

GRIEF SUPPORT SERIES - SPRING 2025

Growing Through Loss

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

Shepherd of the Valley Lutheran Church, 14107 Hudson Rd S, Afton, MN 55001

Thursdays, March 6 – April 10 6:00 to 8:30 p.m. (Sign in 6:00, Speaker 6:30 to 7:15, Small Groups 7:30 to 8:30)

March 6

Grief: A Natural Disaster of The Heart

Pastor Kris Linner
Retired Hospice Chaplain

March 13

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

Dr. Charles Bransford, M.D.
Retired Hospice Director

March 20

The Stress of Grief and the Grief of Stress

Stacy Eichman-Cardwell
Retired Adult Ministry Director,
MA in Counseling

March 27

Grief is a Family Affair

Dr. Janice Nadeau, PhD
Psychologist, Family Therapist
& Nurse Clinical Specialist

April 3

Building Life Alongside Grief

Dr. Mary G. Freitag
Clinical Psychologist and Supervisor

April 10

The Use of Life Story - Creating Legacy and "Re-membling" Techniques for Times of Loss

Janelle M. Johnson, JD, LSW
Founder and Consultant at
JMJ Consulting and Advocacy;
Social Worker for LakeView Hospice

FREE, NO REGISTRATION NEEDED, ATTEND JUST ONE SESSION OR ALL OF THEM

SUPPORT GROUPS

LOSS OF:

- Spouse/Partner
- Child
- Parent
- Sibling or Friend
- Grandparent or Other Relative
- Pet
- Infant/A Pregnancy


OTHER LOSSES:

- By Suicide/Violent Death
- Health Changes or Disability
- Current Caregivers
- Divorce or Relationship Change

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 in a group setting, free of charge. Each night includes a brief presentation by a grief educator, 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



St. Croix Valley Grief Coalition

SAVE THE DATES

The Fall 2025 Series will be held on Tuesdays from Sept. 23 – Oct. 28, 2025 at St. Andrew's Lutheran Church in Mahtomedi, MN