

# *Fondation en coeur* English Parents' meetings 2025-2026

## Schedule

Facilitated group from October to May, 90 minutes monthly on Tuesday evenings (7:30 p.m. - 9 p.m., 8 meetings), theme at each session which can change during the meeting according to the needs of the participants present that day.

**Note:** this is a new group (in English) and we might have a limited number of participants as the group grows and gets known. Make sure to share the information with other parents you know and **register as early as possible for the sessions you want to participate in** as some sessions might be canceled if there's not enough registered participants.

## 2025

### October 21st

**Debrief your story:** Share your story from when your child was diagnosed to today with parents who understand your situation. Talking openly about your story in a safe space without having to explain everything often helps you process things differently.

### November 18th

**Stress, anxiety and managing our emotions:** Learn more about the impact of the anxiety you experience on your children's development (you might be surprised!) and discuss your lived experience with the other parent present.

### December 2nd

**Explaining the heart condition (to my child, family, school, etc.):** To discuss the challenges and good ideas for explaining your child's situation to those around you and to your child themselves.

## 2026 :

### January 20th

**Father's Place (special invitation to dads!):** We specially invite you (with or without your partner) to discuss your often different reality, your needs and your way of being the father of a child with a heart condition.

## **February 17th**

**Coping with parental guilt:**From "I shouldn't have had that drink at the beginning of the pregnancy," to "Did we do the right thing keeping the baby?" to "I should have seen that my child wasn't doing well," the journey of parents of children with cardio-related conditions often rhymes with feelings of guilt. Come and chat with other parents who understand, are going through the same thing, and don't judge, and perhaps leave with a little less guilt.

## **Mars 17th**

**Managing to take time for yourself:**Between medical appointments, caring for your child, and the rest of everyday life, taking time for yourself can often be a challenge. Yet, it's essential to getting through the marathon you're in. Come discuss your needs and tips for continuing to be there for your child and yourself

## **April 14th**

**Life goes on:**At the same time as intense periods like hospitalizations and diagnoses, work, siblings, and the practical needs of daily life bring you back to «regular» life. How can you reconcile these two very different situations?

## **May 12**

**Grief (big and small):** Having a child with a heart condition comes with many challenges, from a child who's not healthy to developmental disabilities and "abnormal" participation in daily life, come discuss the topic with parents who are going through similar grief experiences