

“Working with Jeanette these last 5 months have helped me feel more comfortable in working through my grief. It has been 2.5 years since my husband passed. I was struggling with being alone, and trying to manage a house on my own. I depended on my husband for so much. Jeanette has given me the tools to find my strength and independence, and learn to be more self-sufficient. At times I have wanted to give up, but with Jeanette's encouragement, I kept on going. I have a long road ahead of me, but by incorporating what Jeanette has taught me and support from family and friends I have found my strength to persevere.”

- **NICHOLE, COACHING CLIENT**



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PARENT PROJECT