

# Growing Through Loss

## PURPOSE

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

<b>PLACE</b>	St. Philip's Lutheran Church (see map on back of brochure)	
<b>TIME</b>	Thursdays	6:45 to 9 p.m.
<b>AGENDA</b>	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

### Sept. 18 **Peace in Pieces**

*Dr. Nora Flom*  
Educator

### Sept. 25 **Is This Normal? Living with Grief**

*Linda Cherek*  
Licensed Therapist, Educator,  
Consultant and Author

### Oct. 2 **Self Care**

*Bob Bartlett*  
Marriage and Family Therapist

### Oct. 9 **Grief and the Family**

*Janice Winchester-Nadeau, Ph.D.*  
Licensed Psychologist, Marriage and  
Family Therapist

### Oct. 16 **Handling Grief Through the Holidays**

*Barbara Moore*  
Retired Social Services Supervisor

### Oct. 23 **Service of Comfort and Healing**

*Pastor Matt*

The next series will be at Centennial United  
Methodist Church in Roseville, beginning  
**April 9, 2026, Thursdays.**

Visit our website at:  
[www.growingthroughloss.org](http://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

Janice Winchester Nadeau, Ph.D.

## Co-Directors

Charlotte Drone and Tom Schloer

## Administrative Coordinator

Margie Alexander

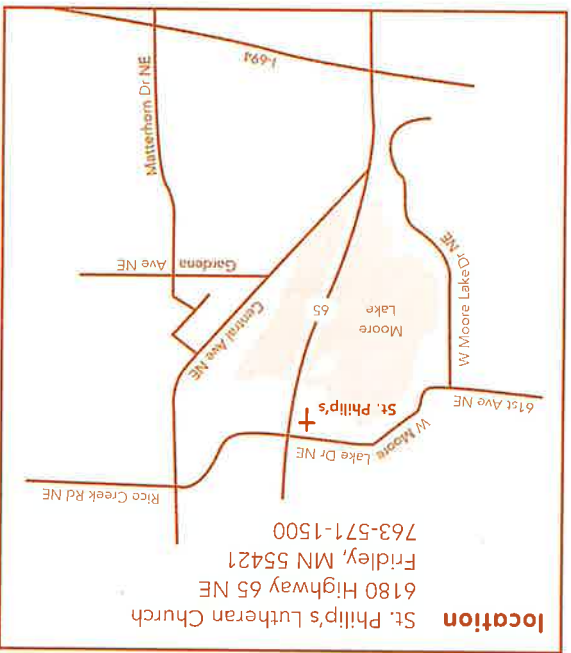
## Publicity

Nancy Jahnke

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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)  
 Elmi<sup>1</sup> 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)



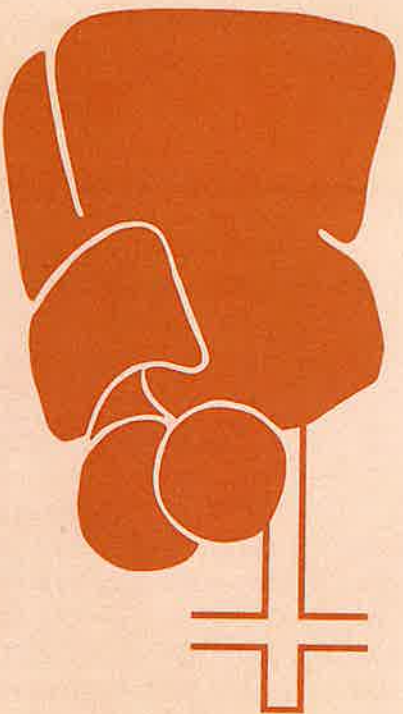
Growing Through Loss  
 c/o St. John the Baptist Catholic Church  
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**Growing  
 Through  
 Loss**

GRIEF SUPPORT SERIES