



Karen Destun

Letting Grief In

As a young girl, Karen aspired to be a nurse, and a teacher. Throughout her life she has been helping others in whatever situation life puts her in. Circumstances gave her an education as a medical mom. She currently works as an early childhood educator in kindergarten.

Her recently published book, *Like Ripples in a Pond*, will take you through the joy and sadness of one family's life. A journey like no other. Learning to live with serious medical situations during their children's lives, only to be faced with incredible loss. A real life story of love and grief.

Karen is currently a group facilitator for The Compassionate Friends, and leader of a local group for bereaved parents.