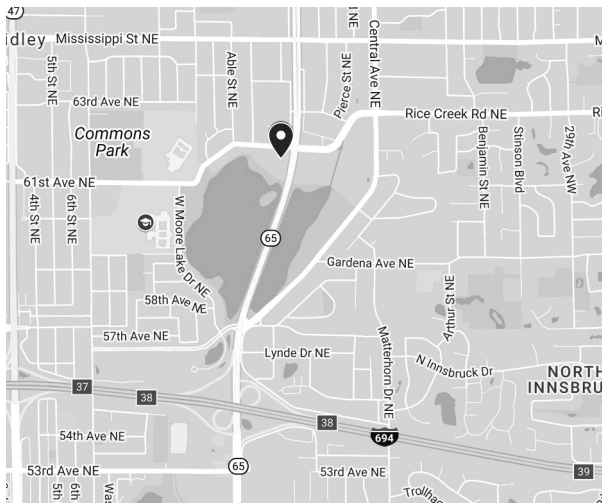


**Sponsored jointly by
the North Suburban Grief
Support Coalition**

- Abiding Savior Lutheran Church (*Mounds View*)
- Atonement Lutheran Church (*New Brighton*)
- Centennial United Methodist Church (*Roseville*)
- Christ the King Lutheran Church (*New Brighton*)
- Church of St. Odilia (*Shoreview*)
- Church of St. William (*Fridley*)
- Galilee Lutheran Church (*Roseville*)
- Immaculate Conception (*Columbia Heights*)
- Incarnation Lutheran Church (*Shoreview*)
- 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*)

Location

St. Philip's Lutheran Church
6180 Hwy 65 NE
Fridley, MN 55432
763-571-1500



Growing Through Loss
c/o St. John the Baptist Catholic Church
835 - 2nd Avenue NW
New Brighton, MN 55112

NONPROFIT ORG
U S POSTAGE
PAID
PERMIT 4190
TWIN CITIES MN

Grief Support Series

**Growing
Through
Loss**



Spring 2018

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:** Thursday's 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 12** **Understanding Grief and Loss**
Judy Connolly,
Chaplain, University of Minnesota
Medical Center
- April 19** **Feelings and Emotions of Grief**
Judy Connolly,
Chaplain, University of Minnesota
Medical Center
- April 26** **Selfcare while Experiencing Grief**
Jack Hinirichs, M.A., L.M.F.T.
Psycho Therapist, Nystom & Assoc.
- May 3** **Out of the Desert**
Bob Bartlett
Marriage and Family Therapist
- May 10** **Families in Grief**
Janice Winchester-Nadeau, Ph.D.
Licensed Psychologist, Marriage
and Family Therapist
- May 17** **Is It Okay to Be Mad at God?**
*(includes a service of healing
and hope)*
Rev. Mollie Dvorak
Pastor, St. Philip's Lutheran Church

The next series will be at Roseville Lutheran Church in Roseville on Mondays beginning Sept. 17, 2018.

Visit our Web site at
www.growingthroughloss.org



Groups available

- loss of spouse
- loss of child
- loss of parent
- loss of sibling or friend
- suicide survivors
- loss of grandparent
- divorce or separation
- transitional loss (such as, but not limited to, empty nest, moving, job loss, broken relationship, financial setbacks)
- loss of pet

Founder:

Janice Winchester Nadeau, Ph.D.

Director:

Susan Amos Palmer

Administrative Coordinator:

Nancy Jahnke

Publicity:

Betsy Carlson

©COPYRIGHT 1986-2018
Janice Winchester Nadeau
2.3 12/2017