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)

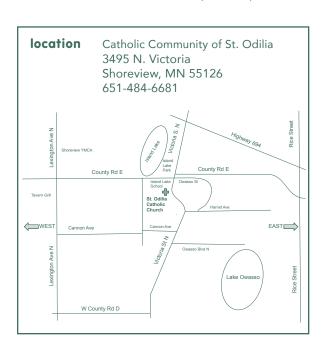
St. John the Baptist Catholic Church (New Brighton)

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)



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 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

Janice Winchester Nadeau, Ph.D.

director

Susan Amos Palmer

administrative coordinator

Nancy Jahnke

publicity

Betsy Carlson

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