

**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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location St. Philip's Lutheran Church
6180 Highway 65 NE
Fridley, MN 55421
763-571-1500



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 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 <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**.

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

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