

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
Church of St. Michael, Catholic, Farmington
Church of St. Patrick, Catholic, Inver Grove Heights
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
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

For more information:

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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

Tuesdays, Sept. 14—Oct. 12, 2021

7:00—9:00PM

Registration 6:30PM

**Shepherd of the Lake
Lutheran Church**

3611 North Berens Road NW

Prior Lake, MN 55379

952-230-2988

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, 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 .

Fall Series *Guest Speakers*

September 14, 2021

“It’s All the Things”

An Overview of Grief

Erica Staab-Absher, CMT, BSW
Spiritual Director,
Director of HOPE Center, Faribault

September 21, 2021

“Multiple Losses and the Transformative Nature of Grief ”

Paul Johnson

Retired Educator and Grief Specialist

September 28, 2021

“Self-Care During Grief”

Brittany Squillace, MA, LMFT

Licensed Marriage & Family Therapist and Grief Counselor, Best Self Therapy, LLC, Prior Lake

October 5, 2021

“Grieving Shattered Dreams/ Finding New Dreams”

Ted Bowman

Educator, Author and Consultant

October 12, 2021

“Service of Remembrance”

Rev. Karen Treat

Pastor of Care Ministries
& McKenna Crossing
Shepherd of the Lake Lutheran Church

Growing Through Loss

Time:

Registration: 6:30PM—7:00PM

Speaker: 7:00PM—7:50PM

Support Groups: 8:00PM—9:00PM

Place:

Shepherd of the Lake Lutheran Church
3611 North Berens Road NW
Prior Lake, MN 55379
952-230-2988

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 2022

Mary Mother of the Church, Burnsville
Thursdays, April 21—May 19 2022