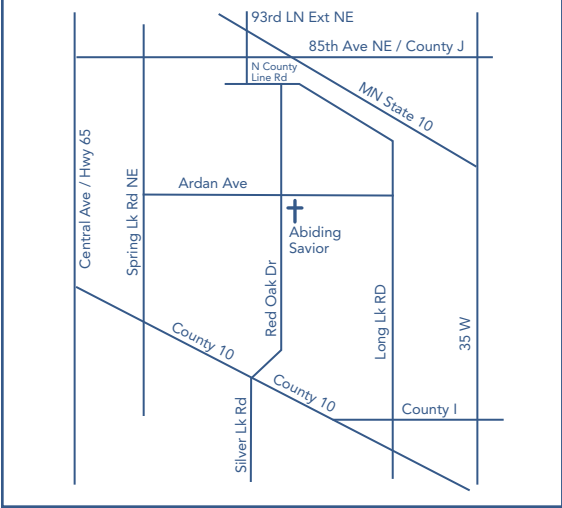


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location Abiding Savior Lutheran Church
8211 Red Oak Dr
Mounds View, MN 55112
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Growing Through Loss
c/o St. John the Baptist Catholic Church
835 – 2nd Avenue NW
New Brighton, MN 55112

GRIEF SUPPORT SERIES

Growing Through Loss



SPRING 2019

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 (see map on back of brochure)	
time	Tuesdays	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 16 Characteristics of Grief

Paul Johnson
Bereavement Educator

April 23 The Transformative Nature of Grief

Paul Johnson
Bereavement Educator

April 30 Honest Hope Even While Grieving

Ted Bowman
Trainer, Consultant, Educator and Author

May 7 Taking Care of You: A Part of the Grief Journey

Louise Britts
Bereavement Coordinator, Optage

May 14 Grief and the Family

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

May 21 Where Is God in My Suffering?

(includes a service of healing and hope)
Rev. Elisa Richardson, M.Div.
Pastor, Abiding Savior Lutheran Church

The next series will be at the Catholic Community of St. Odilia in Shoreview, beginning **Sept. 16, 2019**.

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

Janice Winchester Nadeau, Ph.D.

director

Susan Amos Palmer

administrative coordinator

Nancy Jahnke

publicity

Betsy Carlson

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