



The St. Croix Valley Grief Coalition is made up of organizations and individuals in the local Minnesota and Wisconsin area that see a need for grief resources.

Check our website for a full list of supporters.

Trinity Lutheran Church
115 4th St N., Stillwater, MN 55082
(651) 439-7400



The Spring series of Growing Through Loss will be held Thursdays from March 6 – April 10, 2025 at Shepherd of the Valley Church in Afton, MN

Want to help?

St. Croix Valley Grief Coalition welcomes more participation and additional resources.

Donations are accepted.
Checks can be made out to:
Lakeview Health Foundation

www.scvgriefcoalition.com
(651) 413-6698
scvgriefcoalition@gmail.com



GRIEF SUPPORT SERIES FALL 2024

**Growing
Through
Loss**

PRESENTED BY:



**St. Croix Valley
Grief Coalition**

Growing Through Loss

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

Host: **Trinity Lutheran Church**
Stillwater, MN
(map on back of brochure)

Tuesdays, September 10th - October 15th
6:00 to 8:30 p.m.

Sign in	6:00
Speaker	6:30 to 7:15
Small Groups	7:30 to 8:30

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.

website: www.scvgriefcoalition.com
call: (651) 413-6698
email: scvgriefcoalition@gmail.com

Sept. 10 **Understanding The Basics of Loss, Grief and Bereavement**

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

Sept. 17 **Building Life Alongside Grief**

Dr. Mary G. Freitag
Clinical Psychologist and Supervisor

Sept. 24 **Facing Shattered Dreams/ Dreaming New Ones**

Ted Bowman, MDiv
Grief Educator

Oct. 1 **The Anatomy of Grief: What Happens to Our Mind/ Body/ Soul During Grief**

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

Oct. 8 **Grief: A Natural Disaster of The Heart**

Pastor Kris Linner
Retired Hospice Chaplain

Oct. 15 **Grief and The Holidays**

Paul Johnson
Retired Grief Counselor

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in Afton, MN on Thursdays
from March 6 – April 10, 2025

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
- Disability or Health Changes
- Caregiving
- Divorce or Relationship Change
- Empty Nest
- Relocation
- Covid-Related

All are welcome here regardless of race, color, creed, sex, sexual orientation, gender identity, age, disability, ancestry or national origin.

St. Croix Valley Grief Coalition

Founders

Dr. Janice Nadeau, PhD, Psychologist
Family Therapist & Nurse Clinical Specialist
Compass Mental Health, PLLC
Jennifer Agen, RN, BSN
Lakeview Community Health

Directors

Rev. Lucas Holsten, M.Div.
Spiritual Counselor, HealthPartners Hospice,
Pastor, Redeemer Lutheran Church, Burkhardt, WI
Lisa Schiemann, MSW
Bereavement Coordinator, Lakeview Hospice
Lakeview Health Foundation

Program Support

Jennifer Agen, RN, BSN
Lakeview Community Health