

SPONSORED BY:

**THE INTERDENOMINATIONAL SOUTH
SUBURBAN GRIEF SUPPORT COALITION**

ALL SAINTS CATHOLIC CHURCH, LAKEVILLE

AUGUSTANA LUTHERAN CHURCH, WEST ST. PAUL

CHURCH OF ST. JOHN NEUMANN, CATHOLIC, EAGAN

CHURCH OF ST. JOHN THE BAPTIST, CATHOLIC, SAVAGE

CHURCH OF ST. JOSEPH, CATHOLIC, ROSEMOUNT

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CHURCH OF ST. THOMAS BECKET, CATHOLIC, EAGAN

CHURCH OF THE RISEN SAVIOR, CATHOLIC,
BURNSVILLE

EASTER LUTHERAN CHURCH, EAGAN

GOOD SHEPHERD LUTHERAN CHURCH,
INVER GROVE HEIGHTS

MARY, MOTHER OF THE CHURCH, CATHOLIC,
BURNSVILLE

PEACE CHURCH, EAGAN

ST. JAMES LUTHERAN CHURCH, BURNSVILLE

SHEPHERD OF THE LAKE LUTHERAN CHURCH,
PRIOR LAKE

SHEPHERD OF THE VALLEY LUTHERAN CHURCH,
APPLE VALLEY

FOR MORE INFORMATION:

(651) 452-8261

GROWINGTHROUGHLOSS@GMAIL.COM

WWW.GROWINGTHROUGHLOSSTCSOUTH.COM

GROWING THROUGH LOSS
C/O SHEPHERD OF THE VALLEY LUTHERAN CHURCH
12650 JOHNNY CAKE RIDGE ROAD
APPLE VALLEY, MN 55124

GROWING THROUGH LOSS

TWIN CITIES SOUTH
SUBURBAN COALITION

FALL SERIES

CHURCH OF ST. MICHAEL
22120 DENMARK AVE.
FARMINGTON

TUESDAYS, SEPT 13—OCT 11, 2022
7:00—9:00 PM

REGISTRATION: 6:30PM—7:00PM

SPEAKER: 7:00PM—7:50PM

SUPPORT GROUPS: 8:00PM—9:00PM

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
- ◇ ONE-ON-ONE SUPPORT

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

FOLLOWING THE SPEAKER, BREAKOUT GROUPS WILL BE OFFERED AND WILL BE FACILITATED BY TRAINED LEADERS WHO UNDERSTAND THE GRIEVING PROCESS. YOU WILL BE ASKED AT REGISTRATION WHICH SUPPORT GROUP YOU WISH TO JOIN. ONE-ON-ONE LISTENERS WILL ALSO BE AVAILABLE EACH WEEK.

FALL SERIES GUEST SPEAKERS

SEPTEMBER 13, 2022
“QUIT BEATING YOURSELF UP,
TAKING CARE OF YOURSELF
WHILE GRIEVING”
JENNY JOHNSON
PROFESSIONAL COUNSELOR
SPECIALIZING IN GRIEF

SEPTEMBER 20, 2022
“TURNING LOSS TO LEGACY, THE
JOURNEY TO FIND JOY AGAIN”
MITCH CARMODY
WRITER, ARTIST, GRIEF EDUCATOR &
NATIONALLY RECOGNIZED
MOTIVATIONAL SPEAKER

SEPTEMBER 27, 2022
“NAVIGATING PERSONAL GRIEF
IN AN ATMOSPHERE OF LOSS”
JENNY SCHROEDEL
OPTAGE® HOSPICE CHAPLAIN

OCTOBER 4, 2022
“GRIEVING THROUGH SPECIAL
OCCASIONS”
PAUL V. JOHNSON
RETIRED EDUCATOR
AND GRIEF SPECIALIST

OCTOBER 11, 2022
“SERVICE OF REMEMBRANCE”
REV. NICHOLAS FROEHLE
PASTOR, CHURCH OF ST. MICHAEL,
FARMINGTON



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PLACE:

CHURCH OF ST. MICHAEL
22120 DENMARK AVE.
FARMINGTON
651-463-3360

SUGGESTED DONATION:

\$4.00 PER SESSION

(ALL PROCEEDS SUPPORT THE
GROWING THROUGH LOSS MINISTRY)

EACH SESSION IS COMPLETE IN ITSELF.
YOU ARE WELCOME TO ATTEND ONE OR ALL.

SPRING SERIES 2023
TUESDAYS, APRIL 11—MAY 9, 2023
GOOD SHEPHERD LUTHERAN CHURCH
INVER GROVE HEIGHTS