

Growing Through Loss

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

St. Andrew's Lutheran Church, 900 Stillwater Rd, Mahtomedi, MN 55115

Tuesdays, September 23 – October 28, 6:00 to 8:30 p.m. (Sign in 6:00, Speaker 6:30 to 7:15, Small Groups 7:30 to 8:30)

September 23

Hello Grief, My Old Friend

Ted Bowman MDiv
Educator and Consultant

October 7

The Impact of Loss on Families

Dr. Janice Nadeau, PhD
Psychologist, Family Therapist
and Nurse Clinical Specialist

October 21

Coping with Loss During the Holidays

Steve Sims BS, MRE, MA
Retired Hospice Manager, Chaplain,
and Bereavement Coordinator

September 30

The Art of Grief as Seen Through the Eyes of Our Biology

Dr. Charles Bransford, M.D.
Retired Hospice Director

October 14

The Mystery of Grief and Stress

Stacy Eichman-Cardwell, MA
Retired Adult Ministry Director,
MA in Counseling

October 28

Telling our Stories - Creating Legacy and "Re-membling" Techniques for Times of Loss

Janelle M. Johnson, JD, LSW
Founder and Consultant at JMJ Consulting and
Advocacy; Social Worker for Lakeview Hospice

FREE, Age 18+, NO REGISTRATION NEEDED, ATTEND JUST ONE SESSION OR ALL OF THEM

SUPPORT GROUPS

LOSS OF:

- Spouse/Partner
- Child
- Parent
- Sibling or Friend
- Grandparent or Other Relative

OTHER LOSSES:

- By Suicide/Violent Death
- Health Changes or Disability
- Current Caregivers

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. Age 18+.

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



St. Croix Valley Grief Coalition

SAVE THE DATES

The Spring 2026 Series
will be held on Thursdays
from March 12 – April 23, 2026
at Shepherd of The Valley
Church in Afton, MN