



The Interdenominational South Suburban Grief Support Coalition

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

For more information:

651-452-8261

growingthroughloss@gmail.com

www.growingthroughlossstcsouth.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

Providing support to the
community since 1994

Spring Series

Church of St. Michael
22120 Denmark Ave.
Farmington, MN 55024

**Tuesdays, April 7-May 5, 2026
6:30-8:30PM**

Registration: 6:00-6:30PM

Speaker: 6:30-7:20PM

Support Groups: 7:30-8:15PM



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, breakout groups will be offered and will be facilitated by trained leaders who understand the grieving process. You will be asked at registration which support group you wish to join. One-on-one listeners will also be available each week.



Growing Through Loss
Twin Cities South Suburban Coalition

Spring Series Guest Speakers

April 7, 2026

"Grief and Loss, An Intro"

Sue Vento

Retired Educator

April 14, 2026

"Navigating Finances after Loss"

Erin Hente

Certified Life Coach

April 21, 2026

"Spirituality & Grief"

Deacon Jim Bauhs

Deacon, Church of St. Michael, Farmington

April 28, 2026

"Grief & Depression: Grief Can Have a Trace of Depression"

Bob Bartlett

Therapist with Phoenix Process
Consultants

May 5, 2026

"Service of Remembrance"

Deacon Wayne Bellefeuille

Deacon, Church of St. Michael, Farmington



Growing Through Loss

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Support Groups: 7:30PM–8:15PM

Place:

Church of St. Michael

22120 Denmark Ave.

Farmington, MN 55024

(651) 463-3360

Suggested Donation:

\$5.00 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 2026

Shepherd of the Valley Lutheran
Church, Apple Valley

Tuesdays, September 15–October 13