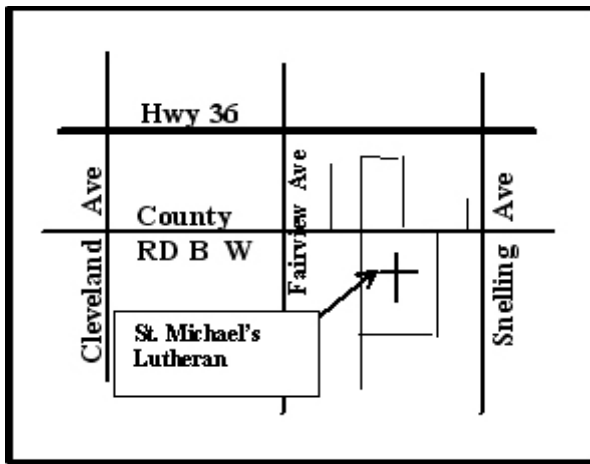


**Sponsored jointly by
the North Suburban Grief
Support Coalition**

Abiding Savior Lutheran Church (*Mounds View*)
Atonement Lutheran Church (*New Brighton*)
Christ the King Lutheran Church (*New Brighton*)
Church of St. Joseph (*Lino Lakes*)
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. Michael's Lutheran Church, ELCA (*Roseville*)
St. Philip's Lutheran Church (*Fridley*)
St. Timothy's Catholic Church (*Blaine*)

Location

St. Michael's Lutheran Church, ELCA
1660 West County Road B, Roseville 55113
651-631-1510



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

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Growing Through Loss

Grief Support Series



Fall 2010

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. Michael's Lutheran Church
(See map on back of brochure)

Time: Thursdays 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. Free child care is available by request at least one week in advance. 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

Sept. 16 **Tear Soup: A Recipe for Healing after Loss**

Shawn Phillips
Pastoral Minister
Church of St. Timothy

Sept. 23 **Why Do I Feel So Mixed Up and Crazy?**

Rev. Valerie Brown-Greenly, M.Div.
Associate Pastor
Peace Lutheran Church

Sept. 30 **Grief as a Family Affair**

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

Oct. 7 **Caring for my Grieving Heart**

Linda Cherek, M.S.W.
Author, Consultant, Educator and License Psychologist specializing in grief and loss

Oct. 14 **Soothing your Holiday Heartaches**

Paul V. Johnson
Bereavement Services Coordinator
HealthPartners Hospice and Palliative Care

Oct. 21 **Where is God in our Suffering?**

(Includes a healing service)
Rev. Leesa Soderlind, M.Div.
Pastor, St. Michael's Lutheran Church

The next series will be at Abiding Savior Lutheran Church on Tuesdays beginning April 26, 2010.

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
- divorce or separation
- transitional loss (such as, but not limited to, empty nest, moving, job loss, broken relationship, financial setbacks)
- pregnancy and infant loss
- suicide survivors

Founder:

Janice Winchester Nadeau, Ph.D.

Director:

Susan Amos Palmer

Administrative Coordinator:

Nancy Jahnke

Publicity:

Linda Satrom