

**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*)
- Elim Lutheran Church (*Robbinsdale*)
- 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*)

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TWIN CITIES MN

location Centennial United Methodist Church
1524 County Road C2 W
Roseville, MN 55113
651-633-7644

The map displays a grid of streets. A red cross icon marks the location of Centennial United Methodist Church at the intersection of County Rd C2 W and Snelling Ave. Other streets shown include Lincoln Dr, Lydia Ave W, Asbury St, Arena St, Simpson St, Pascal St, N Albert St, Sheldon St, Hamline Ave N, and Terrace Dr.

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 2023

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	Centennial United Methodist Church <i>(see map on back of brochure)</i>	
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. 11 Understanding Grief and Loss**
Sister Adaire Lassonde, SSND
Funeral Services Coordinator,
Catholic Cemeteries
- Sept. 18 What Do We Do with These Feelings?**
Sister Adaire Lassonde, SSND
Funeral Services Coordinator,
Catholic Cemeteries
- Sept. 25 Families Coping with Grief**
Janice Winchester Nadeau, Ph.D.
Licensed Psychologist and Marriage
Therapist
- Oct. 2 The Power of Staying in Your Story**
Annie Lumbar Bendson
Director of Health Services for
Minnetonka Public Schools
- Oct. 9 Personal Story: Loss of Spouse**
Margarita Alvarez
Grief Support Volunteer
- Sept. 16 Healing and Prayer Service**
Whitney Sheridan
Pastor, Centennial United
Methodist Church

The next series will be at Christ the King Lutheran Church, New Brighton, beginning **April 8, 2024**, 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)

founder

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