



Growing Through Loss

Twin Cities East Metro Grief Coalition

Spring 2026

Tuesdays

6:30pm - 8:15pm

Registration starts at 6:00pm

Gustavus Adolphus Lutheran Church

1669 Arcade St.
St. Paul, MN 55106

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

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. Attend one or all.
Suggested donation \$5.00 per session.