



3rd Tuesday Monthly

6:30–7:45pm | First Lutheran Church

The loss of a child is life-changing and can make you feel alone and unsupported. This group is an opportunity for parents who have lost a child/children of any age to come together to support each other in conversation, education, and faith growth as we express our grief and share memories of our loved ones in a safe environment. We can hold each other up to find God in the midst of our pain. Education will include material from leading experts in the field of grief who have suffered their own loss.

As a parent who has lost a child, I will journey with you as your facilitator, assisting in providing the material and information that will support you as a member of the group. You do not need to be a member of First Lutheran Church to attend; all are welcome.

If you have any questions, please do not hesitate to reach out via phone, text, or email.

Pam Miller
320.815.2325 | pam.miller@firstlutheranalexandria.com



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GRIEVING PARENTS
Support Group

2025-26 Schedule
3rd Tuesday Monthly | 6:30-7:45pm | FLC

August 19, 2025

Discussion of Making Meaning Workbook

September 16, 2025

Ch 1 Where Loss Leaves You: Honoring Your Unique Experiences in Grief

October 21, 2025

Ch 2 Questioning the Story: New Perspectives on Your Grief Narrative

November 18, 2025

Ch 3 The Sixth Stage of Grief: Acceptance and Beyond

December 16, 2025

Dinner - Location TBD - Time TBD - Contact Pam

January 20, 2026

Ch 4 Working Through Guilt: Making Things Right When (You Feel) You've Done Wrong

February 17, 2026

Ch 5 Making Meaning: Identifying What Matters

March 17, 2026

Ch 6 Mapping the Future: Picturing a Life of Meaning After Loss

April 21, 2026

Dinner - Location TBD - Time TBD - Contact Pam



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