

# GROWING THROUGH LOSS©

## Purpose:

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

## Have you experienced:

- The death of a loved one
- Infant loss
- Loss by suicide

## Do you feel:

- Alone in your grief
- In need of support
- Are you interested in learning more about the grief process?

You are encouraged to copy this brochure and share freely.

*Printing and mailing provided by*

  
washburn-mcreavy.com  
Funeral Chapels, Cemeteries and Cremation Services

**Location: Zion Lutheran Church**

1601 S 4<sup>th</sup> Avenue,  
Anoka, MN 55303

**Time: Thursdays 6:45 – 9 p.m.**

**Agenda: Registration 6:45 – 7:00**  
**Speaker 7:00 - 7:45**  
**Hospitality 7:45 – 8:00**  
**Small Groups 8:00 – 9:00**

**Registration takes place the day of the program at the host church.**

**Each session is complete in itself.**

**You are welcome to attend one or all sessions.**

**Small group participation is optional.**

**OPEN TO THE PUBLIC**

## Groups Available:

Death of a spouse, parent, child, grandparent, sibling, friend, infant loss, loss by suicide

-  **NO Pre-Registration**
-  **NO Cost -Donations are accepted**

**This 6-week program is offered twice each year. The next series will be Spring 2022**

**GROWING THROUGH LOSS© was founded in 1986 by Janice Winchester Nadeau, Ph.D.**

## Speakers:

October 14

“Multiple Losses and the Transformative Nature of Grief” - Paul V Johnson, Bereavement Educator

October 21

“Re-Authoring Stories After Losses” - Ted Bowman, Educator, Trainer, Author

October 28

“Caring for a Grieving Heart” - Linda Cherek, MSW, Somatic Experiencing Practitioner, Spiritual Director at Loyola Spirituality Center, St. Paul

November 4

“Grief and the Holidays” - Jenny Schroedel, MA, Optage® Hospice Chaplain

November 11

“Children and Grief” - Mark Markell, Ph.D., CT, Educator, Author, Thanatologist

November 18

Prayer and Healing Service - Rev. Sue Wallager, Pastor for Spiritual Care, Zion Lutheran

## Contact Us

North Metro Grief Support  
Coalition

Phone | 763.354.7828

Email | nmgsc@yahoo.com

Visit us on the Web:  
Coming Soon!

# Sponsored jointly by the North Metro Grief Support Coalition:

*Church of St. Paul, Ham Lake*

*Church of St. Stephen, Anoka*

*Church of the Epiphany, Coon Rapids*

*Faith Lutheran Church, Coon Rapids*

*First Congregational/UCC, Anoka*

*Our Saviour's Lutheran, East Bethel*

*Servant of Christ Lutheran, Champlin*

*Zion Lutheran Church, Anoka*

**Zion Lutheran Church is  
located on 4<sup>th</sup> Ave, a few  
blocks south of Main St in  
Anoka. Please enter through  
the glass doors off the lower  
lot.**

North Metro Grief Support Coalition

C/O Zion Lutheran Church  
1601 S 4<sup>th</sup> Avenue  
Anoka, MN 55303

# North Metro Grief Support Coalition

Serving the North Metro area  
around:

**Andover, Anoka, Blaine,  
Champlin, Coon Rapids,  
East Bethel, Ham Lake,  
Oak Grove**



**Fall 2021**