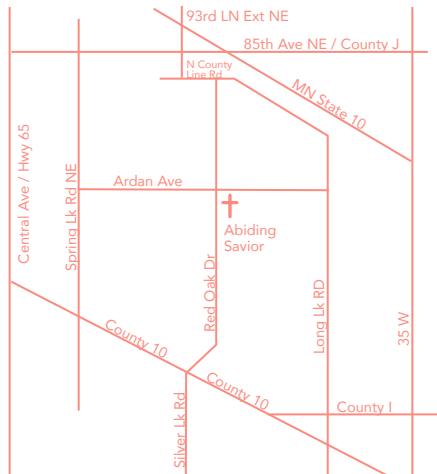


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**location** Abiding Savior Lutheran Church  
8211 Red Oak Dr  
Mounds View, MN 55112  
763-784-5120



Growing Through Loss  
c/o St. John the Baptist Catholic Church  
835 – 2nd Avenue NW  
New Brighton, MN 55112

**GRIEF SUPPORT SERIES**

# Growing Through Loss



**SPRING 2025**

# 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>	Abiding Savior Lutheran Church <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

### **March 31 Multiple Losses and the Transformational Nature of Grief**

*Paul Johnson*  
Bereavement Educator

### **April 7 Understanding the Basic Characteristics of Grief**

*Paul Johnson*  
Bereavement Educator

### **April 14 NO SESSION** — Easter Week

### **April 21 The Miracle That Came in the Mail: The Dragonfly Project**

*Julie Bonde*  
Writer, Photographer, Spiritual Coach,  
Mother, Grandmother

### **April 28 Getting a Grip on Grief**

*Maggie Bauer*  
Grief Recovery Specialist®,  
Grief Educator®, Equine Expert

### **May 5 Grief and the Family**

*Janice Winchester-Nadeau, Ph.D.*  
Licensed Psychologist, Marriage and  
Family Therapist

### **May 12 Service of Comfort and Healing**

*Pastor Lisa Engen, Pastor Elaine Silpala  
and Pastor Dave Rogge*  
Abiding Savior's Worship Leaders

The next series will be at St Phillip's Lutheran Church in Fridley, beginning **September 18, 2025**, 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)

### **Founder**

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### **Co-Directors**

Charlotte Drone and Tom Schloer

### **Administrative Coordinator**

Margie Alexander

### **Publicity**

Nancy Jahnke

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