



Growing Through Loss

Twin Cities South Suburban Coalition
Providing support to the community since 1994

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



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

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

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.

Each session is complete.
Attend one or all.

Suggested Donation:
\$5.00 per session

For more information:
(651) 452-8261
growingthroughloss@gmail.com
www.growingthroughlosssouth.com

Fall Series 2026

Shepherd of the Valley Lutheran Church
Tuesdays, September 15-October 13

Supported by:

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

