

# OUR BEST LIFE

## Have you received a life-limiting (*shortened life span*) 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**  
9am-10:30am

**Location:** Virtually – 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. If you are looking for mental health resources, please let us know so we may assist you.