

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

All Saints, Catholic, Lakeville
Augustana Lutheran Church, West St. Paul
Church of St. John Neumann, 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
Church of the Assumption, Catholic, St. Paul
Easter Lutheran Church, Eagan
Mary, Mother of the Church, Catholic, Burnsville
Prince of Peace Lutheran Church, Burnsville
St. Paul's United Methodist Church, Mendota Heights
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
651-432-4402**

Growing Through Loss



*South Suburban
Spring 2015*

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: 952-890-0045

E-mail: growingthroughloss@gmail.com

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

April 7

“What is this thing called Grief?”

Marian Eisenmann, M.Div.
Retired Lutheran Pastor and Former Nurse

April 14

“Loss of Expectations, Dreams and Plans”

Ted Bowman
Trainer, Consultant, Educator and Author

April 21

“What to do with all the Stuff”

Mary Ann Kelly-Wright
Director, Pastoral Care
St. Joan of Arc Catholic Community

April 28

*“Facing Fears with Faith:
Dealing with Short-Term and
Permanent Losses”*

Faye Heffele
Church of St. John Neumann

May 5

*“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 7 through May 5, 2015

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
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Suggested Donation: \$3.00 per session
*(All proceeds support the
Growing Through Loss ministry.)*

Our next series will be in the Fall of 2015
Shepherd of the Valley Lutheran Church, Apple Valley
Tuesdays — Sept. 15, 22, 29 and Oct. 6