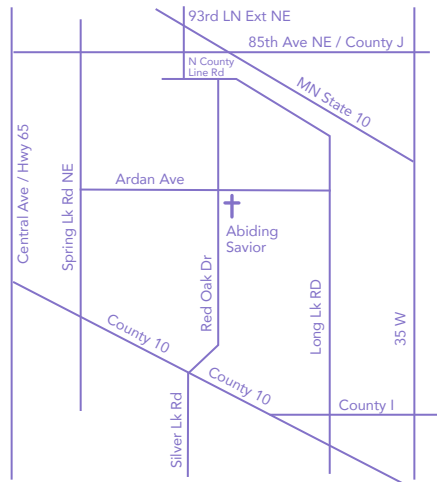


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8211 Red Oak Dr
Mounds View, MN 55112
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Growing Through Loss
c/o St. John the Baptist Catholic Church
835 – 2nd Avenue NW
New Brighton, MN 55112

GRIEF SUPPORT SERIES

Growing Through Loss



SPRING 2021

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. For more information, call Nancy Jahnke at **763-755-5335**. Due to COVID-19, 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 6 Understanding Grief and Loss**
Adaire Lassonde, SSND
Funeral Service Coordinator,
Catholic Charities
- April 13 Emotions and Self Care While Grieving**
Adaire Lassonde, SSND
Funeral Service Coordinator,
Catholic Charities
- April 20 Coping with Grief: A Personal Story**
Stuart Walker
Speaker, Writer and Bereaved Parent
- April 27 Grief as a Family Affair**
Janice Winchester Nadeau, Ph.D.
Licensed Psychologist, Marriage and
Family Therapist
- May 4 Complicated and Cumulative Grief**
Jack Hinrichs, M.A., L.M.F.T.
Psycho Therapist, Nystrom & Assoc.
- May 11 Where Is God in Our Suffering**
(includes a service of healing and hope)
Rev. Lisa Richardson Engen
Pastor, Abiding Savior Lutheran Church

The next series will be at St. Philips Lutheran Church in Fridley, beginning **Sept. 13, 2021**.

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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