

**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*)
- 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*)

NONPROFIT ORG
U S POSTAGE
PAID
PERMIT 4190
TWIN CITIES MN



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 2021

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	St. Philip's Lutheran Church (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. For more information, call Margie Alexander at **763-755-5335**. Due to COVID-19, if you are not fully vaccinated, 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. 13 Grief: A Journey

Linda Cherek
Licensed Therapist, Educator,
Consultant and Author

Sept. 20 Caring for a Broken Heart

Linda Cherek
Licensed Therapist, Educator,
Consultant and Author

Sept. 27 A Personal Grief Story: Sharing Hope

Monica Shearon
Christian Mother, Educator, Life Coach

Oct. 4 Coping with Holidays and Special Days

Paul Johnson
Bereavement Educator

Oct. 11 Families and Grief

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

Oct. 18 Where Is God in Our Suffering

(includes a service of healing and hope)
Rev. Matt Flom
Pastor, St. Philip's Lutheran Church

The next series will be at St. John the Baptist Catholic Church in New Brighton, beginning **April 21, 2022.**

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

Margie Alexander

publicity

Nancy Jahnke

© Copyright 1986–2021

Janice Winchester Nadeau

2.3 8/2021