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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)

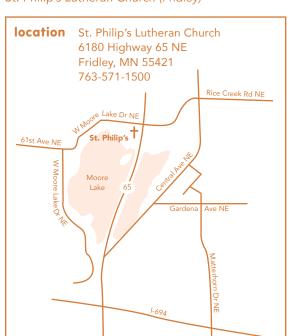
Prince of Peace Lutheran Church (Roseville)

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)



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 2025** 

# **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	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**.

### **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. 18 Peace in Pieces

Dr. Nora Flom Educator

### Sept. 25 Is This Normal? Living with Grief

Linda Cherek
Licensed Therapist, Educator,
Consultant and Author

### Oct. 2 Self Care

Bob Bartlett
Marriage and Family Therapist

### Oct. 9 Grief and the Family

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

### Oct. 16 Handling Grief Through the Holidays

Barbara Moore Retired Social Services Supervisor

### Oct. 23 Service of Comfort and Healing

Pastor Matt

The next series will be at Centennial United Methodist Church in Roseville, beginning **April 9, 2026**, Thursdays.

Visit our website 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.

### **Co-Directors**

Charlotte Drone and Tom Schloer

### **Administrative Coordinator**

Margie Alexander

### **Publicity**

Nancy Jahnke

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