

"Life is more bearable at times when you know others have similar thoughts and feelings."

– John, loss of spouse

"The death of our child was devastating. The most helpful thing we did was to attend Edina Coalition for Grief Support. Sharing our grief, fears, confusion and questions with other parents who were dealing with many of the same issues and receiving their support and understanding, as well as interacting with parents who had lived with their loss for a longer time, was invaluable to us."

– Margaret & Gerry, loss of adult child

"After losing my mother, Edina Coalition for Grief Support was the lifeline which kept me afloat. It helped me wend my way through the maze we call personal loss and anchored me when the storm was at its fiercest."

– Andrea

"Those of us in our grief support group have been told that the task ahead for us could be described as a "new journey." To prepare for any trip we wish to take, why not consult with someone who has already taken the trip? With the dedicated speakers who make themselves available to us to address areas of our concern, we are able to get comforting help in our own journey."

– Otto, loss of spouse

DONATIONS

A weekly donation helps to fund the work of the Edina Coalition for Grief support. Operating expenses including speaker fees, written materials and facilitator training are partially covered by contributions from our supporting churches, organizations and businesses.

SUPPORTING MEMBERS

Chapel Hills United Church of Christ
Church of St Patrick – Edina
Cremation Society of Minnesota
Edina Community Lutheran Church
Good Samaritan United Methodist Church
The Hilltop Restaurant
Jerry's Foods
Lutheran Church of the Good Shepherd
Meetinghouse Church of Edina
N.C. Little Hospice
Normandale Evangelical Lutheran Church
Our Lady of Grace Catholic Church
Washburn- McReavy Funeral Chapels

EDINA COALITION FOR GRIEF SUPPORT

2024 MEETINGS

"I found people who held my hand as I dealt with my grief. It helped me to not only survive, but to live my life."

Edina Grief Support • www.edinagriefsupport.org
info@edinagriefsupport.org • 501(c)(3)

PURPOSE

Coping with the death of a love one can be one of the most difficult challenges we face. Understanding the grief process and sharing with other individuals in a supportive and caring environment can lead to acceptance, personal growth and recovery.

In an effort to help participants move forward with their lives, the Edina Coalition for Grief Support offers a short-term program for adults who are experiencing grief due to the death of a loved one. The focus is on education and group support in a safe and confidential environment. We are a non-denominational group inclusive of all backgrounds.

PRESENTATIONS

Professional therapists, former participants, and others knowledgeable about grief provide information about the effects of grief and its healthy resolution.

SMALL GROUP DISCUSSION

The small group provides a safe and confidential place for discussion, support and connection. Groups are organized by individual loss: spouse loss, child loss, family/friend loss. A trained facilitator who has experienced personal loss, leads each group.

MEETINGS

Our meetings are held most Thursdays throughout the year and are led by trained volunteers. You may join at any time during a series. Edina residency is not necessary.

Registration online at edinagriefsupport.org or

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|-----------------------------|----------------|
| Day of Meeting Registration | 4:15 - 4:30 pm |
| Speaker | 4:30 pm |
| Small Group Discussion | 5:00 pm |
| Adjourn | 6:00 pm |

FOR MORE INFORMATION:

info@edinagriefsupport.org
www.edinagriefsupport.org
Bonnie Cool 612-382-6504

WINTER SERIES

January 4 – March 21, 2024
(no meeting March 28th)
Our Lady of Grace Catholic School
5071 Eden Avenue
Edina MN 55436
Church Phone: 952-929-3317
www.olgparish.org

SPRING SERIES

April 4 – June 27, 2024
(no meeting May 23rd)
Good Samaritan United Methodist Church
5730 Grove Street
Edina MN 55436
Church Phone: 952-929-0049
www.good.org

SUMMER SERIES

July 11 – September 26, 2024
(no meetings July 4th and August 29th)
Lutheran Church of the Good Shepherd
4801 France Avenue South
Minneapolis MN 55410
Church Phone: 952-927-8849
www.goodshepherdmpls.org

FALL SERIES

October 10 – Dec 19, 2024
(no meetings October 3rd and November 28th)
Edina Community Lutheran Church
4113 West 54th Street
Edina MN 55424
Church Phone: 952-926-3808
www.eclc.org