

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**



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

