



Self Care Through Shadow Grief *Workshop*



Jackie Anderson - Lea
CCYC, ACTA | Behaviour
Consultant | Trainer

Behind the love and commitment of caregiving often lives an unspoken grief for the life once imagined. This workshop explores “shadow grief” and offers compassionate strategies for self-care, resilience, and sustaining yourself through the complex emotional journey of parenting a child with diverse needs.

May 6, 6:00p – 8:00p
1245 2 Ave South



403-524-2522

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