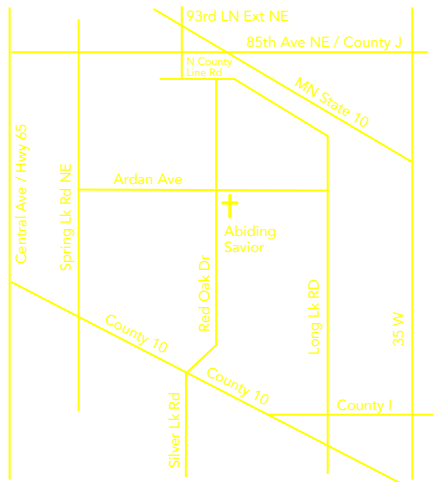


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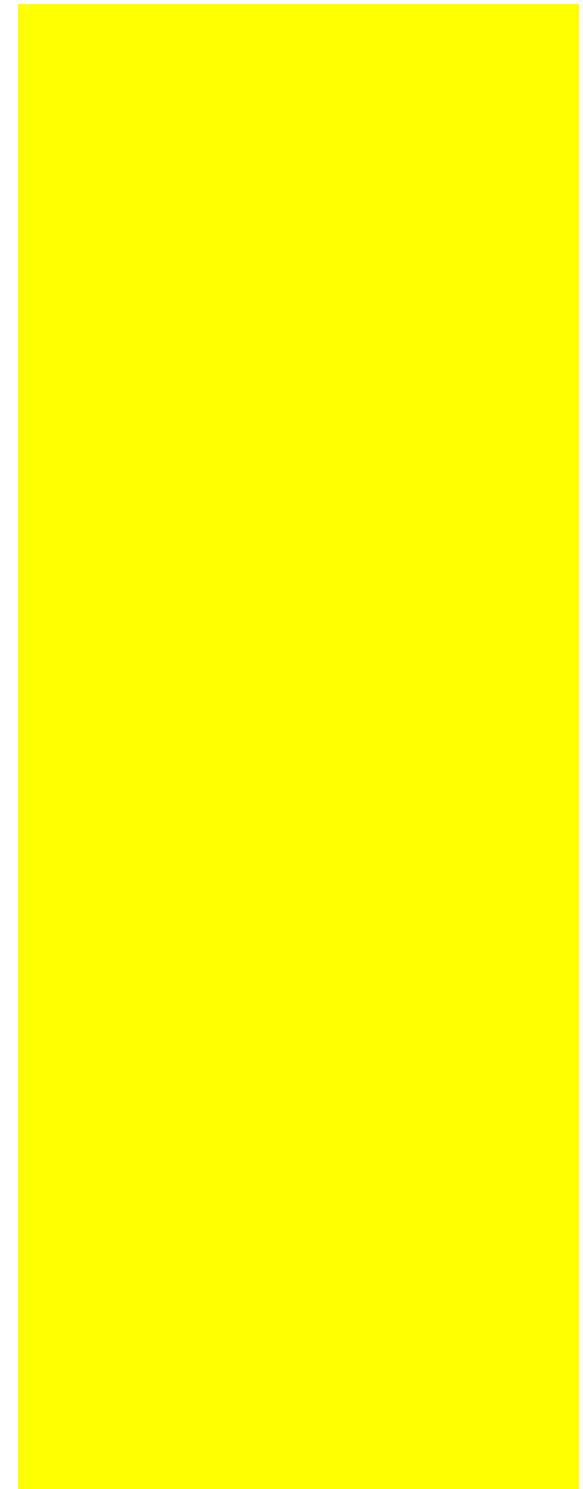
- Abiding Savior Lutheran Church (*Mounds View*)
- Atonement Lutheran Church (*New Brighton*)
- Catholic Community of St. Odilia (*Shoreview*)
- Centennial United Methodist Church (*Roseville*)
- Christ the King Lutheran Church (*New Brighton*)
- Church of St. William (*Fridley*)
- Galilee Lutheran Church, ELCA (*Roseville*)
- Immaculate Conception (*Columbia Heights*)
- Incarnation Lutheran Church (*Shoreview*)
- Lutheran Church of the Resurrection (*Roseville*)
- Nativity Lutheran Church (*St. Anthony*)
- Presbyterian Church of the Way (*Shoreview*)
- Prince of Peace Lutheran Church (*Roseville*)
- St. John the Baptist Catholic Church (*New Brighton*)
- St. Joseph of the Lakes Catholic Church (*Lino Lakes*)
- St. Michael's Lutheran Church, ELCA (*Roseville*)
- St. Philip's Lutheran Church (*Fridley*)
- St. Rose of Lima Catholic Church (*Roseville*)

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8211 Red Oak Dr
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763-784-5120



Growing Through Loss
c/o St. John the Baptist Catholic Church
835 – 2nd Avenue NW
New Brighton, MN 55112



Growing Through Loss

PURPOSE

The series provides an opportunity for individuals to obtain information and support for a variety of loss and grief issues.



Registration takes place each program night at the host church. Each session is complete in itself. You are welcome to attend one or all. Donations are accepted. For more information, call Nancy Jahnke at **763-755-5335**. Due to COVID-19, please wear a mask.

HAVE YOU EXPERIENCED

- the death of a loved one
- a broken relationship
- a divorce or separation
- pregnancy or infant loss
- a job loss or change
- a move to a new home or city
- a loved one who needs your support

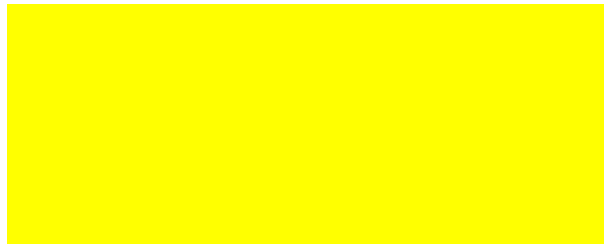
DO YOU FEEL

- in need of support, or
- interested in learning more about grief

If you answered “yes” to any of these questions, then this series is for you.

SCHEDULE

- April 6 Understanding Grief and Loss**
Adaire Lassonde, SSND
Funeral Service Coordinator,
Catholic Charities
- April 13 Emotions and Self Care While Grieving**
Adaire Lassonde, SSND
Funeral Service Coordinator,
Catholic Charities
- April 20 Coping with Grief: A Personal Story**
Stuart Walker
Speaker, Writer and Bereaved Parent
- April 27 Grief as a Family Affair**
Janice Winchester Nadeau, Ph.D.
Licensed Psychologist, Marriage and
Family Therapist
- May 4 Complicated and Cumulative Grief**
Jack Hinrichs, M.A., L.M.F.T.
Psycho Therapist, Nystrom & Assoc.
- May 11 Where Is God in Our Suffering**
(includes a service of healing and hope)
Rev. Lisa Richardson Engen
Pastor, Abiding Savior Lutheran Church



founder

Janice Winchester Nadeau, Ph.D.

director

Susan Amos Palmer

administrative coordinator

Nancy Jahnke

publicity

Betsy Carlson

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Janice Winchester Nadeau
2.3 12/2020