

**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, ELCA (*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**  
Incarnation Lutheran  
Church  
651-484-7213

Incarnation Lutheran Church  
4880 Hodgson Rd.  
Shoreview, Minnesota



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 2020**

# Growing Through Loss

## PURPOSE

The series provides an opportunity for individuals to obtain information and support for a variety of loss and grief issues.

<b>place</b>	Incarnation Lutheran Church (see map on back of brochure)	
<b>time</b>	Thursdays	6:45 to 9 p.m.
<b>agenda</b>	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 Nancy Jahnke at **763-755-5335**. Due to COVID-19, please wear a mask.

## 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. 10 What Is Grief?**

*Bob Bartlett*  
Marriage and Family Therapist

### **Sept. 17 Self Care**

*Bob Bartlett*  
Marriage and Family Therapist

### **Sept. 24 Shame and Grief**

*Bob Albers, Ph.D. and M.Div.*  
Author, and Retired Pastor and Professor

### **Oct. 1 Grief and the Family**

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

### **Oct. 8 Loss of Dreams**

*Ted Bowman*  
Trainer, Consultant, Educator and Author

### **Oct. 15 Connecting with God in Our Sorrow**

(includes a service of healing and hope)  
*Rev. Jeanne Hartfield*  
Pastor, Incarnation Lutheran Church

The next series will be at Abiding Savior Lutheran Church in Mounds View, beginning **April 6, 2021**.

Visit our Web site at:  
[www.growingthroughloss.org](http://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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### **founder**

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