

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

**Fall 2025
Schedule Inside!**



Growing Through Loss

Twin Cities East Metro Grief Coalition



Speakers & Groups

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

Hazel Park UCC

1831 Minnehaha Ave E

St. Paul, MN 55119

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.

Fall 2025

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.
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.

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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Growing Through Loss

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