



Church of St. Patrick | 6820 St. Patrick's Lane | Edina, MN 55439 | 952.941.3164 | www.stpatrick-edina.org

Edina Coalition for Grief Support

Winter session at St. Patrick's beginning Thursday, January 5

Groups meet Thursdays from 4:30-6:00 pm through March 29

Coping with the death of a loved one is one of life's most stressful experiences. Attempts to deny the confusion and pain of grief promote despair and loneliness. An understanding of the grief process and a supportive and caring atmosphere increase coping skills and can lead to personal growth.

The mission of Edina Coalition for Grief Support is to offer support and education for those grieving the death of a loved one. The Coalition provides a safe, non-threatening environment where people may share and understand feelings of grief and subsequently move forward with their lives.

We have developed a program that enables the participants to focus on processing the grief caused by the death of a loved one in an atmosphere of comfort and communication for participants. The agenda includes speakers and small group sharing. Groups are divided into spouse loss, child loss and other losses from death.

We recognize that some individuals may require professional or additional help. The Coalition has resources to provide recommendations to those participants in need of additional help.

For more information contact [Patti Brady](#) or 952-941-3164, x113.