

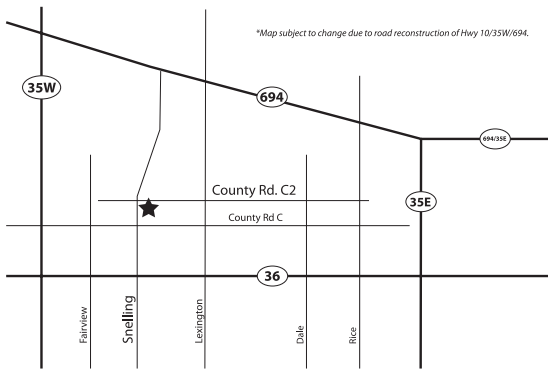
**Sponsored jointly by  
the North Suburban Grief  
Support Coalition**

- Abiding Savior Lutheran Church (*Mounds View*)
- Atonement Lutheran Church (*New Brighton*)
- Centennial United Methodist Church (*Roseville*)
- Christ the King Lutheran Church (*New Brighton*)
- Church of St. Odilia (*Shoreview*)
- Church of St. William (*Fridley*)
- Galilee Lutheran Church (*Roseville*)
- Immaculate Conception (*Columbia Heights*)
- Incarnation Lutheran Church (*Shoreview*)
- Nativity Lutheran Church (*St. Anthony*)
- Presbyterian Church of the Way (*Shoreview*)
- Prince of Peace Lutheran Church (*Roseville*)
- Roseville Lutheran Church (*Roseville*)
- St. John the Baptist Catholic Church  
(*New Brighton*)
- St. Joseph of the Lakes Catholic Church (*Lino Lakes*)
- St. Michael's Lutheran Church, ELCA (*Roseville*)
- St. Philip's Lutheran Church (*Fridley*)
- St. Rose of Lima Catholic Church (*Roseville*)

**Location**

Centennial United Methodist Church  
1524 W County Road C2  
Roseville, MN 55113  
651-633-7644

Growing Through Loss  
c/o St. John the Baptist Catholic Church  
835 - 2nd Avenue NW  
New Brighton, MN 55112



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**Grief Support Series**

**Growing  
Through  
Loss**



**Fall 2017**

# Growing Through Loss

## Purpose:

The series provides an opportunity for individuals to obtain information and support for a variety of loss and grief issues.

**Place:** Centennial United Methodist Church  
(See map on back of brochure)

**Time:** Mondays 6:45 to 9 p.m.

**Agenda:** Registration 6:45 to 7 p.m.  
Speaker 7 to 7:45 p.m.  
Small groups 8 to 9 p.m.

Registration takes place each program night at the host church. Each session is complete in itself. You are welcome to attend one or all. Donations are accepted. Child care is provided upon request one week ahead of time. For more information call Nancy Jahnke at 763-755-5335.

## Have you experienced:

- the death of a loved one
- a broken relationship
- a divorce or separation
- pregnancy or infant loss
- a job loss or change
- a move to a new home or city
- a loved one who needs your support

## Do you feel:

- in need of support, or
- interested in learning more about grief

*If you answered “yes” to any of these questions, then this series is for you.*

## Schedule

### Sept. 18 What Do We Know about Grief and Bereavement?

*Ted Bowman,*  
Trainer, Consultant,  
Educator and Author

### Sept. 25 Talking about Tough Stuff: Communicating about Grief

*Ted Bowman,*  
Trainer, Consultant,  
Educator and Author

### Oct. 2 Breathing Through Loss

*Constance Casey*  
Chaplain, Facilitator for  
Healing and Loss

### Oct. 9 Coping with Holidays and Special Days

*Paul Johnson*  
Bereavement Educator

### Oct. 16 Families Coping with Grief

*Janice Winchester Nadeau, Ph.D.*  
Licensed Psychologist, Marriage  
and Family Therapist

### Oct. 23 Where is God in our Suffering (includes a service of healing and hope)

*Rev. Leah Challberg, M.Div.*  
Associate Pastor  
Centennial United Methodist Church

The next series will be at St. Phillips Lutheran Church in Fridley on Thursdays beginning April 18, 2018.

Visit our Web site at  
[www.growingthroughloss.org](http://www.growingthroughloss.org)



## Groups available

- loss of spouse
- loss of child
- loss of parent
- loss of sibling or friend
- suicide survivors
- loss of grandparent
- divorce or separation
- transitional loss (such as, but not limited to, empty nest, moving, job loss, broken relationship, financial setbacks)
- loss of pet

## Founder:

Janice Winchester Nadeau, Ph.D.

## Director:

Susan Amos Palmer

## Administrative Coordinator:

Nancy Jahnke

## Publicity:

Leslie Walters

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