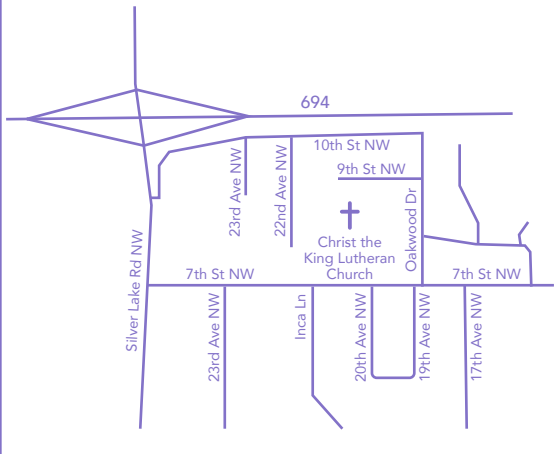


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- Abiding Savior Lutheran Church (*Mounds View*)
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LOCATION Christ the King Lutheran Church
1900 7th St NW
New Brighton, MN 55112
651-633-4674



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 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	Christ the King Lutheran Church <i>(see map on back of brochure)</i>	
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. 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 8** **The Conundrum of Absences and Presences**
Ted Bowman
Trainer, Consultant, Educator and Author
- April 15** **Thankfulness in the Midst of Grief and Grieving**
Ted Bowman
Trainer, Consultant, Educator and Author
- April 22** **Families Coping with Grief**
Janice Winchester Nadeau, Ph.D.
Licensed Psychologist, Marriage and Family Therapist
- April 29** **The Dimensions of Multiple Loss**
Jason Kemp
Social work professional with graduate degrees in both business and public administration
- May 6** **Recalibrating Your Life After Loss**
Jill Johnson, MBA
President and Founder, Johnson Consulting Services
- May 13** **Prayer and Healing Service**
Pastor Sarah Anderson
Pastor, Christ the King Lutheran Church

The next series will be at Nativity Lutheran Church, St Anthony, beginning **September 5, 2024**, Thursdays.

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)

Founder

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