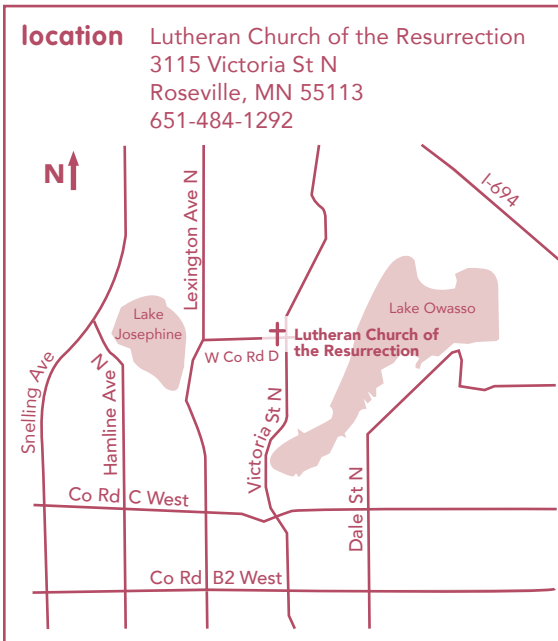


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- Abiding Savior Lutheran Church (*Mounds View*)
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Growing Through Loss
c/o St. John the Baptist Catholic Church
835 – 2nd Avenue NW
New Brighton, MN 55112

GRIEF SUPPORT SERIES

Growing Through Loss



FALL 2022

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	Lutheran Church of the Resurrection (<i>see map on back of brochure</i>)	
time	Thursdays	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. 15 Living with Loss: Understanding Grief Helps**
Ted Bowman
Trainer, Consultant, Educator and Author
- Sept. 22 The Many Emotions of Grieving: Our Own and the Emotions of Others**
Ted Bowman
Trainer, Consultant, Educator and Author
- Sept. 29 Grief Is a Family Affair**
Janice Winchester Nadeau, Ph.D.
License Psychologist and Marriage Therapist
- Oct. 6 Living with Grief**
Deacon Joe Fredrick
Retired Social Worker and Deacon at Church of St. Timothy
- Oct. 13 Holiday Heartaches**
Linda Lehmann
Licensed Psychologist
- Oct. 20 Meeting God in Grief**
(includes a service of healing and hope)
Rev. Sarah Friesen-Carper
Pastor, Lutheran Church of the Resurrection

The next series will be at Abiding Savior Lutheran Church in Mounds View, beginning **April 17, 2023**, Mondays.

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)

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Janice Winchester Nadeau

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