

**SPONSORED BY:**

**THE INTERDENOMINATIONAL SOUTH  
SUBURBAN GRIEF SUPPORT COALITION**

ALL SAINTS CATHOLIC CHURCH, LAKEVILLE

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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

ST. JOHN NEUMANN CATHOLIC  
CHURCH

4030 PILOT KNOB RD,  
EAGAN, MN

THURSDAYS, SEPTEMBER 7—  
OCTOBER 5, 2023

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 7, 2023  
“UNDERSTANDING THE BASIC  
CHARACTERISTICS OF GRIEF”  
*PAUL JOHNSON*  
RETIRED BEREAVEMENT PROFESSIONAL

SEPTEMBER 14, 2023  
“LIVING THE SEASONS OF GRIEF  
IN FAITH”  
*DEACON MICKEY FRIESEN*  
DIRECTOR OF PASTORAL CARE,  
ST. THOMAS BECKET CHURCH, EAGAN

SEPTEMBER 21, 2023  
“WHO AM I NOW?  
OVERCOMING THE IDENTITY  
CRISIS IN THE AFTERMATH”  
*ERIN HENTE*  
CERTIFIED LIFE COACH

SEPTEMBER 28, 2023  
“COPING WITH LOSS DURING THE  
HOLIDAYS AND OTHER SPECIAL  
OCCASIONS”  
*MARIAN EISENMANN*  
RETIRED NURSE, PASTOR, AND  
HOSPITAL CHAPLAIN

OCTOBER 5, 2023  
“SERVICE OF REMEMBRANCE”  
*DEACON MARTY MEYER*  
ST. JOHN NEUMANN CATHOLIC CHURCH,  
EAGAN



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## PLACE:

ST. JOHN NEUMANN CATHOLIC  
CHURCH

4030 PILOT KNOB RD, EAGAN, MN  
651-454-2079

## 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 2024  
TUESDAYS, APRIL 9—MAY 7  
ST. JAMES LUTHERAN CHURCH,  
BURNSVILLE,