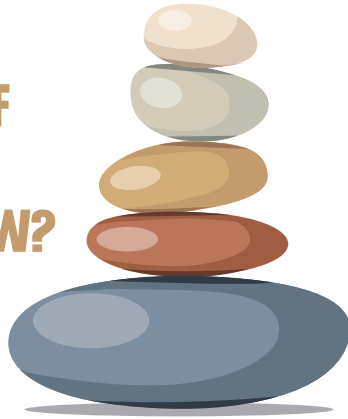




OCTOBER - DECEMBER 2024

Registration is required for virtual groups and for in-person groups.

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



OCTOBER—NOVEMBER  
(4-week program)

Tuesdays: October 15, 22, 29, and November 5  
In-Person at The Landing from 5:30-7:00 pm

Loss has significantly changed your life. This isn't something you chose. As painful as the process appears, you realize this unanticipated path requires you to redefine who you are so you "fit" into the next chapter of your life. There's another side of sadness and it's okay to walk forward at your own pace. It takes time and determination, but you get to make the choices. The first big step is deciding you aren't going to be bereaved forever. The greatest challenge in grief is discovering who you are now, after loss. The second greatest step is being happy with what you find. Take your memories with you. They belong to you forever. In this 4-week series you will learn what to expect as you heal. Through self-discovery, you may be surprised at the strength and compassion you still have to offer.

## SPEAKING OF GRIEF... LET'S TALK

An open session for sharing your grief experiences

**SINGLE SESSION: In-Person at The Landing**  
Tuesday Nov 12, 2024  
Group #1 3:00-4:00 pm  
Group#2 4:30-5:30 pm

### "Let's Talk Turkey and other Holiday Stuff"

Families will gather this holiday season even though a significant person will not be there. We are surrounded with social messages about the most wonderful time of the year for gathering, eating, selecting the perfect gift and making perfect memories. What do you do if you are on the other side of "happy" trying to handle expectations, traditions that might change, less than festive feelings...and still keep the family content with your decisions. Before you sit down to that turkey dinner or put up that Christmas tree that is bound to bring on the tears, let's talk about what you can do to make the holiday season the best possible under the circumstances. This is an open, unscripted discussion, not a counseling session. The facilitator will provide guided questions to create discussion but not advice.



**What's under your tree?**  
*Healing Gifts* or Pandora's Box?  
**SINGLE SESSION:**  
No Charge – Registration is Required  
In-person at The Landing YMCA  
Tuesday December 10, 2024 from 5:00-6:00 pm

**VIRTUAL:**  
Thursday, December 12, 2024 from 6:00-7:00 CST  
Register for a link

Whether you are going through your first Christmas without someone loved or your tenth, holidays become complicated. There are always triggers that make it an emotional time. Whether or not you put up a tree or decorate doesn't really matter. But maybe those soft twinkling lights are calming, so you give in. In this program, we'll explore the common reasons that prevent grievers from celebrating when their head says "yes", but their heart pleads "no".

There are 10 boxes under most Christmas trees. Grief easily reminds you that some boxes hold challenges and uncertainty. Others contain pleasant memories and healing gifts. To be fully prepared for what the season will bring, be willing to open every box and deal with its contents. The holidays will come and go whether or not there is a tree or just those symbolic irritating boxes standing in your way. You can choose to be sad or joyful...or choose both. Happiness can thrive and even small miracles of hope may appear.

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



Certified Grief Educator | Facilitator:  
Nan Zastrow  
[wingsgrief.org](http://wingsgrief.org)  
715.845.4159



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