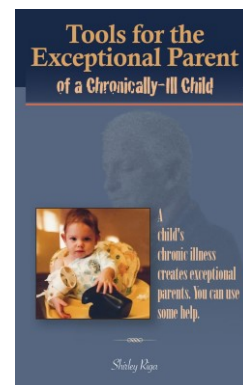


Shirley Riga

“Courageous and open-hearted”
Author, Healer, Workshop leader



Shirley Riga is the author of *Tools for the Exceptional Parent of a Chronically-Ill Child*. She is a Certified Psychosynthesis Counselor, a hospice singer and sound healer. She created the OUR CARE Support Group for parents and caregivers of chronically-ill and special needs children. Shirley is licensed to offer Feel the Fear and Do it Anyway® workshops in the Boston area.



Topics for presentations

Testimonials

“This workshop can be life changing if you use the tools you are given.” – workshop participant

“This is the workshop that helped me to change the way I am feeling when I feel negative.” - workshop participant

“Learn in a friendly atmosphere and safe environment.” - workshop participant

“A wonderful guide for one of the most difficult roads in life’s journey. Shirley Riga’s courage and openness in the face of these challenges is contagious, and her hard won advice will help other parents cope with similar difficulties.” - *Karen Osborn, author, parent of a chronically-ill child*

“Must read for any parent coping with their child’s serious illness.” - *Susan Taterka, MSW, LICSW, ACSW*

“I was deeply affected by this book, and you will be as well.” - *Richard J. Grand, MD, Boston Children’s Hospital*

Tools for Surviving the Stresses of Caregiving

When someone you love receives a diagnosis of chronic illness, you as a caregiver are thrown into a twilight zone of medical uncertainty, high learning curves, and emotional upheavals, all while trying to balance professional and family responsibilities. How do you take care of yourself in the process? I’ve been there. In this talk, I share tips and tools for emotional survival intertwined with my own experiences and insights. I give hope and understanding to other caregivers.

Feel the Fear and Do it Anyway® Workshop

Learn strategies to help overcome limiting beliefs and how to build a toolkit for dealing with fear. Empower yourself to face challenges and overcome self-doubt. Raise level of self-esteem and let go of negative programming. By the end of this workshop, participants will learn to let go of the victim mentality, make win-win decisions and step beyond their comfort zone into a world with more creativity, deeper meaning and self-understanding.

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