

**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. Rose of Lima Church (*Roseville*)
St. Philip's Lutheran Church (*Fridley*)
St. Timothy's Catholic Church (*Blaine*)

Location

St. John the Baptist Catholic Church
835 2nd Avenue NW, New Brighton, 55112
651-633-8333



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



Spring 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. John the Baptist Catholic Church
(See map on back of brochure)

Time: Mondays 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. 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 Overview of the Grief Process

Jan Stanton, M.A.Th.
Chaplain, Benedictine Health Center of Minneapolis

April 19 Feelings: What Do We Do with them

Adaire Lassonde, SSND, LISW
Program Manager, Office of Separated and Divorced, Catholic Charities

April 26 The Transformative Power of Grief

Kathy Indihar
Pastoral Care Director
Church of St. Joseph

May 3 Families and Grief

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

May 10 Finding Hope within Grief and Loss

Ted Bowman, Trainer, Consultant, Educator and Author

May 17 Bearing Infirmities with Honor

(Includes a healing service)
Rev. Michael Skluzacek
Pastor
St. John the Baptist Catholic Church

The next series will be at St. Michael's Lutheran Church on Thursdays beginning Sept. 16, 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:

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