

CALM

AFTER THE STORK
WORKSHOP

14 SEPT

Recommended for:

Doulas, Social Workers,
Psychologists, Lactation
Educators, Lactation
Consultants, Midwives,
Chiropractors, Massage
Therapists, Nurses and anyone
else who offers services to
parents during the post-natal
period.

9:00am-4:30pm

Location: Oshun House
#202, 912 Idywyld Drive N.

Cost: \$175.00

An introduction to the art
and science of supporting
post-natal caregivers by
enhancing knowledge of
emotion regulation.

Let's support new parents
to become the parents
they want to be

CONTACT

To Register
Contact: Gryba Phillips
Professional Counselling
Associates

Phone-(306) 934-5898

www.peopleproblems.ca



Jill Christensen MSW.RSW

Jill Christensen is a Clinical Social Worker and Somatic Experiencing Practitioner at PPC. Through professional training, and the lens of her personal life as a new parent, Jill believes in the capacity of emotion regulation to help parents become the parents they want to be.



Paige Gryba. M. Ed. (Psych).

Paige Gryba is a psychologist, family therapist and Somatic Experiencing Practitioner in private practice at Gryba Phillips Professional Counselling Associates. Over the past several years, Paige has seen how the healthy regulation of the nervous system has enhanced the lives of many of her clients, from children to older adults.

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