



# Growing Through Loss

Twin Cities East Metro Grief Coalition

# FALL 2025

**Tuesdays**  
**6:30pm - 8:15pm**  
Registration starts at 6:00pm

## Hazel Park UCC

1831 Minnehaha Ave E  
St. Paul, MN 55119

[GrowingThroughLossEastMetro.com](http://GrowingThroughLossEastMetro.com)  
gtleastmetro@gmail.com  
(651)432-4959

**September 9, 2025**



### **The Journey of Grief**

Grace Anderson  
Grief Support Specialist

**September 16, 2025**



### **Loss of Dreams: A Special Kind of Grief**

Ted Bowman  
Grief & Family Educator

**September 23, 2025**



### **The Impact of Multiple Losses and the Transformational Nature of Grief**

Paul Johnson  
Retired Grief Professional

**September 30, 2025**



### **Being Curious: A Grief Resource**

Ted Bowman  
Grief & Family Educator

**October 7, 2025**



### **Service of Remembrance**

Rev. Sara Morse  
Pastor at Hazel Park

Each session is complete in itself. Attend one or all.  
Suggested donation \$5.00 per session.