

Southwest Grief Coalition

Inter-denominationally Sponsored

by these churches:

SPRING 2018 LOCATION

Family of Christ Lutheran Church

2020 Coulter Boulevard
Chanhassen, MN 55317
Pastor Jeanne Aamot
952-934-5659/
www.familyofchristonline.com

Immanuel Lutheran Church

16515 Luther Way
Eden Prairie, MN 55346
Karen Atkins
952-937-8123 / www.immanuel.us

Pax Christi Catholic Community

12100 Pioneer Trail
Eden Prairie, MN 55347
Jean Thoresen, Director of
Care & Support Ministry
952-941-3150 / www.paxchristi.com

Eden Prairie United Methodist Church

15050 Scenic Heights Road
Eden Prairie, MN 55344
Pastor Dan Schneider-Bryan
952-937-8781 / www.prairiechurch.org

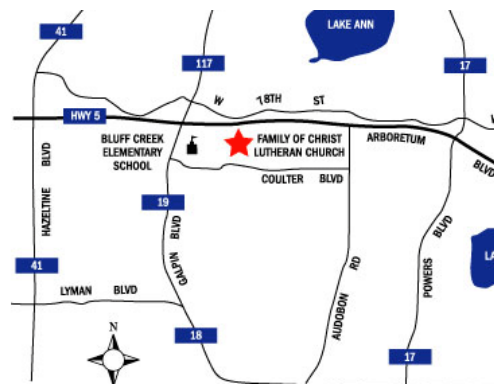
St. Andrew Lutheran Church

13600 Technology Drive
Eden Prairie, MN 55344
Pastor Peter Johnson
952-937-2776 / www.standrewlu.org

Prairie Lutheran Church

11000 Blossom Road
Eden Prairie, MN 55347
Kris Miner
952-829-0525 / www.plcchurch.org

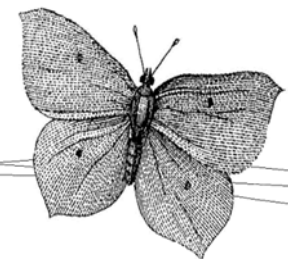
Family of Christ Lutheran Church



Spring 2018

Living and Growing Through Loss

Sponsored by
Southwest
Grief Coalition



• **Grieving**

Losing someone we love is one of life’s most challenging passages. Learning about this process of grief, along with sharing our experience in a caring, supportive, and confidential setting, helps us to cope and leads to personal growth and healing.

The churches of the Southwest Grief Coalition are working together to provide support and education for those who are grieving.

• **Our Purpose**

To provide an opportunity for individuals to obtain information and support for a variety of loss and grief issues.

We encourage you to attend the entire series.



• **Session Format**

- 5:30–6:00pm Gathering (*supper provided)
- 6:00–6:30pm Speaker
- 6:30–7:30pm Adult Small Groups

*Supper is provided each evening. There is no cost to participate in Living and Growing through Loss. Church affiliation is not required.

To register for free childcare, call Stephanie Proper at 952-934-5659, by Monday, April 2.

**Spring 2018 Location:
Family of Christ Lutheran Church**

- **April 9**
“*The Four Pillars of Meaning*”
Pastor Jeanne Aamot, Family of Christ
- **April 16**
Grief Story
Gregg Aamot
- **April 23**
“*Pain and Healing in Grief*”
Greg Fullerton
St. Gertrudes Dir. of Spiritual Care
- **April 30**
“*Grief and Resilience*”
Brenda J. Demotte, MSW, LICSW
Prof. Counseling & Grief Services, Inc.
- **May 7**
“*Expressions of Grief*”
Pastor Jeanne Aamot, Family of Christ
- **May 14**
“*Moving from Stress to Balance*”
Brenda J. Demotte, MSW, LICSW
Prof. Counseling & Grief Services, Inc.
- **May 21**
Grief Story
Cheryl Harjes

• **Education**

Each session contains both an education segment and a time for sharing in small groups. Each week a speaker will present a topic to help participants understand the bereavement process.

• **Small Group Support**

People experiencing similar losses will have the opportunity to meet in small groups to share concerns and feelings following the speaker. These groups include:

- Loss of a spouse/partner
- Loss of a parent
- Loss of a child
- Loss of family member/friend
- Suicide Survivors



Small groups are facilitated by those who are trained in the grief process and group dynamics. Many have experienced the death of a loved one.

Be not afraid of life. Believe that life is worth living and your belief will help create the fact.
~William James