

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.



**Shepherd of the Valley Lutheran Church**  
14107 Hudson Rd S, Afton, MN 55001  
(651) 436-8248

### SAVE THE DATES

The Fall 2026 series of Growing Through Loss will be held Tuesdays from Sept. 22 – Oct. 27, 2026 at St. Andrew's Lutheran Church in Mahtomedi, MN

**GRIEF SUPPORT SERIES**  
**SPRING 2026**

# **Growing Through Loss**

### **Want to help?**

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

**Donations are accepted.  
Checks can be made out  
and mailed to:**

**Lakeview Health Foundation  
PO Box 306  
Stillwater, MN 55082**

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



**PRESENTED BY:**



**St. Croix Valley  
Grief Coalition**

# Growing Through Loss

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

Host:	<b>Shepherd of the Valley</b> <b>14107 Hudson Rd S, Afton, MN</b> (map on back of brochure)
<b>Thursdays, March 12<sup>th</sup> – April 23<sup>rd</sup></b> (no meeting April 2 <sup>nd</sup> )	
<b>6:00 to 8:30 p.m.</b>	
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 in a group setting, free of charge.

Each night includes a brief 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. Age 18+.

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)

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

March 12 **Grief: A Natural Disaster of the Heart**  
*Pastor Kris Linner*  
Retired Hospice Chaplain

March 19 **The Anatomy of Grief: What Happens to Our Mind/Body/ Soul During Grief**  
*Dr. Charles Bransford*  
Retired Hospice Director

March 26 **Grief is a Family Affair**  
*Dr. Janice Nadeau*  
Psychologist, Family Therapist and Nurse Clinical Specialist

April 2 **No Meeting**

April 9 **Building Life Alongside Grief**  
*Dr. Mary G. Freitag*  
Clinical Psychologist and Supervisor

April 16 **The Mystery of Grief and Stress**  
*Stacy Eichman-Cardwell, MA*  
Retired Adult Ministry Director, MA in Counseling

April 23 **R&R: Resiliency and Renewed Hope After Loss**  
*Rev. Dr. Karna Moskalik*  
Care Advocate and Published Author

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from September 22 – October 27, 2026

## 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.

## St. Croix Valley Grief Coalition Leadership

Founder of Growing Through Loss (1985)

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

Founder and Director

Jennifer Agen, RN, BSN  
Lakeview Community Health

Co-Director

Kathryn Morin, MDiv, RCC  
Hudson Hospital & Clinic Chaplain

Program Support

Lisa Schiemann, MSW  
Bereavement Coordinator, Lakeview Hospice  
Lakeview Health Foundation

Administrative Support

John Locke  
Funeral Director at Simonet Funeral Home