

# Growing Through Loss

Twin Cities South Suburban Coalition

Thursdays, April 8—May 6, 2021

7:00—9:00PM

Zoom open: 6:45PM—7:00PM

Speaker: 7:00PM—8:00PM

Support Groups: 8:00PM—9:00PM

## 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

### REGISTER HERE:

<https://www.signupgenius.com/go/4090B4BAAAAA2EA31-spring>

Breakout groups will be facilitated by trained leaders who understand the grieving process. You will be asked at registration which support group you wish to join.

Each session is complete.  
Attend one or all.

Suggested Donation:  
\$4.00 per session

For more information;  
(651) 452-8261  
[growingthroughloss@gmail.com](mailto:growingthroughloss@gmail.com)  
[www.growingthroughlossstcsouth.com](http://www.growingthroughlossstcsouth.com)

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