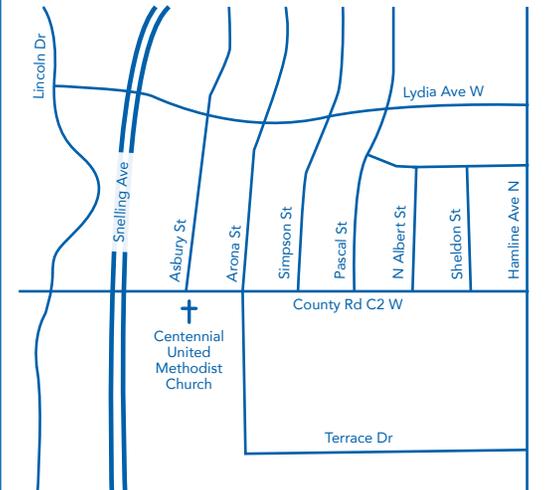


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Growing Through Loss
c/o St. John the Baptist Catholic Church
835 – 2nd Avenue NW
New Brighton, MN 55112

GRIEF SUPPORT SERIES

Growing Through Loss



SPRING 2026

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	Thursdays	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. For more information, call Margie Alexander 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

April 9 April Showers: A Grief Metaphor

Ted Bowman
Trainer, Consultant, Educator
and Author

April 16 Dealing with Your Feelings

Sister Adaire Lassonde
Funeral Services Coordinator,
Catholic Cemeteries

April 23 What Do I Do Now? Navigating Life After Loss

Erin Hente
Financial Planner, Certified Life Coach,
Grief Center Board Member

April 30 Grief and the Family

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

May 7 Watch for the Signs

Donna Mathiowetz
Speaker and Author

May 14 Service of Comfort and Healing

Pastor Bitrus Bamai
Congregational Care Facilitator

The next series will be at The Church of St. William in Fridley, beginning **September 21, 2026**, Mondays.

Visit our website at:
www.growingthroughloss.org



GROUPS AVAILABLE

- loss of spouse
- loss of child
- loss of parent
- loss of sibling or friend
- loss of grandparent
- suicide survivors
- divorce or separation
- transitional loss (for example, empty nest, moving, job loss, broken relationship, financial setbacks)

Founder

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