

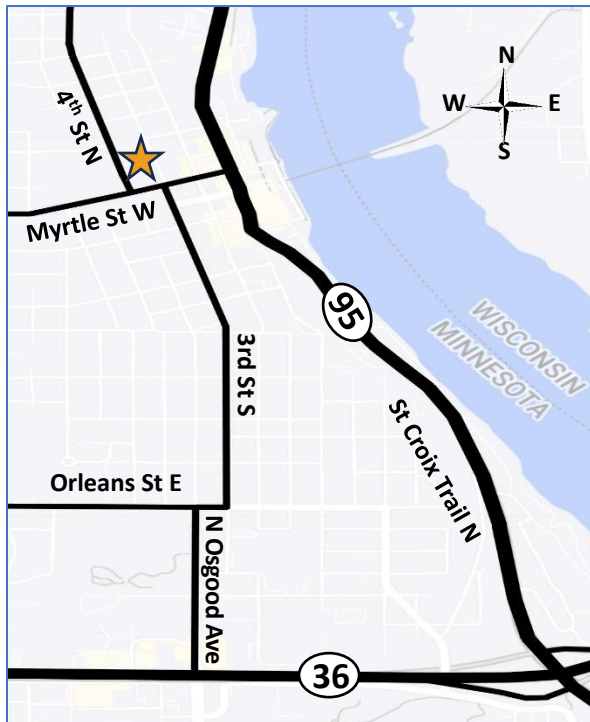


The St. Croix Valley Grief Coalition is made up of organizations and individuals in the local Minnesota and Wisconsin area that see a need for grief resources.

Check our website for a full list of supporters.

### Trinity Lutheran Church

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



### SAVE THE DATES

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

# Growing Through Loss

### *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](http://www.scvgriefcoalition.com)  
(651) 413-6698  
[scvgriefcoalition@gmail.com](mailto: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](http://www.scvgriefcoalition.com)  
call: (651) 413-6698  
email: [scvgriefcoalition@gmail.com](mailto: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

### 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