

Wildflower Talks

Exploring issues that matter

At Wildflower, we believe that people thrive when they belong to communities that accept them and honor their experiences. Unfortunately, when dealing with unexpected life events and challenges people often feel misunderstood and silenced.

Wildflower Talks are about bringing people together for the purpose of casual, intimate exploration of tough topics that matter. Come join us for 75 minutes of discussion in a supportive, laidback environment. You are welcome to say as much or as little as you want. Most importantly, we want you to simply be yourself.

Holding the Healer: Navigating the Postpartum Transition as a Health/Wellness Professional

With the birth of a baby, a parent is born. Their world is abruptly changed and so is their role in it. Their identity, relationships, fantasies, routines, and attitudes are in a state of flux. New parents need time, space, and support to discover how to make sense of this unfamiliar reality, and how to thrive in it. As health professionals we, too, experience these same massive forces of change within us and around us as we become parents. We may be surprised, delighted, and concerned by the impacts that becoming a parent has on our professional practice. In this Wildflower Talk, we will discuss the experience of navigating the identity of a new/newer parent and that of a health professional as well as explore the key components of wellbeing during this phase of life.

Location

820 N. Orleans St.
Suite 350
Chicago, IL 60610

Date & Time

June 10, 2019
5:00 pm – 6:15 pm

Price

\$25

How to Register

Please contact Aga Grabowski, LCSW, PMH-C at 312.809.0298 or agrabowski@wildflowerllc.com to register or ask questions. You can also register online at holdingthehealer.eventbrite.com. Refunds will not be offered. This particular Wildflower Talk is open to health & wellness professionals/professional caregivers only. You do not need to be a parent to attend.

Refreshments and pastries will be served.

Wildflower Center for Emotional Health is a mental health practice located in Chicago's River North neighborhood. Our core mission is to assist women, men, and families in creating meaningful change that allows them to feel present, authentic, and connected to themselves and others.


Wildflower
Center for Emotional Health