



Growing Through Loss

Twin Cities East Metro Grief Coalition

Fall 2026

Tuesdays

2:30 p.m. - 4:15 p.m.

Registration begins at 2:00 p.m.

**Cerenity Marian
of St. Paul**

200 Earl St.
St. Paul, MN 55106

Coming Up:

Spring 2027 Series

April 6–May 4, 2027

Beginning at 6:30 p.m.

Hosted at St. Pascal Baylon
Catholic Church

GrowingThroughLossEastMetro.com
gtleastmetro@gmail.com
(651) 432-4959

September 15, 2026



The Journey of Grief

Rev. Grace Anderson
Grief Support Specialist

September 22, 2026



Facing Shattered Dreams with Honest Hope

Ted Bowman
Grief and Family Educator

September 29, 2026



Watch for the Signs: Using Road Signs as a Guide to Navigate the Grief Journey

Donna Mathiowetz
Speaker and Author

October 6, 2026



Consider Letting Music Be a Connection

Bonnie Bowman
Palliative Care Minister
and Retired Music Teacher

October 13, 2026



Service of Remembrance

Deacon Wilfred Pitts
Chaplain - Spiritual Care
Cerenity Marian of St. Paul

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