

CARING AND AFFORDABLE SERVICE  
FOR OVER 100 YEARS



**701-436-4411**  
HILLSBORO, ND



FREDRIKSON • BOULGER  
*Funeral Chapel*

**701-482-3419**  
KINDRED, ND



GRIEF SUPPORT



**701-237-6441**  
GRIEFSUPPORT@BOULGERFUNERALHOME.COM  
BOULGERFUNERALHOME.COM



**701-237-6441**  
GRIEFSUPPORT@BOULGERFUNERALHOME.COM  
BOULGERFUNERALHOME.COM





## GRIEF SUPPORT

Experiencing the death of a loved one is one of the most difficult things we face in life. Even if you feel loved by friends and family or supported by a faith community, there may be a time you simply need someone else to listen to the story of your loved one, or you may be in need of resources regarding the many aspects of grief. Boulger Funeral Home is available to assist you through our grief support coordinators.

Ann Jacobson and Sonja Kjar are Boulger Funeral Home's Grief Support Coordinators. They have years of experience walking with people on the journey of life, through the valley of the shadow of death, and through the joys and sorrows that are a part of living in this world.

Group sessions are held throughout the year to provide grief support, or they are available to meet individually. Ann or Sonja can be reached at [GriefSupport@boulgerfuneralhome.com](mailto:GriefSupport@boulgerfuneralhome.com) or call Boulger Funeral Home at 701-237-6441. The schedule for grief support offerings can be found on our website.

"Mourning is one of the most profound human experiences that it is possible to have ... The deep capacity to weep for the loss of a loved one and to continue to treasure the memory of that loss is one of our noblest human traits."

– Shneidman



### SONJA KJAR

Sonja serves as a grief support coordinator at Boulger Funeral home. Sonja grew up in Bloomington, MN and graduated from Luther College, Decorah, IA and later Luther Seminary, St. Paul, MN. She is an ordained Lutheran (ELCA) pastor, and is board certified through the Association of Professional Chaplains, serving in congregations and hospitals in Eastern North Dakota since 1996. Sonja lives on a farmstead near Kindred, ND with her husband and family. Because grief and loss are realities in life, she appreciates being able to walk with people, even if only for a time, as they live with life's losses. One of her favorite quotes is "A child old enough to love is old enough to mourn." – Alan Wolfelt

### ANN JACOBSON

Ann serves as a grief support coordinator at Boulger Funeral Home. She grew up in Brainerd, MN and graduated from Concordia College, Moorhead, MN and later Luther Seminary, St. Paul, MN. She is an ordained Lutheran (ELCA) pastor having served several congregations in Minnesota and North Dakota. Currently, she is doing chaplaincy work. Ann and her husband Peter reside in Detroit Lakes, MN and have three grown children and one son-in-law. As one of the Grief Support Coordinators, Ann feels privileged to come alongside grieving individuals and families with support and resources as they walk the difficult journey of learning to live without their loved one.

