



GROWING THROUGH LOSS



September 11, 2018
*"Living & Laughing
Through Grief"*

Coping and the Road to Recovery
Brenda Elsagher, CHP, President
Living and Laughing & Associates



September 18, 2018
*"Finding Balance in the
Midst of Grief"*

Sue Vento
Educator, Advocate, Speaker



September 25, 2018
*"Using Meditation, Breath
Work, and Yoga Therapeutically
for Grief"*

Judi Ross, MS, LMFT, RYT-200
Judi Ross Holistic Therapy
Psychotherapy & Yoga Services



October 2, 2018
"I Just Can't Do It This Year"
*Dealing with Special Days as a
Grieving Individual*
Paul Johnson, M.A.
Bereavement Specialist/Consultant

Tuesdays
September 11 -
October 2, 2018
7:00 – 9:00 p.m.
Registration, 6:30-7:00 p.m.

Church of the Risen Savior
1501 E. County Road 42
Burnsville, MN 55306
952-431-5222

For Further Information
Call: 651-452-8261
E-mail:
growingthroughloss@gmail.com

*Breakout groups facilitated
by trained leaders
who understand
the grieving process.*

Each session is complete.
Attend one or all.

Suggested Donation: \$3.00

Please register for each session
at the door.

www.growingthroughlossstcsouth.com

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
Good Shepherd Lutheran Church, Inver Grove Heights
Mary, Mother of the Church, Catholic, Burnsville
Prince of Peace Lutheran Church, Burnsville
St. James Lutheran Church, Burnsville
Shepherd of the Lake Lutheran Church, Prior Lake
Shepherd of the Valley Lutheran Church, Apple Valley

Spring 2019 Series - Thursdays, March 14, 21, 28 and April 4 & 11, 2019
Shepherd of the Valley Lutheran Church, 12650 Johnny Cake Ridge Rd., Apple Valley, MN 55124