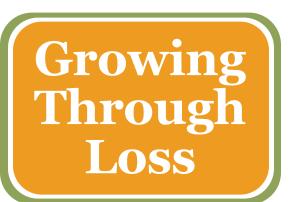


The St. Croix Valley Grief Coalition is made up of organizations and individuals in the local Minnesota and Wisconsin area that see a need for grief resources.

Check our website for a full list of supporters.

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

# GRIEF SUPPORT SERIES FALL 2024



#### Trinity Lutheran Church 115 4<sup>th</sup> St N., Stillwater, MN 55082 (651) 439-7400



# 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

#### 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 10<sup>th</sup> - October 15<sup>th</sup> 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

The Spring 2025 series will be held at Shepherd of the Valley Church 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

Dr. Janice Nadeau, PhD, Psychologist Family Therapist & Nurse Clinical Specialist Compass Mental Health, PLLC Jennifer Agen, RN, BSN Lakeview Community Health <u>Directors</u> 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 <u>Program Support</u> Jennifer Agen, RN, BSN Lakeview Community Health