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## Celebrating International Women's Day

March 8, 7:30 p.m.

CFUW Burlington

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### Recognizing Extraordinary Women

Monday, March 8, 7:30pm on Zoom

Pursuit:365 will launch on March 8 and will feature 365 inspiring women in Canada. We are fortunate to have one of the featured women talk to our Burlington chapter.

Karen Kristjanson, M.Sc, M.A., PCC is a life coach and author of Co-Parenting from the Inside Out: Voices of Moms and Dads. She will talk about how she came to be part of this new book: Pursuit 365.

Karen's own co-parenting of her sons from the ages of 5 and 8 (they are now grown) was the driving force which led her to create a book of true stories to support parents post-divorce who want to keep both parents involved-now a very common situation. Karen will tell her own and two of the other parents' stories from her book, and the lessons she drew, as a social scientist, from the 42 parents she interviewed. Karen will also share her experience of writing and finding a traditional publisher for her book.