

Webinar Series

A Perfect Nightmare: Breaking Cycles, Building Solutions

Join Us!



November 26
12:00-1:30 PM MST

Karen Gosbee

About the Webinar

In her bestselling memoir *A Perfect Nightmare*, Karen shares the complex realities of living through intimate partner violence, trauma, and loss. She has remarried and is the proud mother of a blended family of five adult children. Karen resides in Calgary and continues to champion prevention, early intervention, and survivor-informed design across all levels of community and government.

Featuring

Karen Gosbee is a community leader, systems-change advocate, and lived-experience veteran dedicated to transforming how we address mental health, addiction, and intimate partner violence (IPV). After losing her husband to suicide in 2017, Karen became a catalyst for change, helping shift public discourse from stigma to systemic solutions.

Karen co-chaired the City of Calgary's Community Action on Mental Health and Addiction (CAMHA) and served on Alberta Minister's Mental Health and Addictions Advisory Council. She currently is a member of the board of directors of Vibrant Communities Calgary (VCC) and Kickstand Connect.

Under3, a trauma informed web-based platform was founded and developed by Karen. This helps survivors document abuse, access resources, and reclaim their agency. She combines personal experience with strategic vision to drive impact. Her work bridges advocacy, technology, philanthropy, and policy - all anchored in compassion, evidence, and action.