



GROWING THROUGH LOSS

**Tuesdays
Sept. 10 thru
October 8, 2019
7:00 – 9:00 p.m.
Registration, 6:30-7:00 p.m.**

**Good Shepherd Lutheran Church
7600 Cahill Ave. East
Inver Grove Hts, MN. 55076
651-451-6225**

**For Further Information
(651) 452-8261
growingthroughloss@gmail.com**

***Breakout groups facilitated
by trained leaders
who understand
the grieving process.***

**Each session is complete.
Attend one or all.**

**Suggested Donation:
\$3.00 per session**

**Please register for each session
at the door.**

www.growingthroughlosssouth.com



**September 10, 2019
“Open-Soften-Allow:
Allowing Grief to Come Close”**

**Christy Moe Marek
Certified End of Life Doula and
Anamcara End of Life Practitioner**



**September 17, 2019
“Forgiveness and Hope in
Grief: One Story, Two
Perspectives”**

**Amanda Markle, Bereaved Mother
Mary Seefeld, Bereaved Grandmother**



**September 24, 2019
“Accepting,
Managing and
Embracing Our
Difficult Emotions”**

**Jim Becker
Group Facilitator and
Presenter
Prince of Peace Grief
Support Group**



**October 1, 2019
“Let Music be a
Bridge Between
This Life and the
Next”**

**Bonnie Bowman
Speaker on Grief,
Musician**



**October 8, 2019
“Evening of
Remembrance”**

**Pastor Lindsey Bina
Congregational Care
Pastor
Shepherd of the Valley
Lutheran Church**

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, Catholic, Farmington
Church of St. Thomas Becket, Catholic, Eagan*



*Easter Lutheran Church, Eagan
Good Shepherd Lutheran Church, Inver Grove Heights
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 Church, Apple Valley*

**Spring 2020 Series
Shepherd of the Lake Lutheran Church, 3611 N. Berens Rd. NW, Prior Lake, MN 55379
Thursdays, March 5, 12, 19, 26 and April 2**