

## A Few Resources in Support of Self-Care

Center for Courage and Renewal. <http://www.couragerenewal.org>

Co-Dependence Patterns and Characteristics: <http://coda.org/index.cfm/meeting-materials1/patterns-and-characteristics-2011/>

Codependents anonymous: <https://codacanada.ca>

Queen's House of Retreats [http://www.queenshouse.org/?page\\_id=4399](http://www.queenshouse.org/?page_id=4399)  
(Note *Transitions: Journey Through Grief* offered 3 times per year)

Parker Palmer: The Primacy of Soul <https://m.youtube.com/watch?v=i8PxnEILu8E>

'On Being' Project <https://onbeing.org>  
(Note podcasts, essays, and other resources on a wide variety of self-care topics)

Mindfulness Classes: <https://sitsaskatoon.ca/home-1>

Self-Care & Lifestyle Balance Inventory: Headington Institute  
[https://www.headington-institute.org/files/test\\_self-care-and-lifestyle-inventory\\_best\\_76305.pdf](https://www.headington-institute.org/files/test_self-care-and-lifestyle-inventory_best_76305.pdf)

The Growing Edge: Podcasts with Carrie Newcomer and Parker Palmer  
<https://www.newcomerpalmer.com/home>

Tree of Contemplative Practices <http://www.contemplativemind.org/practices/tree>  
(‘Creative’ and ‘Movement’ practices are recommended during times of vulnerability)

Karen Barss, Saskatoon, SK also offers self-care group sessions and retreats, particularly for caregivers.

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