

*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. Michael, Farmington  
Church of St. Thomas Becket, Catholic, Eagan  
Easter Lutheran Church, Eagan  
Good Shepherd Lutheran Church, Inver Grove Hgts.  
Mary, Mother of the Church, Catholic, Burnsville  
New Spirit United Church of Christ, Savage  
Prince of Peace Lutheran Church, Burnsville  
St. James Lutheran Church, Burnsville  
Shepherd of the Lake Lutheran Church, Prior Lake  
Shepherd of the Valley Lutheran, Apple Valley

*Location:*

**Shepherd of the Valley Lutheran Church**  
**12650 Johnny Cake Ridge Road**  
**Apple Valley, MN 55123**  
**952-432-6351**



# Growing Through Loss



*South Suburban  
Spring 2019*

## 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: 651-452-8261

E-mail: [growingthroughloss@gmail.com](mailto:growingthroughloss@gmail.com)

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

'Like' us on Facebook at:

Growing Through Loss – Twin Cities – South Suburban

### March 14

*“Grief Demystified”*

*An Overview of Grief*

**Brenda DeMotte, MSW, LICSW**

Founder and Director

Professional Counseling & Grief Services, Inc.

Author of *“Grief Demystified”*

### March 21

*“Grief and Resiliency”*

**Beryl Schewe**

Director of Pastoral Care

Our Lady of Grace Catholic Church, Edina

Author of *“Habits of Resilience:*

*Learning to Live Fully in the Midst of Loss”*

### March 28

*“Shattered Hopes and Dreams: Responses”*

**Ted Bowman**

Trainer, Consultant, Educator and Author

### April 4

*“Sensing the Presence of  
Our Loved Ones After Death”*

*How God Comforts and Reassures Us*

**Pastor Candee Moser**

Associate Pastor of Congregational Care

Redeemer Lutheran Church, White Bear Lake

### April 11

*“Evening of Remembrance”*

**Pastor Lindsey Bina**

Congregational Care Pastor

Shepherd of the Valley Lutheran Church

*Each session is complete in itself.*

*You are welcome to attend one or all.*



## Time:

Thursdays, 7:00-9:00 p.m.

March 14 through April 11, 2019

Registration	6:30-7:00
Speaker	7:00-7:50
Support Groups	8:00-9:00

## Place:

Shepherd of the Valley Lutheran Church  
12650 Johnny Cake Ridge Road  
Apple Valley, MN 55124  
952-432-6351

Suggested Donation: \$3.00 per session

*(All proceeds support the*

*Growing Through Loss ministry.)*

Our next series will be in the Fall of 2019  
Good Shepherd Lutheran Church  
Inver Grove Heights  
Tuesdays — September 10, 17, 24 and October 1