

# Herbal Medicine Workshops

**Location:  
Blue Apples  
5228 Blowers St**

**Saturday April 7<sup>th</sup> 2-5pm \$30**

## Herbs for Stressful Times

*Stress, especially over the long-term, has widespread impacts on the body, mind and spirit. Herbal adaptogens and nervines can help balance the body's stress response and ease symptoms like tension, insomnia, anxiety and fatigue. From a holistic perspective, this workshop will explore how stress can affect the body, helpful lifestyle changes, and how to choose the right herbs to shift towards body repair and emotional healing.*

**Sunday April 15<sup>th</sup> 10am-4pm \$50**

## Herbs for Transgender Health

*This five hour class will cover in-depth some of the most specific herbal supports for transgender and gender-non-conforming people. Whether you are trans, in trans/queer community or striving to be a trans-competent holistic health care provider, this class will provide tools to better understand how to choose herbs that are safe and effective for trans health. We will discuss herbal protocols for support through gender-affirming surgeries, including stress and nervous system support, immune support and tissue healing. We will address possible interactions and effects of herbs with cross-sex hormone replacement therapy. From a harm-reduction approach, we will explore how herbs can be a way to reclaim community well-being for all.*

**Saturday April 21<sup>th</sup> 2-4pm \$20**

## Wild Carrot Seed for Natural Contraception

*Wild Carrot, or *Daucus carota* has been used for centuries throughout the world as a contraceptive aid. We will explore this plant's historical use as birth control and recent research by contemporary herbalists. This class will include botany, safety considerations and how it has been used, balancing intuition and science. This class is an opportunity for empowering discussion about reproductive autonomy and is trans inclusive.*

**Limited spaces available, pre-register to save your spot:**

**[e.peters.herbalist@gmail.com](mailto:e.peters.herbalist@gmail.com)**

*Please contact Ember at the email above if you have any specific accessibility needs or if the cost is a barrier. Payment is accepted in the form of cash, cheque or interac e-transfer.*

**Ember Peters** is a clinical herbalist and medicine maker committed to providing accessible herbal care and quality herbal education. She is queer and anti-colonial, with a trans-inclusive, client-centered and trauma-informed approach. Ember is a Professional Herbal Therapist with the Canadian Herbalist Association, and faculty at the Vermont Center for Integrative Herbalism.

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

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

