

**GRIEF SUPPORT SERIES
SPRING 2025**

**Growing
Through
Loss**

PRESENTED BY:



**St. Croix Valley
Grief Coalition**

SAVE THE DATES

The Fall 2025 series of Growing Through Loss will be held Tuesdays from Sept. 23 – Oct. 28, 2025 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 to: *Lakeview Health Foundation*

www.scvgriefcoalition.com
(651) 413-6698
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 Lutheran Church - Afton, MN**
(map on back of brochure)

Thursdays, March 6th – April 10th
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 presentation by a grief educator, followed by small 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. If a need or barrier exists that prevents you from attending our series please reach out.

website: www.scvgriefcoalition.com

call: (651) 413-6698

email: scvgriefcoalition@gmail.com

FREE, NO REGISTRATION NEEDED
ATTEND JUST ONE SESSION OR ALL OF THEM

- March 6 **Grief: A Natural Disaster of The Heart**
Pastor Kris Linner
Retired Hospice Chaplain
- March 13 **The Anatomy of Grief: What Happens to Our Mind/ Body/ Soul During Grief**
Dr. Charles Bransford, M.D.
Retired Hospice Director
- March 20 **The Stress of Grief and the Grief of Stress**
Stacy Eichman-Cardwell
Retired Adult Ministry Director,
MA in Counseling
- March 27 **Grief is a Family Affair**
Dr. Janice Nadeau, PhD
Psychologist, Family Therapist and
Nurse Clinical Specialist
- April 3 **Building Life Alongside Grief**
Dr. Mary G. Freitag
Clinical Psychologist and Supervisor
- April 10 **The Use of Life Story – Creating Legacy and “Re-membering” Techniques for Times of Loss**
Janelle M. Johnson, JD, LSW
Founder and Consultant at
JMJ Consulting and Advocacy;
Social Worker for LakeView Hospice

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SUPPORT GROUPS

LOSS OF:

- Spouse/Partner
- Child
- Parent
- Sibling or Friend
- Grandparent or Other Relative
- Pet
- Infant/A Pregnancy

OTHER LOSSES:

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

All are welcome here regardless of race, color, creed, sex, sexual orientation, gender identity, age, disability, ancestry or national origin.

St. Croix Valley Grief Coalition Leadership

Founders

Dr. Janice Nadeau, PhD, Psychologist
Family Therapist & Nurse Clinical Specialist
Compass Mental Health, PLLC
Jennifer Agen, RN, BSN
Lakeview Community Health

Director

Jennifer Agen, RN, BSN
Lakeview Community Health

Program Leads

Kathryn Morin
Hudson Hospital & Clinic Chaplain
Lisa Schiemann, MSW
Bereavement Coordinator, Lakeview Hospice
Lakeview Health Foundation

Consultant

Dr. Janice Nadeau, PhD, Psychologist
Family Therapist & Nurse Clinical Specialist
Compass Mental Health, PLLC