

## GRIEF SUPPORT SERIES - SPRING 2026

# Growing Through Loss

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

Shepherd of the Valley, 14107 Hudson Rd S, Afton, MN 55001

Thursdays, March 12 – April 23 6:00 to 8:30 p.m. (Sign in 6:00, Speaker 6:30 to 7:15, Small Groups 7:30 to 8:30)

March 12

### **Grief: A Natural Disaster of the Heart**

*Pastor Kris Linner*  
Retired Hospice Chaplain

March 26

### **Grief is a Family Affair**

*Dr. Janice Nadeau*  
Psychologist, Family Therapist  
& Nurse Clinical Specialist

April 16

### **The Mystery of Grief and Stress**

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

March 19

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

*Dr. Charles Bransford*  
Retired Hospice Director

April 2

### **NO MEETING**

April 9

### **Building Life Alongside Grief**

*Dr. Mary G. Freitag*  
Clinical Psychologist and Supervisor

April 23

### **R&R: Resiliency and Renewed Hope After Loss**

*Rev. Dr. Karna Moskalik*  
Care Advocate and Published Author

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

## **SUPPORT GROUPS**

### LOSS OF:

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

### OTHER LOSSES:

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

All are welcome 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 large group presentation by a grief educator, followed by smaller support 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.



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

### SAVE THE DATES

The Fall 2026 Series will be held on Tuesdays from Sept. 22 – Oct. 27, 2026 at St. Andrew's Lutheran Church in Mahtomedi, MN

[www.scvgriefcoalition.com](http://www.scvgriefcoalition.com)  
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