

## **OUR BEST LIFE**

## Have you received a terminal diagnosis for your child?

- Are you experiencing feelings of sadness, fear, anger, loneliness, anxiety, guilt, and changes in your physical and mental wellbeing.
- Are you not sure what to do with all these feelings and these changes?
- Do you feel like others don't understand?



"So, this is my life. And I want you to know that I am both happy and sad and I'm still trying to figure out how that could be."
— Stephen Chbosky, The Perks of Being a Wallflower

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## Would you like to join with other parents?

- Who have similar experiences
- In a safe space, sharing and learning as we talk through challenges and possibilities
- Strive to make the best life amidst all the appointments, emotions and such that come with this prognosis

Join us on the last Thursday of each month from 9am-10:30am

Location: Online - Zoom

**To Register or for more information, please contact:** Charlene.Prochnau@ahs.ca or call 780-735-7999 ext 15578



Disclaimer: This session, including the shared resources, are not intended to be a substitute for psychotherapy or medical care. Please let us know if you are looking for mental health care support and we can help make a referral to a health care provider.