

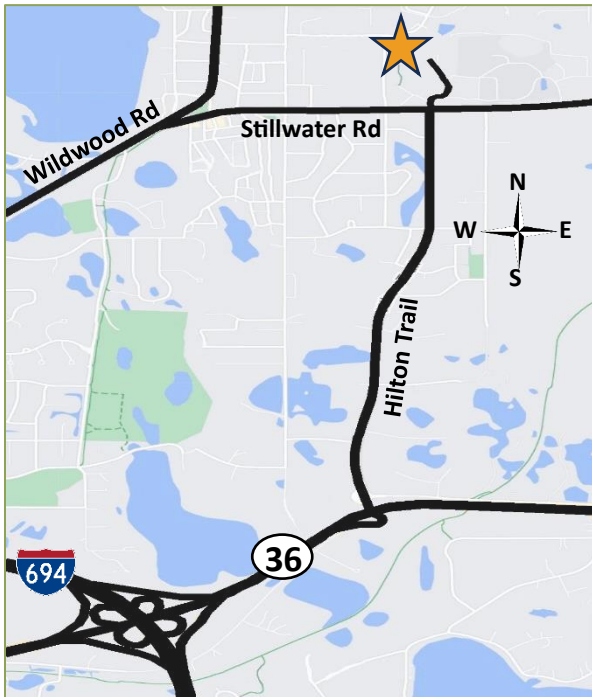


The St. Croix Valley Grief Coalition is made up of organizations and individuals in the local Minnesota and Wisconsin area that see a need for grief resources.

Check our website for a full list of supporters.

### St. Andrew's Lutheran Church

in the Sanctuary Building  
900 Stillwater Rd, Mahtomedi, MN 55115  
(651) 426-3261



The Fall series of Growing Through Loss will be held Tuesdays from Sept. 10 – Oct. 15, 2024 at Trinity Lutheran Church in Stillwater, MN

### *Want to help?*

**St. Croix Valley Grief Coalition welcomes more participation and additional resources.**

Donations are accepted.  
Checks can be made out to:

*St. Croix Valley Faith Community Nursing Program*

[www.scvgriefcoalition.com](http://www.scvgriefcoalition.com)  
(651) 413-6698  
[scvgriefcoalition@gmail.com](mailto:scvgriefcoalition@gmail.com)

## GRIEF SUPPORT SERIES SPRING 2024



PRESENTED BY:



**St. Croix Valley  
Grief Coalition**

## Growing Through Loss

Addressing the experiences of loss and grief through support, education, and advocacy

Host: St. Andrew's Lutheran Church  
in the Sanctuary Building  
(map on back of brochure)

Tuesdays, April 2-May 7 6:30 to 8:30 p.m.

Sign in	6:00
Speaker	6:30 to 7:15
Small Groups	7:30 to 8:30

Growing Through Loss is an opportunity to receive grief support and learn more about grief.

Each night includes a brief presentation by a grief expert, followed by small group time focused on particular kinds of losses. Attend a single night or the whole series. Each session is complete in itself.

No need to register, we have a place for you here. If a need or barrier exists that prevents you from attending our series please reach out.

website: [www.scvgriefcoalition.com](http://www.scvgriefcoalition.com)  
call: (651) 413-6698  
email: [scvgriefcoalition@gmail.com](mailto:scvgriefcoalition@gmail.com)

- April 2 **Loss and Grief Through a Family Lens**  
*Dr. Janice Nadeau, PhD*  
Psychologist, Family Therapist & Nurse
- April 9 **Transformative Nature of Grief: Identifying the Different Types of Loss**  
*Paul Johnson*  
Retired Grief Counselor
- April 16 **The Anatomy of Grief: What Happens to Our Mind/Body/Soul During Grief**  
*Dr. Charles Bransford, M.D.*  
Retired Hospice Director
- April 23 **Watch for the Signs**  
*Donna Mathiowetz*  
Inspirational Speaker & Author
- April 30 **Finding Your Peace and Purpose Along the Path of Grief**  
*Nichole Paladie*  
Chaplain & Bereavement Coordinator
- May 7 **R&R: Resiliency and Renewed Hope in Seasons of Loss**  
*Rev. Dr. Karna Moskalik*  
Care Advocate & Author

The Fall series will be held at  
Trinity Lutheran Church in Stillwater, MN  
on Tuesdays from  
September 10 – October 15, 2024

### Support for Losses of:

- Spouse/Partner
- Child
- Parent
- Sibling or Friend
- Grandparent or other relative
- Pet
- Infertility/Pregnancy
- Suicide
- Disability or Health Changes
- Caregiving
- Divorce or Relational Change
- Other loss: i.e., empty nest, job loss, financial setback, relocation, Covid-related

All are welcome here regardless of race, color, creed, sex, sexual orientation, gender identity, age, disability, ancestry or national origin.

### **St. Croix Valley Grief Coalition**

#### Founders

Dr. Janice Nadeau, PhD, Psychologist  
Family Therapist & Nurse Clinical Specialist  
Compass Mental Health, PLLC

Jennifer Agen, RN, BSN  
Lakeview Community Health

#### Directors

Rev. Lucas Holsten  
Redeemer Lutheran, Burkhardt &  
Adoray Home Health and Hospice

Lisa Schiemann, MSW  
Lakeview Health Foundation

#### Program Support

Jennifer Agen, RN, BSN  
Lakeview Community Health