

**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*)
- Roseville 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*)

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location Nativity Lutheran Church
612-781-2766

The map shows the location of Nativity Lutheran Church at 3312 Silver Lake Road, St. Anthony, Minnesota. The church is situated on Silver Lake Road, which runs north-south. To the west of the church are several streets: 37th Ave, 36th Ave, 35th Ave, 34th Ave, 33rd Ave, 32nd 1/2 Ave, and 32nd Ave. To the east of the church are I-35W and State Hwy 36. To the south of the church are State Hwy 88 and St. Anthony Blvd. The map also shows the Mississippi River to the west and I-694 to the north. A north arrow is located at the bottom of the map.

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



SPRING 2020

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	Nativity 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. Child care is provided upon request one week ahead of time. For more information, call Nancy Jahnke 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

- April 13 What Is Grief?**
Bob Bartlett
Marriage and Family Therapist
- April 20 Self Care**
Bob Bartlett
Marriage and Family Therapist
- April 27 Shame and Grief**
Bob Albers, Ph.D. and M.Div.
Author, and Retired Pastor and Professor
- May 4 Grief and the Family**
Janice Winchester-Nadeau, Ph.D.
Licensed Psychologist, Marriage and Family Therapist
- May 11 Loss of Dreams**
Ted Bowman
Trainer, Consultant, Educator and Author
- May 18 Hope After the Death of My Daughter**
(includes a service of healing and hope)
Rev. Glen Seefeldt, M.Div.
Senior Pastor, Nativity Lutheran Church

The next series will be at Incarnation Lutheran Church in Shoreview, beginning **Sept. 17, 2020**.

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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