



**South Minneapolis Coalition for Grief Support  
FALL SERIES-2020**

Our Lady of Peace Church  
5426 12<sup>th</sup> Ave. S.  
Minneapolis MN 55417  
Phone: 612-824-3455

6:15 p.m.                      Registration and refreshments  
6:30 – 7 p.m.                Speaker  
7 – 8 p.m.                     Facilitated small group

Sept.24	Characteristics of Grief	Beryl Schewe
Oct. 1	Getting Unstuck!	Beryl Schewe
Oct. 8	Understanding Grief	Mary Marcoux
Oct. 15	The Process of Grief	Mary Marcoux
Oct. 22	A Survivor Story	Mary Canakes
Oct. 29	Healing Hearts	Karen Astromsky
Nov. 5	Healing Sounds-Healing Moves	Karen Astromsky
Nov. 12	Giving Thanks Will Help	Mark Scannell
Nov. 19	Factors That Impact How We Grieve	Nancy Slothower, PhD
Dec. 3	Service of Remembrance	

**Roster:**

Karen Astromsky – Certified Qi Gong Coach, Meditation Instructor  
Mary Canakes – Grief Facilitator, Grief Survivor  
Mary Marcoux – Chaplin, Friendship Village  
Mark Scannell – Life Coach, Author, Trainer, Speaker  
Beryl Schewe – Director of Pastoral Care, Author  
Nancy Slothower, PhD. – Grief Therapist

The South Minneapolis Coalition for Grief Support was formed in 1994. In 2006 it became a program of TRUST Inc., a coalition of congregations providing services in south Minneapolis. To learn more about TRUST, go to [www.trustinc.org](http://www.trustinc.org), or contact Executive Director Toya Richards at 612-827-6159. For more on the Coalition for Grief Support, contact Coordinator Norine Larson at 952-925-2437. Grief support groups are open to anyone at any time at no cost.