

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 22 – October 27, 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 22

The Impact of Loss on Families

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

October 6

When Grief Boils Over: Navigating Conflict During Challenging Times

Molly Darsow, MS
Founder and Mediator
Still Waters Mediation, LLC
Qualified Neutral under Rule 114

October 20

Secondary Losses – Grief Magnified

Gina Germain McGovern, MSW, LICSW
Grief Counselor for Allina Hospice

September 29

The Grieving Process as Seen Through the Eyes of the “Broken Heart Syndrome”

Dr. Charles Bransford, MD
Retired Hospice Director

October 13

Coping with Loss During the Holidays and Special Dates

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

October 27

Resiliency and Renewed Hope After Loss

Rev. Dr. Karna Moskalik
Care Advocate and Published Author

FREE, AGE 18+, RELIGION NEUTRAL, COMMUNITY BASED

NO PRE-REGISTRATION NEEDED, ATTEND 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 meetings of small support groups 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 Early Spring 2027 Series
will be held on Thursdays
from Feb. 11 – Mar. 18, 2027
at Shepherd of The Valley
Church in Afton, MN

www.scvgriefcoalition.com

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