



**APRIL - JUNE 2024**

*Registration is required for virtual groups and for in-person groups.  
Contact Nan to receive a zoom link or to save your in-person spot.*



## Live First Grieve Second

**April 16, 23, 30 and May 7, 14**

**Group 1: 3:30–5:00 pm Group 2: 5:30–7:00**

**INPERSON: The Landing, YMCA, Wausau**

All-NEW program that leads participants forward to build a positive relationship with their grief that doesn't deny grief but honors connection and rejuvenation. To "live again", you must begin a new chapter and trust the process of healing. Don't allow your loss and sadness to prevent hope for your future, even if you still might feel a little broken and hurt. Most of us underestimate our strength and resiliency. In this 5-week series, you will create and collect Wildcards that offer inspiration and continued motivation to use when the group concludes. The goal from this series is to live your life in the best way possible. Energize your progress with personal power and activities that create a feeling of meaning and forward movement while embracing the pride of living first and grieving second.

## Living River Quartet In Concert



**Friday, May 31, 2024 | 6:30 - 8:00 pm**

Holiday Inn & Suites at Cedar Creek,  
1000 Imperial Dr., Rothschild

Join us for an evening of refreshing contemporary praise, county, 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.

## **SPEAKING OF GRIEF...**

*Open Session: Sharing Your Story*

**June 11, 18, 25** (3 sessions) closed after first group  
**3:00–4:15 and 4:30–5:15**

**INPERSON: The Landing, YMCA, Wausau**  
*Registration is required. No Charge for Members or Non-Members*

Join us for a guided sharing session. Share your story with others also dealing with the loss of a loved one. Know that you are not alone. The facilitator will provide some guided ways to share your story focusing on what concerns you most on your journey and leave the session with a positive memory to rely on in difficult times.

**MARCH 21, 2024**



**LOVE  
NEVER  
DIES**

*Creating a healthy and normal  
connection with someone loved after loss*

**Thurs., March 21, 2024 – 3:00-4:00 p.m.**

**INPERSON: The Landing, YMCA, Wausau**  
*Registration is required. No Charge for Members or Non-Members*

**VIRTUAL webinar: Wed. Mar. 27, 6:00–7:00**  
*ZOOMGRIEF - Register online for a link [www.wingsgrief.com](http://www.wingsgrief.com)*

**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)  
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A Grief Education Ministry

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