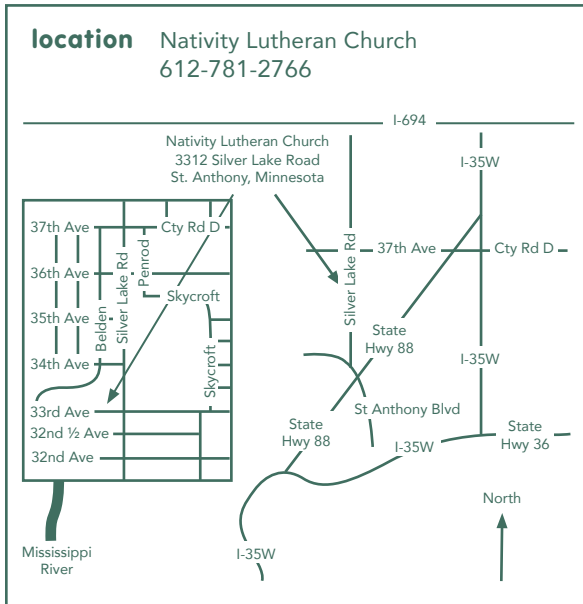


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Growing Through Loss
c/o St. John the Baptist Catholic Church
835 – 2nd Avenue NW
New Brighton, MN 55112

GRIEF SUPPORT SERIES

Growing Through Loss



FALL 2024

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	Nativity Lutheran Church <i>(see map on back of brochure)</i>	
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

Sept. 5 What Is Grief?

Bob Bartlett
Marriage and Family Therapist

Sept. 12 Self Care

Bob Bartlett
Marriage and Family Therapist

Sept. 19 Getting through the Holidays After a Loved One Has Died

Mary Marcoux
Grief Counselor and Bereavement Professional

Sept. 26 Grief and the Family

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

Oct. 3 Multiple Losses

Julie Ditzler
Retired Long-Term Care Educator and Nurse

Oct. 10 Grief Rollercoaster

Rev. Glen Seefeldt, M.Div.
Senior Pastor, Nativity Lutheran Church

The next series will be at Abiding Savior Lutheran Church in Mounds View, beginning **March 31, 2025**, Mondays.

Visit our Web site 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)

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