

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 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. For more information, call Margie Alexander 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

March 31 **Multiple Losses and the Transformational Nature of Grief**
Paul Johnson
Bereavement Educator

April 7 **Understanding the Basic Characteristics of Grief**
Paul Johnson
Bereavement Educator

April 14 **NO SESSION — Easter Week**

April 21 **The Miracle That Came in the Mail: The Dragonfly Project**
Julie Bonde
Writer, Photographer, Spiritual Coach, Mother, Grandmother

April 28 **Getting a Grip on Grief**
Maggie Bauer
Grief Recovery Specialist®, Grief Educator®, Equine Expert

May 5 **Grief and the Family**
Janice Winchester-Nadeau, Ph.D.
Licensed Psychologist, Marriage and Family Therapist

May 12 **Service of Comfort and Healing**
Pastor Lisa Engen, Pastor Elaine Silpala and Pastor Dave Rogge
Abiding Savior's Worship Leaders

The next series will be at St Phillip's Lutheran Church in Fridley, beginning **September 18, 2025**, Thursdays.

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)

Founder

Janice Winchester Nadeau, Ph.D.

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Elim Lutheran Church (Robbinsdale)
Galilee Lutheran Church, ELCA (Roseville)
Immaculate Conception (Columbia Heights)
Incarnation Lutheran Church (Shoreview)
Lutheran Church of the Resurrection (Roseville)
Nativity Lutheran Church (St. Anthony)
Presbyterian Church of the Way (Shoreview)
Prince of Peace 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)

location Abiding Savior Lutheran Church
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Growing Through Loss
c/o St. John the Baptist Catholic Church
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GRIEF SUPPORT SERIES

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