

We provide

- 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

Support Groups

Following the speaker, support groups will be offered and facilitated by leaders who understand the grieving process. At registration you will be asked which group you would like to join for the evening.

- loss of a spouse/partner
- loss of a child, parent, sibling, or other loved one
- loss through suicide or addiction
- life transitions: job loss, loss of health, broken relationships, mid-life changes

Growing Through Loss
c/o St. Pascal Baylon
1757 Conway St.
St. Paul, MN 55106

**Spring 2025
Schedule Inside!**



Growing Through Loss

Twin Cities East Metro Grief Coalition



Speakers & Groups

There are five stand alone gatherings on Tuesday evenings with a speaker and time for small group support during each session. Each Session is complete in itself. You are welcome to attend one or all.

Tuesdays 7:00pm - 8:45pm

Registration: 6:30pm - 7:00pm

Speaker: 7:00pm - 7:50pm

Support Groups: 8:00pm - 8:45pm

St. Pascal Baylon

1757 Conway St.

St. Paul, MN 55106

Park in the lot at Flandrau/Conway and enter the Flandrau St. door #3

Healing takes time & community

At Growing Through Loss, we are committed to providing resources and space for people to find healing who are dealing with grief in our community.

Spring 2025

April 22, 2025



The Journey of Grief

Grace Anderson
Grief Support Specialist

April 29, 2025



The Impact of Multiple Losses and the Transformational Nature of Grief

Paul Johnson
Retired Grief Professional

May 6, 2025



Myths of Grief

Brenda DeMotte
Grief Social Worker

May 13, 2025



Enduring Grief & Loss: Exploring Resilience & Self Care

Sue Vento
Former Director of Outreach,
Church of Assumption

May 20, 2025



Service of Remembrance

Fr John Mitchell Pastor and
Barb Uschold Anderson
Pastoral Care Associate, St. Pascal's

Each session is complete in itself.
You are welcome to attend one or all.
Suggested donation \$5.00 per session.

Coalition Partners

GTL is organized through the Twin Cities East Metro Grief Coalition, a coalition of the following churches and community organizations that want to make grief support accessible for our community.

Blessed Sacrament Catholic Church
Grace Lutheran Church
Gustavus Adolphus Lutheran Church
Hazel Park Congregational UCC
Mueller Memorial Funerals & Cremation
The Recovery Church
St. Casimir Catholic Church
St. Jerome Catholic Church
St. Patrick Catholic Church
St. Pascal Baylon Catholic Church

If your church or organization would like to join, please contact us.

Contact Us!

GrowingThroughLossEastMetro.com
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