

## Parkinson's Disease Support Group

Parkinson's Disease (PD) Support offers an opportunity for you or someone you help care for to connect with others affected by this condition to learn, share experiences, and offer mutual support. We begin with a presentation on a topic of interest and break into separate small groups of those living with PD and their family member/caregivers.

### First Hand Help

This service helps people living with PD to connect with someone on the same journey. Visit [parkinsonmn.org/first-hand-help](http://parkinsonmn.org/first-hand-help) or call 763-545-1272.

### Meetings

2<sup>nd</sup> Thursday/monthly, 6:00 - 7:30 pm  
Christian Life Center, Room 200

## Caregiver Support Group

Caregiver Support, in partnership with DARTS, provides a safe, supportive environment where family caregivers come together to discuss concerns with trained facilitators and to learn from others caring for a loved one. Please contact group facilitator and licensed social worker, Lori Angus at DARTS, 651-234-2249.

### Meetings

1<sup>st</sup> & 3<sup>rd</sup> Wednesday/monthly, 1:00 – 2:30 pm  
Christian Life Center, Room 230

## Adult Children of Alcoholics

ACA is a Twelve Step, Twelve Tradition program for people who grew up in alcoholic or otherwise dysfunctional homes. Please contact Carolyn Schulte at 952-447-3738.

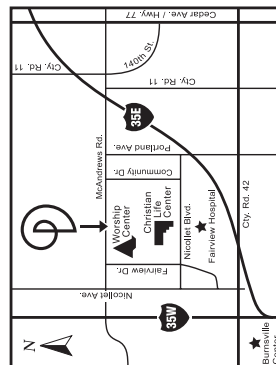
### Meetings

Thursday; 6:30 - 8:30 pm  
Christian Life Center, Room 230

ALL GROUPS ARE OPEN | NO FEE OR PRE-REGISTRATION  
MORE INFO: [POPMN.ORG/SUPPORT](http://POPMN.ORG/SUPPORT) | 952-898-9358



13901 FAIRVIEW DRIVE  
BURNSVILLE, MN 55337



**PRINCE  
OF PEACE**

Called to Connect

## SUPPORT GROUPS

- 12 Steps for Christian Living
- Alcoholics Anonymous
- Adult Children of Alcoholics
- Adult Children of Persons with Memory Loss
- Caregiver Support
- Depression Support
- Divorce Support
- Grief Support
- Job Connections
- Parkinson's Disease Support
- Parents, Families and Friends of Lesbians and Gays (PFLAG)

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## Depression Support Coalition

Depression Support Coalition (DSC) is a faith-based, interdenominational group of churches whose mission is to inform, educate, support and cultivate a community of spiritual hope for those affected by depression as well as their families.

Each spring and fall, DSC develops a program of monthly informational talks by professionals and those experienced with depression and related illnesses. Contact Julie Opheim 952-432-6351 or visit [DepressionSupportCoalition.org](http://DepressionSupportCoalition.org).

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## Growing Through Loss Coalition

Growing Through Loss (GTL), sponsored jointly by the Interdenominational South Suburban Grief Support Coalition, provides support for adults who have experienced loss, information about the grieving process, caring and support from others who are also grieving and sharing of memories and feelings in a confidential setting.

A series of educational programs on topics related to grief and loss are offered each spring and fall. More information about the series can be found at [GrowingThroughLossTCSouth.com](http://GrowingThroughLossTCSouth.com) or call 651-452-8261.

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## Grief Support Group

Grief Support Group opens the door to healing by providing safe, confidential, Christ-centered support for adults who have experienced the death of a loved one. Trained facilitators who have a passion for helping others lead the discussion. We begin with a presentation on a topic of interest related to grief then break into small groups.

### Meetings

Mondays, 6:00 - 7:30 pm  
Christian Life Center, Chapel

*No Grief Support meetings on Monday holidays.*

## Job Connections Group

Job Connections is a joint venture of Prince of Peace and Shepherd of the Valley Lutheran Churches. We seek to provide a network of assistance and support to individuals who are experiencing a job transition. More information at [jobconnections.efoliomn.com](http://jobconnections.efoliomn.com).

### Meetings

Tuesdays, 6:30 - 8:15 pm  
Christian Life Center, Room 200

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## Adult Children of Persons with Memory Loss

Sometimes it is helpful to receive support from those who know what it's like to go through loss or live with a health concern. Sessions are informally facilitated community advocates who have experienced the journey of caring for a loved one. For more info call Beth Remarcke, MA, LMFT Licensed Marriage & Family Therapist, at 952-431-3409.

### Meetings

3<sup>rd</sup> Thursday/monthly, 6:30 - 8:00 pm  
Christian Life Center, Room 230

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## 12 Steps for Christian Living

Are you struggling with an addiction or self-defeating behavior that detracts from the quality of life of you or a loved one? This group shares their experience, strength and hope with each other. Please contact Kay E. at 952-649-9514.

### Meetings

Sundays, 9:45 - 10:45 am  
Christian Life Center, Room 109

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## Alcoholics Anonymous Support Group

AA is a meeting society for recovering alcoholics.

### Meetings

Monday – Thursday; noon - 1:00 pm  
Christian Life Center, Media Center

## Depression Support Groups

Depression Support is a great source of help and inspiration for individuals and their family members affected by depression or related illnesses. Discussions are designed to offer peer-to-peer support led by trained facilitators. This mutual self-help group provides an opportunity to talk and share personal experience in a safe environment. Small groups offered for individuals and family.

### Meetings

Tuesdays, 6:30 - 8:00 pm  
Christian Life Center, Room 160

Thursdays, 6:30 - 8:00 pm

Easter Lutheran Church, 4200 Pilot Knob Road, Eagan

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## Parents, Family and Friends of Lesbians and Gays (PFLAG)

PFLAG supports parents, family, allies and friends of lesbian, gay, bisexual, and transgender persons. We are a place of love and acceptance with members from all walks of life. Following a presentation on a topic of interest we break into small groups for parents and family, friends and allies, GLBTQ, and straight spouse.

### Meetings

2<sup>nd</sup> Monday/monthly, 6:30 - 8:00 pm  
Christian Life Center, Room 144

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## Divorce Support Group

Divorce Support welcomes all struggling with the process of divorce, including individuals and family members. We offer safe, confidential, Christ-centered small group emotional and educational support led by a Certified Divorce Financial Analyst. Individualized meetings are available for those who would like one-on-one support. Please contact Katri Balfanz at [katri@kbfinancials.com](mailto:katri@kbfinancials.com).

### Meetings

Thursdays, 5:00-7:00 pm  
Christian Life Center, Room 144