



## LET'S CONNECT

### Website

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@PDMJourneyCoaching



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## ABOUT PDM JOURNEY COACHING

Pat Day-McCray is a certified ICU Journey and Grief Coach sharing her mission to assist mothers of young children in the ICU due to a chronic illness or a life-threatening circumstance, as well as mothers navigating the loss of a child. She overcame grief after the death of her chronically ill daughter, Alicia, who battled with Short Bowel Syndrome. She knows firsthand the emotional, mental, and physical challenges associated with chronic illnesses and grief.



**PAT DAY-MCCRAY**

Assisting You Through Your  
ICU Journey & Grief

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**PDM** Journey  
COACHING



# ICU JOURNEY

FOR MOTHERS NAVIGATING LIFE WITH  
A CHILD BATTLING  
A CHRONIC ILLNESS OR A  
LIFE-THREATENING CIRCUMSTANCE



PDM Journey Coaching supports you when your young child is in the Intensive Care Unit. Together, we explore the value of advocating and being present for your child during this crucial time. I support you by encouraging, empowering, and strengthening you to make those hard decisions confidently by becoming soft spoken, strong advocates for your child.



# GRIEF JOURNEY

FOR MOTHERS SUFFERING FROM  
THE LOSS OF THEIR CHILD

PDM Journey Coaching supports you after your young child has passed away and you are feeling stuck in the never-ending grief cycle. When you are ready, I introduce skills and techniques, including exploring and dismantling the universal theory of accepting the loss as your “new normal” and living with the lingering residue of grief. My methodology takes you from grief to gratitude for the life and death of your child.

”

Today, I live a purposeful life, totally grief and guilt-free. I often say, ‘My daughter’s life gave me joy, and her death gave me purpose!’ ”

- Pat Day-McCray