



## Support Groups and Resources

Saint Rose of Lima Catholic Church

- Saint Rose of Lima Transforming Grief Group
  - Contact: Deb McPherson – [dkmcperson@yahoo.com](mailto:dkmcperson@yahoo.com)
  - Third Friday of the month from 11 am- 12 pm
  - Contact the parish office for more information: 651.645.9389
  
- Grief Share
  - Grief share recovery support groups meeting weekly in Roseville
  - Contact: Diane Sell, Director of Engagement and Care Ministry, 651.487.7752
  - [www.griefshare.org](http://www.griefshare.org)
  
- Growing Through Loss
  - Next grief group series begins Thursday, April 9<sup>th</sup> and ends Thursday, May 14<sup>th</sup> at Centennial United Methodist Church
  - Time 6:45 pm to 9:00 pm
  - [www.growingthroughloss.org](http://www.growingthroughloss.org)
  
- Family Means - Center for Grief and loss
  - 651.439.4840
  - [griefloss.org](http://griefloss.org)
  
- Mount Olivet Conference and Retreat Center
  - 612.926.7651
  - 7984 257th St W., Farmington, MN 55024
  - Whether you are grieving the death of a loved one, severed relationships, the loss of dreams, or more, this day retreat will provide an opportunity for you to grow and heal. Experientially focused, the day includes options for processing grief through music, art, movement, prayer, meditation, and time in nature. In addition, participants can meet briefly with a counselor, spiritual director, or pastor for support and consultation.
  - [mtolivetretreat.org/events/](http://mtolivetretreat.org/events/)