

# 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>  | Christ the King Lutheran Church<br><i>(see map on back of brochure)</i> |                |
| <b>TIME</b>   | Mondays   | 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

- April 8** **The Conundrum of Absences and Presences**  
*Ted Bowman*  
Trainer, Consultant, Educator and Author
- April 15** **Thankfulness in the Midst of Grief and Grieving**  
*Ted Bowman*  
Trainer, Consultant, Educator and Author
- April 22** **Families Coping with Grief**  
*Janice Winchester Nadeau, Ph.D.*  
Licensed Psychologist, Marriage and Family Therapist
- April 29** **The Dimensions of Multiple Loss**  
*Jason Kemp*  
Social work professional with graduate degrees in both business and public administration
- May 6** **Recalibrating Your Life After Loss**  
*Jill Johnson, MBA*  
President and Founder, Johnson Consulting Services
- May 13** **Prayer and Healing Service**  
*Pastor Sarah Anderson*  
Pastor, Christ the King Lutheran Church

The next series will be at Nativity Lutheran Church, St Anthony, beginning **September 5, 2024**, Thursdays.

Visit our Web site 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)

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### **Founder**

Janice Winchester Nadeau, Ph.D.

### **Co-Directors**

Charlotte Drone and Tom Schloer

### **Administrative Coordinator**

Margie Alexander

### **Publicity**

Nancy Jahnke

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- Elim Lutheran Church (*Robbinsdale*)
- Galilee Lutheran Church, ELCA (*Roseville*)
- Immaculate Conception (*Columbia Heights*)
- Incarnation Lutheran Church (*Shoreview*)
- Lutheran Church of the Resurrection (*Roseville*)
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**GRIEF SUPPORT SERIES**

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**SPRING 2024**