

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