

Sponsored jointly by the North Metro Grief Support Coalition:

Catholic Church of St. Paul, Ham Lake

Epiphany Catholic Church, Coon Rapids

*Faith Community Nurse Program,
Mercy & Unity Hospitals, Allina*

Faith Lutheran Church, Coon Rapids

First Congregational/UCC, Anoka

New Life! Lutheran Church, Oak Grove

Seventh-Day Adventist Church, Andover

United Methodist Church, Anoka

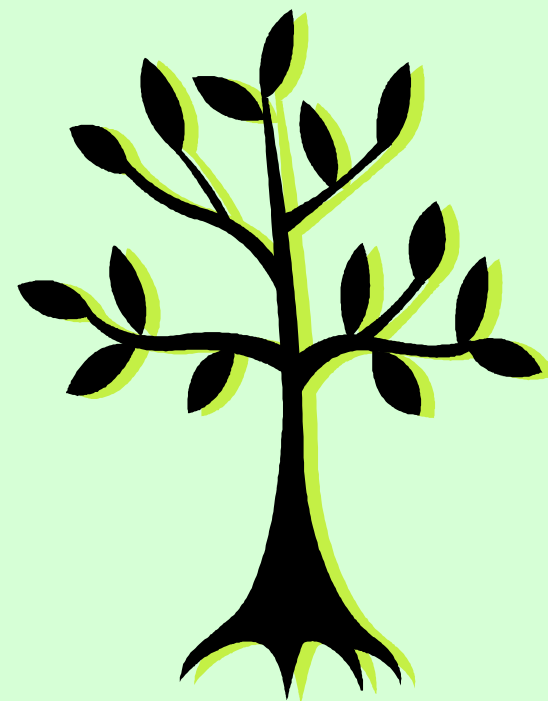
Zion Lutheran Church, Anoka

Andover Seventh-Day Adventist Church
15036 Round Lake Blvd. NW
is located on Round Lake Blvd
north of Bunker Lake Blvd.
Coming from the south the church is on
the left just past Round Lake.
Church phone: 763/421-4020

North Metro Grief Support Coalition
Faith Community Nurse Program
Mercy & Unity Hospitals
550 Osborne Road NE
Fridley, MN 55432

North Metro Grief Support Coalition

Serving the North Metro area
around Andover, Anoka, Blaine,
Cedar, Coon Rapids, Ham Lake,
Oak Grove, Spring Lake Park



Fall 2012

GROWING THROUGH LOSS[©]

Purpose:

This series provides an opportunity for individuals to obtain information and support for a variety of grief and loss issues.

Have you experienced:

- The death of a loved one
- Pregnancy or infant loss
- Loss by suicide

Do you feel:

- alone in your grief,
- the need for support, or
- interested in learning more about the grief process?

If you answered “Yes” to any of these questions, this series is for you.

You are encouraged to make more copies of this brochure for further distribution.

Growing Through Loss[©] was founded in 1986 by Janice Winchester Nadeau, Ph.D.

Location: Andover Seventh-Day
Adventist Church
15036 Round Lake Blvd. NW
Andover, MN 55304
763/421-4020

Time: Thursdays 6:45—9 p.m.

Agenda: Registration 6:45—7:00

Speaker 7:00—7:45

Hospitality 7:45 — 8:00

Small Groups 8:00—9:00

Registration takes place the day of the program at the host church.

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

October 4 **“My Grief: How Long Will it Take to Get My Life Back?”**

Linda Cherek, RN, MSW, LICSW,
Licensed Therapist

October 11 **“Faith and Healing”**
Pastor Jeff Bergman, New Life
Lutheran Church

October 18 **“Changing Expectations After Losses”**
Ted Bowman, Educator, Trainer,
Author

October 25 **“The Healing Power of Humor”**
Duane Bjerke, MA, LMFT

November 1 **“Getting Through the Holidays”**
Paul Johnson, Hospice of the Lakes,
Bereavement Services Supervisor

November 8 **Prayer and Healing Service**
Pastor Adam Breiner, Andover Seventh
Day Adventist Church



Groups available:

Death of a loved one,
pregnancy or infant loss,
loss by suicide

**— No pre-registration —
Registration taken at
each session.**

**For further information, please call
the coalition phone number:
763/413-2985**

This 6 week program is offered twice each year. The next series will be held in the **Spring of 2013.**