

Growing Through Loss

Twin Cities South Suburban Coalition

Thursdays, April 8—May 6, 2021

7:00—9:00PM

Zoom open: 6:45PM—7:00PM

Speaker: 7:00PM—8:00PM

Support Groups: 8:00PM—9:00PM

Guest Speakers



April 8, 2021
“The Wisdom of a Broken Heart”
Bussho Lahn
Certified Spiritual Director
MNZen Meditation Center



April 15, 2021
“Depression vs Grief: Which is it?”
Kay King
Older Adults Program Coordinator &
Community Educator
National Alliance on Mental Illness of MN



April 22, 2021
“Love Deeply, Grieve Deeply”
Kelly Grosklags
Board Certified in Clinical Social Work



April 29, 2021
“Resiliency Through Life’s Challenges”
Donna Mathiowetz
Inspirational Speaker & Author



May 6, 2021
“Service of Remembrance”
Rev. Karen Treat
Pastor of Care Ministries
& McKenna Crossing
Shepherd of the Lake Lutheran Church

REGISTER HERE:

<https://www.signupgenius.com/go/4090B4BAAAAA2EA31-spring>

Breakout groups will be facilitated by trained leaders who understand the grieving process. You will be asked at registration which support group you wish to join.

Each session is complete.
Attend one or all.

Suggested Donation:
\$4.00 per session

For more information;
(651) 452-8261
growingthroughloss@gmail.com
www.growingthroughlosstcsouth.com

Supported by:

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
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