



JANUARY - MARCH 2025

Registration is required for virtual groups and for in-person groups.
In-person groups meet at the YMCA-The Landing.
All sessions are open to members AND non-members.

SURVIVING HOLIDAY BURNOUT:

Tis the Season for New Beginnings

Single Session, In-Person
January 7, 2025 4:30-5:30 p.m.

Virtual Session
Jan,9, 2025 6:00-7:00 p.m. CST

You barely made it through the holidays. The flame of "burnout" died down but now you are faced with the challenge of beginning in a year your loved one will never live in. Holiday festivities likely increased your anxiety and yearning for the life you lived before your loss. That's why it still hurts. There is a point where you must give yourself permission to live fully again. It's not betrayal to let go of the pain and honor your loved one. In the process, you'll discover that you can move forward with them. It's okay to mourn when your heart aches; and it's okay to feel joy as you discover a glimmer of hope for a brighter tomorrow. In this program, learn how to gradually recognize that endings don't have to be painful. They can and should lead to comfortable new beginnings.



LOVE NEVER DIES

*Creating a Healthy and Normal Connection
After Loss*

Single Session, In-Person
Feb. 4, 2025 4:30-5:30 p.m.

Virtual Session
Feb 6, 2025 6:00-7:00 p.m. CST

Do you believe it's possible to create a relationship with a loved one who died? Maybe you've already practiced it. Or maybe you are a skeptic and think nobody can do that. Research indicates that it's healthy and normal to stay connected to your loved one who died. Your relationship doesn't end; it just changes over time. Grief focuses on endings. Doesn't that sound hopeless and sad? I'd like to change your mind and introduce you to the healing power of connection using treasured memories and bonds of your past in a healthy and positive way. Finding a way to sustain your love for the person after their death is important as you move forward in life.



GRIEF IS A JOURNEY, NOT A DESTINATION

In-Person, 5 Week Series
February 18, 25, & March 4, 11, 18, 2025
4:30-5:30 p.m.

Virtual Sessions
February 20, 27, & March 6, 13, 20, 2025
6:00-7:00 p.m. CST

Life is a Journey. Grief complicates that journey and creates many new paths. Grief isn't an event that happens and then ends. Grief is messy, brutal and the beginning of your great unknown. The hard truth is you can't stay there forever. But how do you get through questions, emotions, and doubts. Grief changes everything in your life. Learn how to avoid the struggle and discover how you can thrive. Learn how to build your confidence and hope as you take small steps forward. Since my recent loss, my perspective has changed and my thoughts are evolving, just like yours. You may never fully recover in the sense that you expect but you can still have a fulfilling life.

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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