

Calm after the Stork for Parents

Who? Parents with young children, adopting parents, pre-natal parents

When? Saturday, January 30 OR Friday, February 26

Where? Oshun House, Saskatoon

Cost? \$125.00 for one parent or \$175.00 for one parent and a support person/couple

Call Gryba, Phillips & Associates to register at 934-5898 or on PicaTic.com

Lunch Included

REGISTER TODAY!

What is Calm After the Stork all about? The reason we are offering this workshop is that there is a great deal of information for expecting families on how to care for baby. However, there is not a lot of information or offered experiences about how to care for yourself, or your families emotional needs when there is a new addition.

Post-Partum Depression, also known as PPD, is one area of mental health that is often discussed with new mothers. The reality is that women who have experienced depression before having a baby have an increased likelihood of experiencing post-partum depression. Often the mental health of parents falls on the back burner when a new baby arrives. Thankfully, there are manageable factors that can be realistically addressed to minimize this risk. The “fourth trimester”, which is the three months after baby is born, often involves a lack of sleep, less than optimal nutrition and food intake, coupled with hormone fluctuations that could set anyone, previous depression or not, up for mood challenges.

The impact of the challenges of the fourth trimester affects other members of the family as well. Our workshop focuses on these manageable factors. We would like to help new families create a more serene and emotionally balanced atmosphere in the home. We will teach you some skills that will enable you to create a sense of calmness and wellbeing at times when you, your partner, and your older children need it most. Its' never too late to nurture yourself and the ones you love. As part of the day, we'll help you design a holistic wellness plan that you can refer to when life seems chaotic.

We look forward to seeing you at the Calm After the Stork for Parents workshop!

Email calmafterthestork@gmail.com for more information

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