

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 2026
Schedule Inside!



Growing Through Loss

Twin Cities East Metro Grief Coalition



Speakers & Groups

Spring 2026

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 6:30pm - 8:15pm

Registration: 6:00pm - 6:30pm

Speaker: 6:30pm - 7:20pm

Support Groups: 7:30pm - 8:15pm

Gustavus Adolphus Lutheran Church

1669 Arcade St.

St. Paul, MN 55106

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.

April 14, 2026



Grief Demystified Part 1: Practical Understanding

Brenda J. DeMotte
MSW, LICSW

April 21, 2026



Grief Demystified Part 2: Insights & Ways to Cope

Brenda J. DeMotte
MSW, LICSW

April 28, 2026



It Takes a Team: Seeking & Receiving Care from Others

Ted Bowman
Grief and Family Educator

May 5, 2026



Intentional Hope: Choices to Protect Our Peace

Rachel Engstrom
MSW, CHES, CGC

May 12, 2026



Service of Remembrance

Rev. Ruthie Mhanga
Pastor at Gustavus Adolphus Lutheran Church

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.

- Anderson Funeral Home
- Benedictine Community St. Paul Marian
- Blessed Sacrament Catholic Church
- Grace Lutheran Church
- Gustavus Adolphus Lutheran Church
- Hazel Park Congregational UCC
- Mueller Memorial Funerals & Cremation
- 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!

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