

DR LINDER

Presentation

Join us for a supportive evening with Dr. Jacquie Linder, who will explore the emotional, physical, and practical challenges caregivers face while navigating significant life changes and the impact they can have on well-being.

When:

February 10, 2026
6:30 pm to 8:00 pm

Where:

On Teams. Email Miranda for the link



- Understanding the concept of grief and loss for caregivers as it applies to all losses felt by raising challenging children.
- Learn practical coping strategies and self-care techniques
- Build resilience and find hope in difficult times

Please RSVP to miranda.zetsen@csslaberta.ca