

**Sponsored by:**

**The Interdenominational South Suburban  
Grief Support Coalition**

All Saints Catholic Church, Lakeville  
Augustana Lutheran Church, West St. Paul  
Church of St. John Neumann, Catholic, Eagan  
Church of St. John the Baptist, Catholic, Savage  
Church of St. Joseph, Catholic, Rosemount  
Church of St. Michael, Catholic, Farmington  
Church of St. Thomas Becket, Catholic, Eagan  
Church of the Risen Savior, Catholic, Burnsville  
Easter Lutheran Church, Eagan  
Good Shepherd Lutheran Church, Inver Grove Heights  
Mary, Mother of the Church, Catholic, Burnsville  
Prince of Peace Lutheran Church, Burnsville  
St. James Lutheran Church, Burnsville  
Shepherd of the Lake Lutheran Church, Prior Lake  
Shepherd of the Valley Lutheran Church, Apple Valley

**For more information:**

**(651) 452-8261**

**growingthroughloss@gmail.com**

**www.growingthroughlosstcsouth.com**

**GROWING THROUGH LOSS**  
c/o Shepherd of the Valley Lutheran Church  
12650 Johnny Cake Ridge Road  
Apple Valley, MN 55124

*Growing Through Loss*  
*Twin Cities South Suburban Coalition*

*Spring Series*

**Offered virtually through Zoom**

**Thursdays, April 8—May 6, 2021**

**7:00—9:00 PM**

**Zoom opens: 6:45PM—7:00PM**

**Speaker: 7:00PM—8:00PM**

**Support Groups: 8:00PM—9:00PM**

# *Growing Through Loss*

*provides:*

- ◇ Support for adults who have experienced a loss
- ◇ Information about the grieving process
- ◇ Caring and support from others who are also grieving
- ◇ Sharing of memories and feelings in a confidential setting
- ◇ One-on-One Support

## **Support for the following losses:**

- ◇ Loss of Spouse
- ◇ Loss of Child
- ◇ Loss of Parent
- ◇ Loss of Other Loved Ones
- ◇ Loss through Suicide
- ◇ Life Transitions: i.e., Job Loss, Loss of Health, Broken Relationships, Mid-Life Changes

Following the speaker, a trained facilitator will be in each breakout room to lead the discussion and offer help and support through conversation among the participants. You will be asked at registration which support group you wish to join .

## *Spring Series*

### *Guest Speakers*

April 8, 2021

#### **“The Wisdom of a Broken Heart”**

*Bussho Lahn*

Certified Spiritual Director  
MNZen Meditation Center

April 15, 2021

#### **“Depression vs Grief: Which is it? ”**

*Kay King*

Older Adults Program Coordinator &  
Community Educator  
National Alliance on Mental Illness of MN

April 22, 2021

#### **“Love Deeply, Grieve Deeply”**

*Kelly Grosklags*

Board Certified in Clinical Social Work

April 29, 2021

#### **“Resiliency Through Life’s Challenges”**

*Donna Mathiowetz*

Inspirational Speaker & Author

May 6, 2021

#### **“Service of Remembrance”**

*Rev. Karen Treat*

Pastor of Care Ministries  
& McKenna Crossing  
Shepherd of the Lake Lutheran Church

# *Growing Through Loss*

Speakers and support groups will be offered virtually via Zoom for this series. You must register for each session that you plan to attend. Following registration the Zoom link will be sent to you.

#### **Time:**

Zoom open: 6:45PM—7:00PM

Speaker: 7:00PM—8:00PM

Support Groups: 8:00PM—9:00PM

#### **Registration:**

<https://www.signupgenius.com/go/4090B4BAAA2EA31-spring>

#### **Suggested Donation:**

\$4.00 per session

(All proceeds support the Growing Through Loss ministry)

Each session is complete in itself.  
You are welcome to attend one or all.

#### **Fall Series 2021**

Tuesdays, September 14, 21, 28 &  
October 5 and 12  
Shepherd of the Lake Lutheran Church  
Prior Lake, MN