

Emotional Health and Wellness at GaiaHealthCare



Emily Drzymala

MSW, Ph.D. (Educ.) RSW

"Dr. Emily"

For Information

403-220-9313

For Appointment

[www. gaiahealthcare.com](http://www.gaiahealthcare.com)

Healthy You.....

- *In Relationships*
- *At Work*
- *Parenting and Being Parented*
- *Making Decisions*
- *Life Planning*
- *Your Life After Loss*
- *Life-Stage Renewal*
- *Adjusting to Health Conditions*
- *Accessing Resources*
- *Facilitating New Beginnings*
- *Creating and Sustaining Meaning*
- *Sexuality*
- *Sleep Issues*
- *Habit "Replacement"*
- *Empowerment*
- *Stress Management*
- *Relaxation Strategies*
- *Assertiveness*
- *Emotional Intelligence*

Services.....

- Individual Consultations
- Couples Assessment and Counselling
- Short or Long Term Counselling
- Follow-up Sessions
- Family Counselling
- Workshops

About Emily.....

Emily is a registered social worker in the Province of Alberta. Emily holds BSW, and MSW degrees and a Ph.D. in Education.

A "young" active grandmother and parent to three adult children, Emily has worked in organizations as both consultant and manager. She has extensive experience as an educator in human services and post-secondary institutions. Her clinical work has been primarily with persons affected by a health condition, and most recently she has taken specialized training in mental health and working with couples.