



The Interdenominational South Suburban Grief Support Coalition

- All Saints Catholic Church, Lakeville
- Augustana Lutheran Church, West St. Paul
- 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
- Mary, Mother of the Church, Catholic, Burnsville
- Peace Church, Eagan
- St. James Lutheran Church, Burnsville
- St. John Neumann Catholic Church, Eagan
- 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

Providing support to the community since 1994

Spring Series

Church of St. Michael
 22120 Denmark Ave.
 Farmington, MN 55024

Tuesdays, April 7-May 5, 2026
6:30-8:30PM

Registration: 6:00-6:30PM

Speaker: 6:30-7:20PM

Support Groups: 7:30-8:15PM



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.



Growing Through Loss
Twin Cities South Suburban Coalition



Spring Series Guest Speakers

April 7, 2026

“Grief and Loss, An Intro”

Sue Vento

Retired Educator

April 14, 2026

“Navigating Finances after Loss”

Erin Hente

Certified Life Coach

April 21, 2026

“Spirituality & Grief”

Deacon Jim Bauhs

Deacon, Church of St. Michael, Farmington

April 28, 2026

“Grief & Depression: Grief Can Have a Trace of Depression”

Bob Bartlett

Therapist with Phoenix Process
Consultants

May 5, 2026

“Service of Remembrance”

Deacon Wayne Bellefeuille

Deacon, Church of St. Michael, Farmington



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Speaker: 6:30PM–7:20PM

Support Groups: 7:30PM–8:15PM

Place:

Church of St. Michael

22120 Denmark Ave.

Farmington, MN 55024

(651) 463-3360

Suggested Donation:

\$5.00 per session

(All proceeds support the
Growing Through Loss ministry)

Each session is complete in itself.

You are welcome to attend one or all.

Fall Series 2026

Shepherd of the Valley Lutheran

Church, Apple Valley

Tuesdays, September 15-October 13