

Growing Through Loss provides:

- ✦ Support for adults who have experienced a loss
- ✦ Information about the grieving process
- ✦ Caring and support from others who are also grieving
- ✦ Sharing of memories and feelings in a confidential setting

Support for the following losses:

- ✦ Loss of Spouse
- ✦ Loss of Child
- ✦ Loss of Parent
- ✦ Loss of Other Loved Ones
- ✦ Loss through Suicide
- ✦ Life Transitions; i.e., Job Loss, Loss of Health; Broken Relationships; Mid-Life Changes
- ✦ Multiple Losses
- ✦ One-on-One Support

Following the speaker, a trained facilitator will be at each table to lead the discussion and offer help and support through conversation among the participants. One-on-one listeners will also be available each week.

For Further Information —

Call: 651-452-8261

E-mail: growingthroughloss@gmail.com

Website: <http://www.growingthroughlosssouth.com>

'Like' us on Facebook at:

Growing Through Loss – Twin Cities – South Suburban

April 18

“Loss and Grief: It’s a Busy Intersection”

Ted Bowman

Trainer, Consultant, Educator and Author

April 25

“A Different Kind of Grief”

Gloria Englund, M.A.

Founder of Recovering u
Recovery Coach and Author

May 2

“When will it End?”

Dealing with Multiple Losses”

Faye Hefele

Member of Church of St. John Neumann

May 9

“Stories from the Journey of Grief”

Panel Discussion

Facilitated by Joyce Besser

Monique Hammond (Loss of Hearing)

Nancy Amundson (Loss from Divorce)

Pat Williams (Multiple Losses)

Chris Beckman (Loss from Death)

May 16

“Remembering and Honoring

Our Loved Ones”

Service of Remembrance

Marian Eisenmann, M.Div.

Retired Lutheran Pastor and Former Nurse

Each session is complete in itself.

You are welcome to attend one or all.



Time:

Tuesdays, 7:00-9:00 p.m.

April 18 through May 16, 2017

Registration 6:30-7:00

Speaker 7:00-7:50

Support Groups 8:00-9:00

Place:

Church of St. Joseph

13900 Biscayne Avenue West

Rosemount, MN 55068

651-423-4402

Suggested Donation: \$3.00 per session

*(All proceeds support the
Growing Through Loss ministry.)*

Our next series will be in the Fall of 2017
Church of St. Thomas Becket, Eagan
Mondays — September 18 & 25 and October 2 & 9

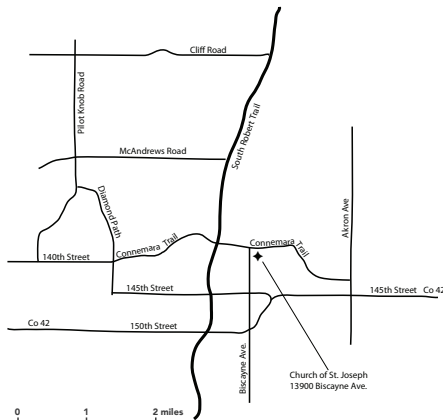
*Sponsored jointly by
The Interdenominational
South Suburban Grief Support Coalition*



All Saints Catholic Church, Lakeville
Augustana Lutheran Church, West St. Paul
Church of the Risen Savior, Catholic, Burnsville
Church of St. John Neumann, Catholic, Eagan
Church of St. John the Baptist, Catholic, Savage
Church of St. Joseph, Catholic, Rosemount
Church of St. Peter, Catholic, Mendota
Church of St. Thomas Becket, Catholic, Eagan
Easter Lutheran Church, Eagan
Mary, Mother of the Church, Catholic, Burnsville
Prince of Peace Lutheran Church, Burnsville
St. James Lutheran Church, Burnsville
St. Stephen's Lutheran Church, West St. Paul
Shepherd of the Valley Lutheran, Apple Valley

Location:

**Church of St. Joseph
13900 Biscayne Avenue West
Rosemount, MN 55068
651-423-4402**



Artwork— Annie Wahl

GROWING THROUGH LOSS
c/o Shepherd of the Valley Lutheran Church
12650 Johnny Cake Ridge Road
Apple Valley, MN 55124

Growing Through Loss



*South Suburban
Spring 2017*