

**SPONSORED JOINTLY BY THE NORTH
SUBURBAN GRIEF SUPPORT COALITION**

- 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, The (*Fridley*)
- Elim Lutheran Church (*Robbinsdale*)
- 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*)

location Centennial United Methodist Church
1524 County Road C2 W
Roseville, MN 55113
651-633-7644



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

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GRIEF SUPPORT SERIES

**Growing
Through
Loss**



SPRING 2026

Growing Through Loss

PURPOSE

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

PLACE	Centennial United Methodist Church (see map on back of brochure)
TIME	Thursdays 6:45 to 9 p.m.
AGENDA	Registration 6:45 to 7 p.m.
	Speaker 7 to 7:45 p.m.
	Small groups 8 to 9 p.m.

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 Margie Alexander at **763-755-5335**.

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 9 April Showers: A Grief Metaphor**
Ted Bowman
Trainer, Consultant, Educator and Author
- April 16 Dealing with Your Feelings**
Sister Adaire Lassonde
Funeral Services Coordinator, Catholic Cemeteries
- April 23 What Do I Do Now? Navigating Life After Loss**
Erin Hente
Financial Planner, Certified Life Coach, Grief Center Board Member
- April 30 Grief and the Family**
Janice Winchester-Nadeau, Ph.D.
Licensed Psychologist, Marriage and Family Therapist
- May 7 Watch for the Signs**
Donna Mathiowetz
Speaker and Author
- May 14 Service of Comfort and Healing**
Pastor Bitrus Bamai
Congregational Care Facilitator

The next series will be at The Church of St. William in Fridley, beginning **September 21, 2026**, Mondays.

Visit our website at:
www.growingthroughloss.org



GROUPS AVAILABLE

- loss of spouse
- loss of child
- loss of parent
- loss of sibling or friend
- loss of grandparent
- suicide survivors
- divorce or separation
- transitional loss (for example, empty nest, moving, job loss, broken relationship, financial setbacks)

Founder

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