

**SPONSORED JOINTLY BY THE NORTH
SUBURBAN GRIEF SUPPORT COALITION**

- Abiding Savior Lutheran Church (*Mounds View*)
- Atonement Lutheran Church (*New Brighton*)
- Catholic Community of St. Odilia (*Shoreview*)
- Centennial United Methodist Church (*Roseville*)
- Christ the King Lutheran Church (*New Brighton*)
- Church of St. William (*Fridley*)
- Galilee Lutheran Church (*Roseville*)
- Immaculate Conception (*Columbia Heights*)
- Incarnation Lutheran Church (*Shoreview*)
- Lutheran Church of the Resurrection (*Roseville*)
- 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*)

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location Catholic Community of St. Odilia
3495 N. Victoria
Shoreview, MN 55126
651-484-6681

The map shows a street grid with Victoria St N running north-south. Cannon Ave runs east-west across the middle. To the north of Cannon Ave, Victoria St N intersects with County Rd E and Highway 694. To the south, it intersects with Owasso Blvd N. Landmarks include Island Lake Park and Lake Owasso. The church is marked with a cross icon at the intersection of Victoria St N and Cannon Ave.

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 2019

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	Catholic Community of St. Odilia (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. 16 Grief: A Journey**
Linda Cherek
Licensed Therapist, Educator,
Consultant and Author
- Sept. 23 Caring for a Broken Heart**
Linda Cherek
Licensed Therapist, Educator,
Consultant and Author
- Sept. 30 A Personal Grief Story: Sharing Hope**
Monica Shearon
Christian Mother, Educator, Life Coach
- Oct. 7 Families during Grief**
Janice Winchester Nadeau, Ph.D.
Licensed Psychologist, Marriage and
Family Therapist
- Oct. 14 Out of the Desert: Isolation or
Engagement As One Experiences Loss**
Bob Bartlett
Marriage and Family Therapist
- Oct. 21 Hello Grief, Where Do We Go from
Here, God?**
(includes a service of healing and hope)
Deacon Jim Saumweber
Pastoral Minister
Catholic Community of St. Odilia

The next series will be at Nativity
Lutheran Church in St. Anthony,
beginning **April 13, 2020**.

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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