



## Upcoming Workshops:

### [Parenting Workshop Feb. 15, 2017.](#)

See the attached brochure for more details.

### [Understanding Self Harm Workshop for Service Providers March 8, 2017](#)

Please contact [strobak.thc@gmail.com](mailto:strobak.thc@gmail.com) or call 250 794 1968 to register.

## WEBSITE

Check out our website at [www.trobakholisticcounselling.ca](http://www.trobakholisticcounselling.ca)

## RESOURCES

We have a collection of various resources. If there is something specific you are looking for, please contact us. The following are some resources for breathing:

**Self help:** Some Visual Guides for Breathing:

<https://www.youtube.com/watch?v=aXltOY0sLRY&t=15s>

<https://www.youtube.com/watch?v=0sW2Exebxy4>

<https://www.youtube.com/watch?v=KePf3G7dUyY>

**Parenting:** Belly breathing with Elmo:

[https://www.youtube.com/watch?v=\\_mZbzDOpylA](https://www.youtube.com/watch?v=_mZbzDOpylA)

Butterfly breathing:

[https://www.youtube.com/watch?v=tLb3OV6LO\\_s](https://www.youtube.com/watch?v=tLb3OV6LO_s)

## Welcome to our Newsletter

Welcome to our first newsletter. Trobak Holistic Counselling will be publishing a newsletter quarterly (every 3 months). The newsletter will include a variety of different pieces of information ranging from upcoming events we are hosting, to resources, articles and quotes. If you have any suggestions of what you'd like to see in our newsletter, please contact Sabrina Trobak at [strobak.thc@gmail.com](mailto:strobak.thc@gmail.com)

## Breathe

There is significant research that shows the benefits of breathing to reduce anxiety and stress. Deep breathing for 3-5 minutes can lower cortisol levels in the brain, calm the body and slow the brain down. There are a variety of different breathing strategies so it is important to try a variety of techniques until you find the ones that best suit you. There are also many apps for guided breathing so check out the App Store, Youtube and Google for ones that best suit your needs. Strategies that focus your thoughts as well as guide breathing will work more effectively.



