



# Burnaby Counselling Group

building and rebuilding lives...

## Greetings Counselling Group Friends!

As we head into September here at the Counselling Group there are some familiar feelings in the air as we gear up for Team Day, settle into our routines for the fall, and prepare for our October fundraiser. It's the time of the year where we come together as a team intentionally to know one another, to learn how to journey together in our roles in this ministry, and to remind one another of how ultimately God is at the helm.

I notice the pull towards the fear and stress of all that must come together for 'things to work' when, if I step back and reflect, I can see how all the important aspects have been wonderfully woven together by the people that are brought into our ministry with the gifts needed to get the job done. I see this so clearly when we go through our hiring process and we seem to find the therapist that is just the right fit for the clients that come in need – not always in the timing we envision, but in just the right time. I see this in the clients' expression of gratefulness for the building and rebuilding funds that enable them to continue in their healing process. I see this on our board when we're launching a new project and there is the wisdom and energy to lift it off the ground.



As Mark Buchanan put it in *The Rest of God*: "Transformation is the fruit of a changed outlook. First our minds are renewed, and then we are transformed, and then everything is different, even if it stays the same".

So, as we see the summer begin to drift and shift gears into 'fall mode', may you *'...be transformed by the renewing of your mind'* (Rom 12:2).

Carlene Van Tongeren  
Executive Director



## Welcome Dr. Karla Saruk!

We are excited to welcome our new Psychologist, Karla to our team this fall. She works with adolescents, adults, and families, as well as providing assessment services. She received her PsyD at Wheaton College, A Christian institution with a faith-based focus and is currently a Registered Psychologist in BC. Her background in private practice and working for the Ministry of Children and Families has equipped her with valuable experience with a variety of ethnic and cultural backgrounds and she provides therapy in English and Spanish.

The areas she focuses on include:

- Depression and Grief
- Fear and Anxiety
- Stress Management
- Child/Parent Relationships
- Managing Attention Deficit Hyperactivity Disorder (ADHD)
- Adjusting to Major Life Changes
- Disordered and Emotional Eating
- Perinatal Anxiety and Depression (eg: "baby blues", postpartum depression)

To view our therapist profiles online, click on:

[www.counsellinggroup.org](http://www.counsellinggroup.org)

If there is any way in which we can be of help to you, to someone you know, or to your church or community group, please do not hesitate to contact us at:

**604.430.1303**

**[counsellinggroup@telus.net](mailto:counsellinggroup@telus.net)**

We gratefully accept tax deductible donations for our ministry

## What is Perinatal Anxiety & Depression?

The process of becoming a parent is one that is full of joy and excitement, but also a process that can be potentially overwhelming and stressful. Particularly for women, this period of adjustment represents significant physiological changes and a transition that can deeply impact personal identity and social relationships. It is not uncommon for women to experience depressive and anxiety-related symptoms during and after their pregnancy. This is particularly true for women who are already struggling with anxiety and/or depression.

The purpose of this article is to normalize some of the emotional hurdles that may be experienced during and after pregnancy, while at the same time helping women identify symptoms that may go beyond the typical emotional adjustment occurring during and after pregnancy. Experiencing sadness, stress, worry and feeling overwhelmed as a woman adjusts to having a baby, particularly with the physical changes and disruption in sleep that will ensue, is an expected and normal manner of adjusting to just having given birth and having a new baby to care for. These feelings of stress and sadness fall on a continuum and will vary per individual. If a woman experiences these symptoms it does not necessarily mean that she is unhealthy or adjusting abnormally.

To learn more about perinatal anxiety and depression, please view Karla Saruk's article at:

[www.counsellinggroup.org](http://www.counsellinggroup.org)

## Recommended Resources

- **Pregnancy Blues** by Shaila Kulkarni Misri  
**BC Women's Hospital Reproductive Mental Health.**  
<http://www.bcwomens.ca/Services/HealthServices/ReproductiveMentalHealth/default.htm>