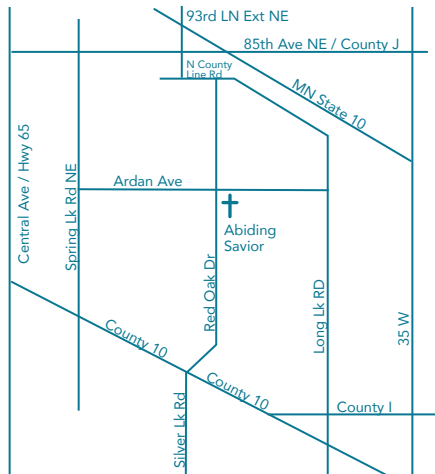


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SUBURBAN GRIEF SUPPORT COALITION**

- Abiding Savior Lutheran Church (*Mounds View*)
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Mounds View, MN 55112
763-784-5120



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 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	Abiding Savior Lutheran 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

April 17 Grief: A Journey

Linda Cherek
Licensed Therapist, Educator,
Consultant and Author

April 24 Caring for a Broken Heart

Linda Cherek
Licensed Therapist, Educator,
Consultant and Author

May 1 Understanding the Characteristics of Grief

Paul Johnson
Bereavement Educator

May 8 Families Coping with Grief

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

May 15 Out of the Desert: Isolation or Engagement as One Experiences Loss

Bob Bartlett
Marriage and Family Therapist

May 22 Where Is God in our Suffering

(includes a service of healing and hope)
Cheryl Bornhorst, Parish Nurse, and
Rev. David Rogge, Associate Pastor,
Abiding Savior Lutheran Church

The next series will be at Centennial United Methodist Church, Roseville, beginning **Sept. 11, 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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