

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

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

'Like' us on Facebook at:

Growing Through Loss – Twin Cities – South Suburban

April 3

*“Living & Laughing Through Grief”
Coping and the Road to Recovery*

Brenda Elsagher, CHP, President
Living and Laughing & Associates

April 10

*“Understanding and Engaging
With Grief”*

Judy Connolly, D.Min, BCC
Chaplain
University of Minnesota
Medical Center

April 17

*“I Choose Life”
Believing God’s Promises*

Debbie Mayer
Author of *“After the Crash,
Grieving With Hope in Light of Eternity”*

April 24

“What Do We Do With These Feelings?”

Adaire Lassonde, SSND
Retired
Catholic Charities

May 1

“Evening of Remembrance”

Chris Beckman, BCC
Chaplain
Ebenezer Ridges

*Each session is complete in itself.
You are welcome to attend one or all.*



Time:

Tuesdays, 7:00-9:00 p.m.
April 3 through May 1, 2018

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

Place:

St. James Lutheran Church
3650 Williams Drive
Burnsville, MN 55337
952-890-4534

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

Our next series will be in the Fall of 2018
Church of the Risen Savior, Burnsville
Tuesdays — September 11, 18 & 25 and October 2

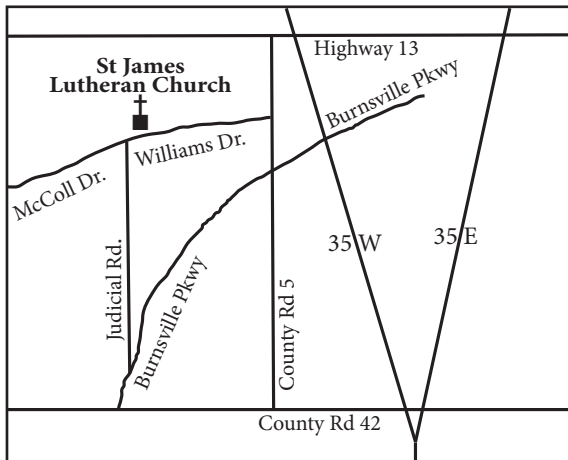
*Sponsored jointly by
The Interdenominational
South Suburban Grief Support Coalition*



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. Peter, Catholic, Mendota
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
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

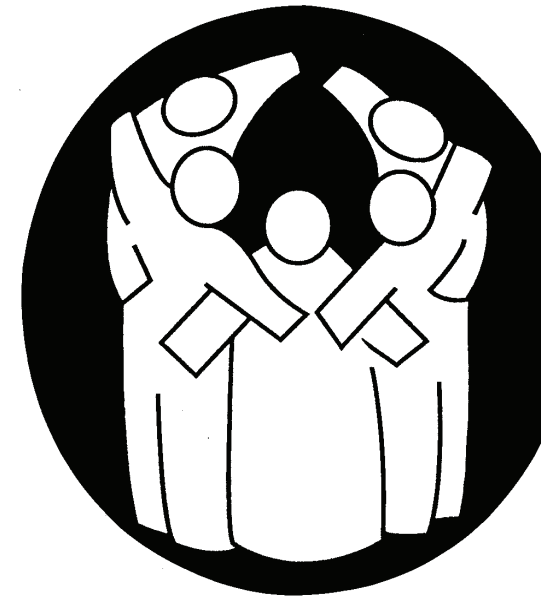
Location:

St. James Lutheran Church
3650 Williams Drive
Burnsville, MN 55337
952-890-4534



GROWING THROUGH LOSS
c/o Shepherd of the Valley Lutheran Church
12650 Johnny Cake Ridge Road
Apple Valley, MN 55124

Growing Through Loss



*South Suburban
Spring 2018*