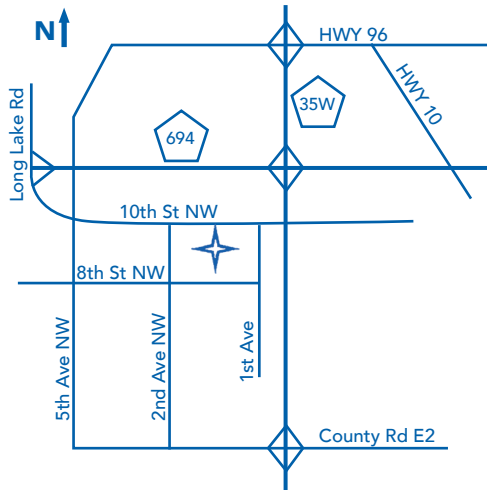


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**location** St. John the Baptist Catholic Church  
835 2nd Ave NW  
New Brighton, MN 55112  
651-633-8333



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 2022**

# Growing Through Loss

## PURPOSE

The series provides an opportunity for individuals to obtain information and support for a variety of loss and grief issues.

<b>place</b>	St. John the Baptist Catholic Church (see map on back of brochure)	
<b>time</b>	Thursdays	6:45 to 9 p.m.
<b>agenda</b>	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 21 Characteristics of Grief**  
*Paul Johnson*  
Bereavement Educator
- April 28 The Transformative Nature of Grief**  
*Paul Johnson*  
Bereavement Educator
- May 5 Families and Grief**  
*Janice Winchester Nadeau, Ph.D.*  
Licensed Psychologist, Marriage and Family Therapist
- May 12 A Personal Grief Story**  
*Nancy Murzyn*  
M.A. in Theology
- May 19 Peace in Pieces**  
*Dr. Nora Flom*  
Educator
- May 26 Where Is God in Our Suffering**  
(includes a service of healing and hope)  
*Fr. Paul Shovelin*  
Pastor, St. John the Baptist Catholic Church

The next series will be at Lutheran Church of the Resurrection in Roseville, beginning **Sept. 15, 2022.**

Visit our Web site at:  
[www.growingthroughloss.org](http://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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