mourn the death and help them believe in their capacity to heal. Help them to not only survive, but to truly live, again. This informative seminar will help members of the caregiving community who want to further develop their knowledge and skills on helping people mourn sudden, violent or suicide deaths.

## LIVE FIRST, GRIEVE SECOND

### *A Four-Week Series: Understanding Grief work—a class for the seasoned griever who wants to define life and purpose*

Society has dismissed your grief as "finished"; but you have yet to reconcile with the final act of letting go. Perhaps, it doesn't hurt as much any more, but you still may feel lost in memories. You may be struggling with holding on to "who" and "what" you once loved and wondering what else you should be doing with your life. In this series, participants are guided through the tasks of grief by evaluating the meaning of their loss, building new identities, and making positive choices for healing.

Meets Tuesdays: May 18, 25 and June 1, 8

Facilitators: Nan & Gary Zastrow

Time: 6:30-8:30 p.m. | Place: Ste. 0-850, Quality Services, Aspirus Wausau Hospital

## 14TH ANNUAL HOLIDAY REMEMBRANCE PROGRAM

### *When the Holidays Hurt—for the Bereaved*

Each year, a new theme-based program is presented with fresh ideas and personal insight about coping with grief during the holidays. When someone loved dies, the holidays can be a source of anxiety and added grief. Join us for this motivational program that helps families cope by giving them options and suggestions for managing their traditions and emotions. Discover ideas for ritual, celebration, and remembrance.

Presented by: Nan & Gary Zastrow

Tuesday, December 7, 2010 | Time: 7—9 p.m. | Place: The Rose Garden

**For more information on any of these programs, contact Nan or Gary Zastrow at 715-845-4159, Wings—a Grief Education Ministry or visit our website [www.wingsgrief.org](http://www.wingsgrief.org) or email [wings1@charter.net](mailto:wings1@charter.net).**

**Groups facilitated by: Nan & Gary Zastrow, Certified Grief Educators. Pre-registration recommended.**

*Wings*  
A Grief Education Ministry