

Different Dreams Retreat Day

For Parents of Children & Youth with Disabilities



Has your life turned out differently than you originally planned or envisioned?

Do you sometimes struggle to accept and embrace your circumstances and live with joy?

Are you in need of fresh inspiration, vision and hope?

Receive a **retreat package** and join us for an **online** day of sharing, learning and relaxation!

Thursday, November 18/21 from 9 AM to 3 PM on Zoom

Facilitated by Sandra Cicman, M.Ed. an educator and parent of a child with special needs.

Cost - \$25.00 (Fee assistance available for those in need)

- ~ Connect with other parents in a safe, relaxing, encouraging setting
- ~ Identify your lost dreams and learn to embrace 'different dreams' and expectations
- ~ Explore and honour your emotional responses to raising a child with a disability
- ~ Discover how to weave together your needs with the needs of your child
- ~ Practice exercises involving mindfulness, gratitude, forgiveness, grace, and optimism
- ~ Learn how to parent in a healthy, nurturing, conscious way
- ~ Appreciate your character strengths and efforts as a person and a parent
- ~ Continue the process of growth and become a more effective advocate for your child
- ~ Leave celebrating your love for your child and experiencing the joy of being your child's greatest supporter!

The future belongs to those who believe in the beauty of their dreams ~ Eleanor Roosevelt



For more information or to register please contact:

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