

## GRIEF SUPPORT SERIES SPRING 2026

# Growing Through Loss

PRESENTED BY:



**St. Croix Valley  
Grief Coalition**

### 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

### *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](mailto:scvgriefcoalition@gmail.com)



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

# Growing Through Loss

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

Host: **Shepherd of the Valley**  
**14107 Hudson Rd S, Afton, MN**  
(map on back of brochure)

**Thursdays, March 12<sup>th</sup> – April 23<sup>rd</sup>**  
**(no meeting April 2<sup>nd</sup>)**  
**6:00 to 8:30 p.m.**

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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## 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