

Grieving

Losing someone we love is one of life's most challenging passages. The churches of the Southwest Grief Coalition have bound together to provide support to those who are grieving the death of a family member or friend. This is a caring, supportive, and confidential setting, where you can learn about how your grief leads to personal growth and healing.

Our Purpose

To provide an opportunity for individuals to obtain information, support, and a welcoming community for grief issues following the loss of a loved one.

Sessions are designed for ongoing participation from the beginning to the end. If you are interested in joining in the middle of the session, please contact the host church.

Session Format

We will begin each session with light appetizers/snacks from 6:00–6:30 PM. A presentation from a speaker or impactful videos will follow from 6:30–7:00 PM, followed by small group discussion until 8:00 PM. A meal will be served on our final session together (March 2) at 6:00 PM. There is no cost to participate. Church affiliation is not required.

Registration

Register for this session at swgriefcoalition.org. Look for the 'Register' button. For more information call or email Pastor Linda (pastorlinda@prairiechurch.org or 952-937-8781)

Please register by January 23rd if possible, however, registrations are accepted up until the start of the session and walk-ins are welcome.

Winter 2026:

Each evening includes a speaker or program designed to provide comfort and support as well as topics for further conversation in the small groups that meet following the presentation.

- **Session 1 (January 26)**
TED Talk: Grief and the Brain
- **Session 2 (February 2)**
TBD
- **Session 3 (February 9)**
Rev. Rachel Warner
- **Session 4 (February 16)**
TBD
- **Session 5 (February 23)**
Rev. Leigh Brown
- **Session 6 (March 2)**
Panel Discussion

For more information, check the website for updates. www.swgriefcoalition.org

Small Groups

Each session includes a welcome by the host church, a presentation, and a small group discussion. Trained small group facilitators will lead participants through a friendly and supportive discussion of the topic.

Similar Loss

To better facilitate helpful discussion, participants will be grouped with people who have experienced similar losses, if possible. These groups may include: loss of a spouse/partner, loss of a parent, loss of a child, loss of family member/friend, and suicide bereavement.



**Southwest
Grief Coalition**

Be not afraid of life. Believe that
life is worth living and your belief
will help create the fact.

~William James

Southwest Grief Coalition

Inter-denominationally sponsored by these churches:

Winter 2026 Location

Eden Prairie United Methodist Church

15050 Scenic Heights Road

Eden Prairie, MN 55344

Linda McCollough—pastorlinda@prairiechurch.org

952-937-8781 / www.prairiechurch.org

Family of Christ Lutheran Church

2020 Coulter Boulevard

Chanhassen, MN 55317

Teri Burns—teri@familyofchristonline.org

952-934-5659 / www.familyofchristonline.com

Immanuel Lutheran Church

16515 Luther Way

Eden Prairie, MN 55346

Deacon Savannah Olaphson—savannah@immanuel.us

952-230-0357 / www.immanuel.us

Pax Christi Catholic Community

12100 Pioneer Trail

Eden Prairie, MN 55347

Kerry Cronkhite—kcronkhite@paxchristi.com

Joan Miltenberger—jmiltenberger@paxchristi.com

952-405-7207 / www.paxchristi.com

Prairie Lutheran Church

11000 Blossom Road

Eden Prairie, MN 55347

Pastor Ashley Updegraff—pastorashley@plchurch.org

952-234-4784 / www.plchurch.org

St. Andrew Lutheran Church

13600 Technology Drive

Eden Prairie, MN 55344

Pastor Kristin Skare—pastorkristin@standrewlu.org

952-697-7111 / www.standrewlu.org

St. Hubert Catholic Community

8201 Main Street

Chanhassen, MN 55317

Denise Kozojed, Pastoral Minister

952-374-5049 / www.sthubert.org

What Others Are Saying

Here is what former Southwest Grief Coalition participants have to say about what was most meaningful for them during the session:

- *“Knowing I am not alone.”*
- *“Getting to know others who had experienced a similar loss and sharing thoughts and feelings.”*
- *“Several suggestions to help cope and work through grief to practice every day.”*
- *“It helped me to be able to talk to others. Prior to this class I did not like to talk to anyone about it.”*



**Southwest
Grief Coalition**

*A coalition of churches providing
faith based grief support*

www.swgriefcoalition.org

Winter 2026

Mondays

January 26–March 2

Living & Growing Through Loss



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