

GRIEF SUPPORT SERIES - SPRING 2024

Growing Through Loss

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

St. Andrew's Lutheran Church in the Sanctuary Building, 900 Stillwater Rd., Mahtomedi, MN 55115
Tuesdays, April 2 - May 7 6:30 to 8:30 p.m. (Sign in 6:00, Speaker 6:30-7:15, Small Groups 7:30 to 8:30)

April 2

Loss and Grief Through a Family Lens

Dr. Janice Nadeau, PhD

Psychologist, Family Therapist & Nurse

April 9

Transformative Nature of Grief: Identifying the Different Types of Loss

Paul Johnson

Retired Grief Counselor

April 16

The Anatomy of Grief: What Happens to Our Mind/Body/Soul During Grief

Dr. Charles Bransford, M.D.

Retired Hospice Director

April 23

Watch for the Signs

Donna Mathiowetz

Inspirational Speaker & Author

April 30

Finding Your Peace and Purpose Along the Path of Grief

Nichole Paladie

Chaplain & Bereavement Coordinator

May 7

R&R: Resiliency and Renewed Hope in Seasons of Loss

Rev. Dr. Karna Moskalik

Care Advocate & Author

Support for Losses of:

- Spouse/Partner
- Child
- Parent
- Sibling or Friend
- Grandparent or other relative
- Pet
- Infertility/Pregnancy
- Suicide
- Disability or Health Changes
- Caregiving
- Divorce or Relational Change
- Other loss: i.e., empty nest, job loss, financial setback, relocation, Covid-related

All are welcome here 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. Each night includes a brief presentation by a grief expert, 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.

www.scvgriefcoalition.com
(651) 413-6698
scvgriefcoalition@gmail.com

Fall Series

on Tuesdays from
Sept. 10 – Oct. 15, 2024
Trinity Lutheran Church
Stillwater, MN



**St. Croix Valley
Grief Coalition**