

GRIEF SUPPORT SERIES - FALL 2024

Growing Through Loss

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

Trinity Lutheran Church, 115 4th St. N, Stillwater, MN 55082

Tuesdays, September 10 – October 15 6 to 8:30 p.m. (Sign in 6:00, Speaker 6:30-7:15, Small Groups 7:30 to 8:30)

September 10

Understanding the Basics of Loss, Grief and Bereavement

Dr. Janice Nadeau, PhD

Psychologist, Family Therapist & Nurse
Clinical Specialist

September 24

Facing Shattered Dreams/ Dreaming New Ones

Ted Bowman, MDiv

Grief Educator

October 8

Grief: A Natural Disaster of The Heart

Pastor Kris Linner

Retired Hospice Chaplain

September 17

A Life-Changing Diagnosis... Now What?

Dr. Mary G. Freitag

Clinical Psychologist and Supervisor

October 1

The Anatomy of Grief: What Happens to Our Mind/ Body/ Soul During Grief

Dr. Charles Bransford, M.D.

Retired Hospice Director

October 15

Grief and The Holidays

Paul Johnson

Retired Grief Counselor

SUPPORT GROUPS

LOSS OF:


- Spouse/Partner
- Child
- Parent
- Sibling or Friend
- Grandparent or Other Relative
- Pet
- Infant/A Pregnancy

OTHER LOSSES:

- By Suicide/Violent Death
- Disability or Health Changes
- Caregiving
- Divorce or Relationship Change
- Empty Nest
- Relocation
- Covid-Related

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

Growing Through Loss is an opportunity to receive grief support and learn more about grief in a group setting, free of charge. Each night includes a brief presentation by a grief educator, 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.

www.scvgriefcoalition.com
(651) 413-6698 
scvgriefcoalition@gmail.com

Spring Series

on Thursdays from
March 6 – April 10, 2025
Shepherd of The Valley Church
Afton, MN



**St. Croix Valley
Grief Coalition**