



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
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.