



GUEST SPEAKER LIST 2017-2018

Name: Sharon Weisz
Organization: Toronto Speech Therapy
Phone: 647-982-5270
Email: torontospeechtherapy@gmail.com
Website: torontospeechtherapy.ca

Topics: Early Speech and language development, baby sign language.

Name: Jieza Gotauco
Organization: Kids Yoga
Phone: 647-871-4889
Email: gotauco.jieza@gmail.com
Website:
Topics: Kids yoga and adult yoga

Name: Jon DiMavro
Organization: Evoke Salon
Phone: 416-766-4247
Email: jon@evokesalon.com
Website: www.evokesalon.com

Topics: Hair care, styling, monitoring hair health, scalp health, organic haircare, education for quick styling tips for new moms.

Name: Ruth Ruttan
Organization: Ruth Ruttan Doula & Pilates Specialist
Phone: 647-267-4045
Email: info@rithruttan.ca
Website: ruthruttan.ca

Topics: pre & postnatal exercise (Pilates specifically) - for pregnancy, labour, birth & postpartum recovery. Child Birth education & labour coping, infant sleep education, breast/ chestfeeding, building your village (postpartum planning & organizing), parenting.

Name: Carrie Powers M.Ed, OCT, OG tutor
Organization: Right Track Educational Services
Phone: 647-649-9554
Email: carriempowers@gmail.com
Website: <https://carriempowers.wixsite.com/tutoring>

Topics: Importance of *Transition* from Kindergarten to Grade. What to do if your child is *Falling Behind* in Grades 1-3. How to *Advocate* for your child's needs at elementary school

Name: Jane Kristoffy, Educational Consultant & Strategist
Organization: Right Track Educational Services
Phone: 416-207-9801
Email: [janekristoffy@gmail.com](mailto:janeKristoffy@gmail.com)
Website: www.rightrackeducation.ca

Topics: Parenting trends, educational systems and philosophies, how to raise a child for 21st century with resilience and perseverance.

Name: Natalie Ruskin
Organization: The MoMentum Coaching
Phone: 416 527 1177
Email: natalie@themomentum.info
Website: www.themomentum.info

Topics: I offer an informative and inspiring experience for moms to pause, catch their breath and take in the moment. Topics include mindfulness tools for greater calm and clarity in your motherhood and livelihood, tips and practices to learn how to "put your own oxygen mask on first."

Name: Amanda Salzberger
Organization: Transcend Your Mind Inc.
Phone: 647-978-1710
Email: Amanda@transcendyourmindinc.com
Website: <http://www.transcendyourmindinc.com/>

Topics: Hypnotherapy, HypnoCoaching and Self-Hypnosis to help people transform their lives for the better. Specifically, I discuss how hypnosis can be used to help eliminate anxiety, overcome addictions, and achieving your ultimate goals.

Name: Ann Marie Meyers, Children's Author
Phone: 647-242-7466
Email: ameyers@rogers.com
Website: www.annmarie-meyers.com

Topics:

- 1) Facing One's Fears (and showing how my MG novel *Up In The Air* deals with this – a summary of the book can be viewed here: <http://amzn.to/1tKJVMV>)
- 2) Holding on to one's dreams

Name: Jane Starr, OCT, MEd., BEd., BA.
Phone: 416-207-9801
Email: jane.starr@rogers.com
Website: www.rightrackededucation.ca

Topics:

- Learning through Play: how to create an enriching learning environment in your home, for babies and children.
 - Early Childhood Education: choices for your family, and various educational philosophies.
 - how to nurture your child to be a lifelong learner.
- I can create a presentation for individual groups, based on their interest and needs.

Name: Milisa Burns
Organization: Strategic Evolutions Coaching and Consulting
Phone: 416-929-0274
Email: milisa@milisaburns.com
Website: www.milisaburns.com

Topics: Are You Feeling Frustrated or Stuck Despite Your "Success"? Learn How to Take Small Positive Steps for Massive Ripple Effects For You and Those Around You.

Name: Doone Estey
Organization: Parenting Network
Phone: 416-944-0412
Email: doone@parentingnetwork.ca
Website: www.parentingnetwork.ca

Topics: Getting out the Door, Power Struggles, Why not to say 'Good Job', Siblings, Self Esteem, Punishment vs. Consequence, Preteens, Time Out, and other parenting issues.

Name: Sarah Bester, Family Nutritionist and Real Food Educator
Phone: 416-312-5304
Email: info@kidsheartrealfood.com
Website: www.sarahbester.com

Topics: Post-Natal Nutrition, Introducing Solids To Your Infant, Raising A Healthy Eater, Meal Planning 101

Name: Bianca Magana
Organization: Primerica Financial
Phone: 416-457-5079
Email: b.magana89@gmail.com
Website: www.primericacanada.ca

Topics: RESP's – planning for your child's education, debt elimination, budgeting, income protection, retirement, wills, and minimizing taxes.

Name: Samantha Montpetit-Huynh

Organization: Bellies Inc.

Phone: 647-897-5220

Email: sam@belliesinc.com

Website: www.belliesinc.com

Topics: Mummy Tummy, diastasis recti, and pelvic floor dysfunction; what to look for, warning signs, etc.

Name: Justine Delaney

Organization: Vacations with Kids TPI

Phone: 416-763-3255

Email: jdelaney@tpi.ca

Website: www.vacationswithkids.ca

Topics: Travelling with babies, family travel, family resorts.

Name: Jennifer Reid and Tricia MacOdrum

Organization: relaunch inc.

Phone: 416-841-1021 / 416-602-7756

Email: Jennifer@barlowreid.com or tmacodrum@rogers.com

Topics:

1. Make your maternity leave count – stay current
2. Image and wardrobe – your brand matters!
3. Networking – it's as simple as a coffee date
4. iCal is your friend – organizing your life for a return to work

Name: Dr. Jennifer Wise / Dr. Kristin Heins
Organization: Thrive Natural Family Health
Phone: 647-352-7911
Email: info@thrivehealth.ca
Website: www.thrivehealth.ca

Topics: Complimentary care for you and your baby; introducing solids – the whens, whats and hows; Do's and Don'ts of baby gear.

Name: Dr. Andrea Perricone
Organization: Living Well Family Chiropractic
Phone: 416-985-1911
Email: perriconedc@gmail.com
Website: www.drperricone.ca

Topics: Children's health: how Chiropractic care can help optimize your child's health potential (newborns, toddlers, young children, adolescents)

Name: Jane Klugman
Organization: Shaidee Sun Gear – JNK Solutions Inc.
Phone: 519-503-1086
Email: jane@shaidee.com
Website: www.shaidee.com

Topics: Women entrepreneurs, connections, networking, baby gear, the baby industry

Name: Monica Lamb

Organization: HearSay Speech and Hearing Centre

Phone: 416-485-3345

Email: monica@hearsay.ca

Website: <http://www.hearsay.ca/>

Topics:

1. Early Speech and Language Developmental Milestones: An educational workshop for parents and caregivers on the typical developmental milestones for acquiring speech and language skills at various ages and stages. Strategies for helping facilitate early speech and language will be discussed.

2. Facilitating Children's Early Reading Skills: Strong reading skills are a highly valued skill throughout life. Precursors to reading involve the ability to use rhyming, segmenting and blending sounds and manipulating sounds in words. These skills are known as phonological awareness. Well-established phonological awareness skills in the early years are strong predictors of later reading achievement. This information session will discuss ways to encourage these early literacy skills with pre-reading strategies.

Name: Anja Lavigne

Organization: Show & Sell

Phone: 416-886-5396

Email: anja.lavigne@sympatico.ca

Website: www.showandsell.org

Topics: How to choose colour, design, and furniture arrangements that will have your home looking picture perfect for your open house date; how to re-design your home, using the furnishings and accessories you already have.

Name: Jose Villablanca and Michelle Stockwell

Organization: Anytime Fitness

Phone: 647-748-6844

Email: torontoon@anytimefitness.com

Website: www.anytimefitness.com

Topics: Health and fitness specific to mommy needs; the top questions trainers get asked by moms who want to get fitter and healthier; the common mistakes done in the gym; and the best kept secrets for fat burning, toning up and trimming down.

Name: Kathleen Regan, ND

Organization: Innate Wellness Naturopathic Centre

Phone: 416-760-9424 / 416-500-4191

Email: drregan@innatewellness.ca

Website: <http://www.innatewellness.ca/>

Topics: Prenatal nutrition; natural fertility treatment; the top nutrients for increasing breast milk flow; the how-to's of food introduction; post-pregnancy weight loss; post-partum depression.

Name: John Cotton

Organization: Genuine Coaching

Phone: 647-926-5683

Email: john@genuinecoaching.ca

Website: www.genuinecoaching.ca

Topics: Communication, Effective Listening, Authenticity, Integrity, Assertiveness, Relationships, Intimacy, Sexual Essence, Spirituality and Self-Realization. (I'd recommend an interactive talk like, "*Mom, did you hear?*")

Name: Nadine Thornhill
Organization: Nadine Thornhill - Sexuality Educator
Phone: 416-576-7998
Email: nadine.thornhill@gmail.com
Website: <http://nadinethornhill.com>

Topics:

- How to talk to kids, tweens and teens about sex
- Maintaining sexual intimacy while parenting young kids,
- Teaching children about consent
- Sexual communication and asking for what you want in bed
- Understanding the new Ontario sex ed curriculum
- Answering your kids' most embarrassing sex questions
- Beyond *50 Shades of Grey*: Great erotic reads

Name: Scott Clarke
Organization: TD Wealth Private Investment Advice
Phone: 519-725-3949
Email: scott.clarke@td.com

Topics: Women investing (what you need to know); Wealth planning; RRSP, TFSA, RESP; Income protection; Tax strategies.

Name: Sarah Goldstein
Organization: Sarah Goldstein Holistic Health + Nutrition
Phone: 647-627-2231
Email: hello@sarahgoldstein.ca
Website: www.sarahgoldstein.ca

Topics: pre-natal nutrition, children's nutrition, tips for picky children, easy children's meals and snacks, tips for stress-free cooking, etc.

Name: Deanna Lorusso
Organization: Family Bliss Inc.
Phone: 416-568-1934
Email: deanna@familybliss.ca
Website: www.familybliss.ca

Topics: Sleep! Anything sleep-related for children, newborn through 6 years; Baby sleep, toddler sleep, sleep coaching/training for children 4 months to 6 years. How to get your baby to sleep through the night, how much sleep do children need, etc.

Name: Lianne Phillipson-Webb
Organization: Sprout Right
Phone: 416-471-9267
Email: lianne@sproutright.com
Website: <http://www.sproutright.com/>

Topics: Nutrition (for the whole family) from conception to first foods to toddlers, and beyond.

Name: Meghan Carter
Organization: Meghan Carter Design Inc.
Phone: 416-654-3124
Email: mc@meghancarterdesign.com
Website: www.meghancarterdesign.com

Topics: Anything related to Interior Design, including the full gamut from interior architecture and renovations through to decorating. Some topics we have presented to moms' groups in the past are "Kid-friendly Design" and "How to Design a Grown-up house with Kids in Mind".

Name: Maria Schinas
Organization: Rodan+Fields
Phone: 416-420-3908
Email: mariaschinas@gmail.com
Website: mschinas.myrandf.com

Topics: skincare regimens by Rodan+Fields; business opportunity with Rodan+Fields.

Name: Alison Cheung
Organization: Radiant Acupuncture
Phone: 647-887-4178
Email: info@radiantacupuncture.ca
Website: www.radiantacupuncture.ca

Topics: Chinese medicine and health maintenance; what is cosmetic acupuncture: inner beauty reflected on the outside.

Name: Laura Armstrong
Organization: Good Night Sleep Site Toronto
Phone: 416-803-5614
Email: laura@goodnightsleepsite.com
Website: www.goodnightsleepsite.com/toronto

Topics: Baby sleep; toddler sleep; children's sleep; sleep training.

Name: Dr. Steyr, B.Sc., ND and Stephanie Katona, B.A. Kin, fitness trainer
Organization: Greystones Health and Sklpt Your Body
Phone: 416-636-6675 / 647-884-0094
Email: drsteyr@greystoneshealth.com / info@sklptyourbody.ca
Website: www.greystoneshealth.com / www.sklptyourbody.ca

Topics: How to reclaim your body: a 12-week natural health lifestyle makeover. In this talk, we will go over: nutrition and herbs to balance your hormones naturally; holistic exercise that is individualized to your needs; how exercises and proper nutrition will improve mood and energy levels; tips and tricks to kick start a natural health lifestyle and get you feeling great in 12 weeks.

Organization: Kiddie Proofers
Phone: 416-785-5437
Email: info@kiddieproofers.com
Website: www.kiddieproofers.com

Topics: Car seat safety and installation; Baby-proofing your home; Baby gates; Fire safety.

Name: Lisa Hardess
Organization: Arbonne Independent Consultant
Phone: 647-215-9436
Email: lisa@hardess-mcdonald.ca
Website: LisaHardess.arbonne.ca

Topics: Making healthy choices for your family when purchasing health and wellness products – skin care for Mom and baby; hair products; make-up; eating clean and doing a safe 30 day cleanse. Building a business from home with all of its ups and downs!

I am happy to set up a mini facial station or a 'five minute face' make-up station and provide a protein shake for the post-workout snack.

Name: Abbagail Jewel
Organization: LandKind
Phone: 647-500-8611
Email: Abbagail@landkind.ca
Website: www.landkind.ca

Topics: Home Grown Food & Getting your Kids to Help - Ever wonder if growing your own food can make a difference to your life? Well it can! Let me explain the health, environmental, and economic benefits of home food production. I will also give you some tips and activities for kid participation and how to start their food education.

Name: Gail Scott
Organization: Bosie International
Phone: 416-446-0140 (home office) / 416-358-1457 (cell)
Email: gail@bosieinternational.com
Website: www.bosieinternational.com

Topics: Trust, Intimacy, Relationships, Spirituality, Sacred Sexuality
I have done other talks and workshops on Masculine/Feminine Energy, Communication between the Sexes, Family Harmony and the Roles We Play, The Beginner's Guide to Tantra, Being Authentically Sexy, Self-Love, Self-Trust, Self-Esteem, Self-Sabotage, Intuition, Boundaries, Authentic Feminine Relationships, Understanding the Angelic Realm, The Heart and Mind Connection, The Truth About Wheat, The Passion of Being a Goddess, The Healing Power of Meditation, Stress and Overwhelm, Loving Your Body, 101 Things Every Woman Would Want to Do Before She Dies, The Self-Love Series for Women (12 week coaching series).

Name: Dr. Betty Kershner, Psychologist in Private Practice

Phone: 416-484-9187

Email: dr.b.kershner@gmail.com

Website: www.bettykershner.ca

Topics: Attachment, sibling relationships.

Name: Jackie Kwitko

Organization: Fressy Bessie

Phone: 416-846-4193

Email: info@fressybessie.com

Website: www.fressybessie.com

Topics: How to bring up a healthy eater / Making sure your child is not a picky eater.

Name: Yollanda Zhang

Organization: Panda Mandarin Language Programs

Phone: 416-970-8887

Email: yollanda@pandamandarin.ca

Website: www.pandamandarin.ca

Topics: How to best Capture the Language Learning Window for our Children.

Name: Negin Sairafi

Organization: PETER + ALICE

Phone: 416-712-9612

Email: hello@peterandalice.ca

Website: www.peterandalice.ca / www.nsairafiphotography.com

Topics: how to take great photos of your kids (from shooting to editing to printing); how to run a successful small business.

Name: Oonagh Duncan
Organization: Fit Feels Good
Phone: 416-731-0166
Email: oonagh@fitfeelsgood.ca
Website: www.fitfeelsgood.ca / education.fitfeelsgood.ca

Topics: Create your habits: how to automate health-positive behaviours.

Name: Erin Nadler
Organization: Better Styled Inc.
Phone: 416-485-5100 x225
Email: erin@betterstyled.com
Website: www.betterstyled.com

Topics: Dressing for your post baby body, closet organizing, shopping your closet, mixing and matching, core items to have in your closet, dressing for your body type, finding the perfect pair of jeans, how to accessorize, High VS Low shopping, etc.

Name: Dr. Marina Ceaus
Organization: Dr. Marina Ceaus Optometry
Phone: 289-997-3385
Email: doctor@drceausoptometry.com
Website: drceausoptometry.com

Topics: Baby's vision & eye exams, Children's vision & eye exams.

Name: Jennifer Faraone / Dr. Carol-Ann Weis

Organization: Authors of "The Athletic Mom-to-Be"

Phone: 416-358-9370 (Jennifer)

Website: www.athleticmom2b.com

Topics:*

Pre-conception: Whether you are trying to get pregnant or are just starting to think about it, look no further. Our book provides helpful information about the relationship between training and conception, and how to best prepare your body ahead of time to maximize your ability to continue exercising while pregnant.

Pregnancy: A variety of topics are discussed as it relates to exercising while pregnant - and it's more than the basic guidelines. Practical tips for adjusting your nutrition with exercising, quick self checks to safeguard appropriate workouts, dealing with injuries, leveraging your skills as an athlete to cope with labour, and dealing with the emotional side of cutting back on your training are discussed.

Postpartum: Learn about our unique 3 phase approach to getting your groove back postpartum-and see why its not just a matter of heading out to the gym or track when you think you are ready! You will also gain a newfound respect for your body, learn simple tips to enhance the breastfeeding experience while training and identify creative ways to balance your athletic lifestyle while raising a family.

* We can tailor the discussion to best meet the needs of your group (e.g. if you think that the majority would be interested in learning more about how to balance their role as a new mom while trying to resume an exercise program versus learning more about what they can do the next time they get pregnant again).

Name: Amanda Lee

Phone: 416-735-8836

Email: amandalee.intuitive@gmail.com

Website: www.amandaleeintuitive.com

Topics: Tips for living a more balanced life, where you give to others from your full self rather than your depleted self; Meditation for adults and for children; Breathing techniques; Grounding exercises.

Name: Elizabeth Frey

Organization: PhysioPlus Health Group

Phone: Clinic: (416) 760-8280; Cell Phone: (905) 483-3839

Email: liz@physioplushealth.com

Website: www.physioplushealth.com

Topics: Pelvic Health Postpartum (urinary incontinence, painful intercourse, diastasis rectus (abdominal separation), prolapse, constipation, pelvic pain, low back pain etc).

Name: Tonia Cordi

Organization: Time + Space Solutions

Phone: 416-871-3877

Email: toniacordi@gmail.com

Website: www.timeandspacesolution.com

Topics: Being organized in your home and life saves you time, money, and is better for your health and the environment; Getting your space and life organized requires a mindset change, not a storage solution. Once you have completed this process, you will be able to transition into going back to work or changing jobs.

Yellow Gazebo Natural Healthcare

Phone: 416-909-2334

Email: info@yellowgazeboclinic.com

Website: <http://yellowgazeboclinic.com/>

Name: Amy Gildner

Topics: Pelvic Health, sprains and strains, joint injury or disability, difficulty walking, plantar fasciitis, back pain, neck pain, joint pain, athletic injury, sciatica, urinary incontinence.

Name: Dr. Jordanna Clarfield-Henry

Topics: Chiropractic care for adults, pregnant women and children, home-exercise, cold-laser therapy, custom made orthotics, nutritional supplement suggestions.

Name: Dr. Mai Heath

Topics: Doula Care, Naturopathic treatments for fertility, Naturopathic medicine and treatment options.

Name: Nazanin Eshghi Moghaddam

Topics: Manual osteopathy

Name: Leslie Heller
Organization: Snack Break
Phone: 647.861.3023
Email: leslie@snackbreak.ca
Website: www.snackbreak.ca

Topics: Snack Options and Nutrition for parents and kids (snacking trends, snacks for times of day, great local stores for snacks, list of some snacks for kids and adults, and I can usually bring samples!)

Name: Rhonda Roberts Smid
Organization: TAB FITNESS
Phone: 416-888-8004
Email: info@tabfitness.ca
Website: <http://www.tabfitness.ca/>

Topics:

- Procrastination and exercise,
- Ab Rehab
- Fitness Trends

Name: Fallon Farinacci
Organization: doTERRA
Phone: 289-668-0419
Email: Doterraessentialoil@hotmail.com
Website: <http://www.mydoterra.com/fallonfarinacci>

Topics: I would love to join your group to speak about essential oil uses 101, mom and baby oils, how to use essential oils as a alternative to chemicals.

Name: Kerri Torrey

Organization: Beautycounter / SAHM

Phone: 416-993-9706

Email: ktorrey@mac.com

Website: <http://www.beautycounter.com/kerritorrey>

Topics: Safety in Skincare – Do you know what’s in all the products you and your family uses on a daily basis? I can explain why it’s important to read the labels and what key ingredients to avoid. In addition – I can provide great resources that make it easy to check your current products.

Name: Linda Vanderkolk
Organization: ClutterBGone Inc.
Phone: 905-642-5669
Email: lindav@clutterbgone.ca
Website: www.clutterbgone.ca

Topics: Anything related to home organizing, home office organizing, organizing with children, organizing for back to work, etc.

Name: Rosanna Breitman
Organization: Rechtshaffen, Breitman
Phone: 416-271-5520
Email: rosannabreitman@gmail.com
Website: <http://www.torontofamilylaw.com/>

Topics:

- “How to negotiate your way to a better relationship with just about anyone”,
- “Marriage from the man’s point of view – the secrets men tell their divorce mediators”,
- “Why other people’s marriages break down – and how to avoid those traps”,
- “Dealing with difficult people” (could be in-laws, interfering parents, etc),
- “Advocacy without anger – how to speak up for your child at school without alienating the teacher”

... or any similar conflict-resolution / negotiation skills/ relationship topic.

Name: Ingrid Gayle
Organization: Helina Baby Inc.
Phone: 647.667.1408
Email: Ingrid@helinababy.ca
Website: <http://www.helinababy.ca/>

Topics: How to nurture baby development with babywearing.

Name: Nasdaq Lin
Phone: 416-519-9748
Email: NasdaqLin@outlook.com

Topics: Parenting, parenting challenges, single parenting, divorce, moms, children, feminism.

Name: Stephanie Kishimoto
Organization: Sleeping Beauties
Phone: (647) 883-0384
Email: steph@sleepingbeauties.ca
Website: www.sleepingbeauties.ca

Topics: Newborn, infant and toddler sleep, Coping strategies for new moms, Average sleep needs per age, Safe sleeping practices, biology of infant / children's sleep, developmental milestones and how they affect sleep, creating ideal sleep environments, age-appropriate sleep/wake/eat schedules and routines, empowering moms to choose to safely co-sleep and breastfeed, sleep shaping techniques for younger babies, sleep training options for babies over 6 months of age, sleep training with toddlers & children up to 6 years of age.

Name: Sumera Quadri
Organization: Zumba with Sumera
Phone: (416) 845-4459
Email: sumeraqq@gmail.com
Website: <http://zumbawithsumera.wordpress.com/>

Topics: Zumba Fitness and the impact it has had on women, including mothers and older adults, internationally. I would also be happy to touch on how Zumba has transformed my own life and the benefits it has had on some of my students.

Name: Angelique Montano-Bresolin and Proactive Pelvic Health Centre physiotherapy team
Organization: Proactive Pelvic Health Centre
Phone: 647-352-7742
Email: abresolin@proactiveph.com
Website: www.proactiveph.com

Topics: Pelvic Floor Physiotherapy, pre and postnatal pelvic health, urinary incontinence, prolapse, pelvic pain, painful intercourse, diastasis recti abdominus (abdominal separation).

Name: Seema Rizvi
Organization: Tru
Phone: 647-885-3610
Email: seemarizvi@hotmail.com

Topics: Ethical and sustainable fashion, how fashion affects the environment, why sustainability should be an important part of every business, the social implications of fashion on garment workers globally, what is our role in all of this.

Name: Helen Antoniadis
Organization: Butterfly Books
Phone: 416 466 0726
Email: helen@butterflychildrensbooks.com
Website: www.butterflychildrensbooks.com

Topics: therapeutic books for children eg about anxiety, talking to kids about death, divorce AND/OR children's books that reflect diversity.

Name: Mallory Reinthaler and Veronique Niesing
Organization: The Canadian College of Naturopathic Medicine and RSNC clinic
Phone: (647) 833-7509 (Mallory)
Email: mallory.reinthalder@hotmail.com
Website: <http://rsnc.ca>

Topics: How Naturopathic medicine can help children and mothers, Coping with fatigue and stress of parenthood, Meal planning for the picky child, Common childhood illness and increasing immunity, women's health, pretty much anything health related from a naturopathic perspective.

Name: Alessia Priolo
Organization: Dr. Alessia Priolo, ND
Phone: 416-720-9570
Email: alessia@alexsiapriolo.com
Website: <http://www.alexsiapriolo.com/>

Topics

- Immune support: How to keep kids (and parents healthy) during cold and flu season
- Eczema: How to treat and prevent itchy skin
- Mood Boosting Foods: How moms can support their mental health post-pregnancy
- Food Introduction: When should children begin eating solids, and which should they be starting with
- Post-Pregnancy Periods: How moms can regulate their period and decrease PMS after pregnancy
- Bloodwork: 5 Tests that every woman should have done
- Environmental Health: How moms can protect their families from environmental toxins

Name: Lita Mae Button
Organization: On The Button. Club
Phone: 647-460-1979
Email: lita@onthebutton.club
Website: www.onthebutton.club

Topics: Boxing, women's motivation and empowerment.

Name: Khin Chung
Organization: Tashi Apparel
Phone: 416-932-6888
Email: khin@tashi.ca _
Website: www.tashi.ca

Topics: Embracing our body types. Our bodies go through changes after having children and with age, leaving many of us feeling insecure and self-conscious. Let's figure out how to dress to enhance your best features, what you love about yourself and play up those areas.

Name: Jennifer Hargreaves
Organization: tellent
Phone: 416-802-9747
Email: Jennifer@wearetellent.com
Website: www.wearetellent.com

Topics: Career Change, Flexible Career Options, Workplace trends (women in leadership and flexible working - why is the time now for women to successfully pursue professional and personal ambitions). I am open to suggestions too!

Name: Emily Casey
Organization: Dr. Emily Casey, Naturopathic Doctor, Citrus Medical Centre
Phone: 647-473-0049
Email: emilycaseynd@gmail.com
Website: <http://emilycaseynd.com> (launching January 1, 2017) and <http://www.citrusmedical.ca>

Topics: Natural management of common infant and childhood concerns, including digestion, skin rashes, behavioural issues, sleep, and colds/flu (“Getting Sick Well” is a popular topic); nutrition for breastfeeding, infants (intro to solids), and children; nutrition and stress management for new moms.

Name: Judy Grout MSW RSW
Organization: Compassionate Counselling
Phone: 416-884-1073
Email: judygrout7@gmail.com
Website: www.compassionatecounselling.org

Topics: Managing the Baby Blues, Building a Healthy Loving Relationship/ Marriage, and Effective Parenting.

Name: Emma Rohmann
Organization: Green at Home
Phone: 416-358-5582
Email: hello@greenathome.ca
Website: <http://www.greenathome.ca/>

Topics: Environmental health, choosing healthier/nontoxic baby care products, detoxing your home, detoxing your body care products, green living.

Name: Lianne Kim
Organization: Mamas & Co.
Phone: 647-862-4127
Email: info@mamasandco.ca
Website: <http://www.mamasandco.ca/>

Topics: Career options for women after children. Many women do go back to their original jobs, but many are in search of better balance. There are other options such as working part-time, work-from-home, a side business (or two), or self-employment or a combination of these. I can speak about what options are out there and also speak to negotiating for reduced hours or work-from-home privileges. I want women to know they have options and it doesn't have to be a 40-hour full time thing. I can share stories from our group of different women who have tried different paths.

Name: Francine Dick, CFP
Organization: Carte Wealth Management
Phone: 647-897-6471
Email: francine.dick@cartefc.com
Website: www.cartewm.com

Topics: Funding post-secondary education including RESP's, budgeting, saving, investing, life insurance, critical illness insurance, estate planning.

Name: Seanna Thomas
Organization: The Nutritionnaire
Phone: 416-575-9870
Email: seanna@nutritionnaire.com
Website: www.nutritionnaire.com

Topics:

- First Foods: Breaking through the confusion of what to feed your baby from 6-12 months
- Picky Eaters: Tips and tricks to turn your picky eater into an adventurous eater!
- Get your Kids to eat more Vegetables: How to Integrate more vegetables into your family's diet
- Eating Healthy on A Budget: How to maximize nutrition and minimize your spending
- Sneak it in: How to sneak the good stuff into your family's daily life
- How Meal Planning Makes you a Better Parent: How to meal plan and get your life back
- Break Up with Sugar: How to limit your sugar intake and start feeling better
- Kids in the Kitchen: Fun ways to get your kids excited about cooking
- Eating Right on the Run: How to avoid the drive-thru for better health
- Nutrition Labels: How to read them and what the numbers mean for you
- TOP TEN: My top ten health tips for more energy, better sleep, and a happier life
- No More Counting: How to eat so you don't have to worry about the numbers
- "Spring Cleaning" your pantry: How to optimize the nutrition in your cupboard

Name: Heather Davidson-Meyn
Organization: Fun Love Photography
Phone: 416-427-2711
Email: heather@funlovephotography.com
Website: www.funlovephotography.com

Topics: Photographing your children in a meaningful way, using your DSLR camera.

Name: Lourdes Calderon
Organization: Young Living essential oils
Phone: 647-822-9270
Email: lourdescalderon@hotmail.com
Website: http://www.youngliving.com/en_CA/

Topics: I teach families how to use essential oils safely for natural health and wellness.

Name: Rebecca Earl
Organization: The Sugar Plum Sleep Co.
Phone: 416-488-9684
Email: info@sugarplumsleep.com
Website: <http://www.sugarplumsleep.com/>

Topics: Infant, child, and adult sleep.

Name: Michal Metcalfe
Organization: Needle Nurse Acupuncture & Herbal Clinic
Phone: 647-447-57-68
Email: Michal@needlenurse.ca
Website: <http://www.needlenurse.ca/>

Topics: Women's health – cultivating inner awareness to optimize health, hormone balance, common childhood conditions and easy remedies to relieve them.

Name: Julie Sabine ****can also be used as postpartum speaker!!**
Organization: Inkblot
Phone: 647-966-2444
Email: julie@inkblottherapy.com
Website: www.inkblottherapy.com

Topics: Mental Health Issues - Post Partum Depression and Anxiety, Depression, Parental stress, Relationships, demands of motherhood and psychotherapy.

Name: Maria Velve
Organization: Marvelous You
Phone: 647-377-0477
Email: maria@marvelousyou.ca
Website: www.marvelousyou.ca

Topics: makeup and skincare – 1) green beauty: green brands, Canadian brands, all for both skincare and make up 2) simplified beauty routine for busy women: 5 min makeup application, a simplified skincare routine 3) Cosmetic ingredient awareness: things to look for and avoid on cosmetic labels, marketing strategies to avoid (packaging and wording) in cosmetics.

Name: Renata Dziak
Organization: Beautycounter
Phone: 416-884-7718
Email: rdziak@rogers.com
Website: www.beautycounter.com/renatadziak, Also instagram @well.fit.mom

Topics: The impact of low-level toxins found in cosmetics and other products on our health, and simple solutions to minimize our exposure.

Name: Caitlin Chapman
Organization: Newport Private Wealth
Phone: W: 416 867 7534 C: 647 627 0766
Email: cchapman@newportprivatewealth.ca
Website: <http://www.newportprivatewealth.ca/>
Topics: Best practices for women managing their money; How to educate your children about money

Name: Maria Pawlicka MSc., BAA, CNP
Organization: Certified and Registered Nutritional Practitioner; founder of All About YOU! Nutrition and Lifestyle
Phone: Cell 416-727-0431
Email: m.pawlicka.nutritionist@gmail.com
Website: www.mariapawlickanutritionist.com

Topics: METABOLISM BOOSTERS: will cover factors that slow our metabolism; foods which speed up metabolism and what type of exercise and lifestyle changes will promote good health and healthy weight.

Name: Marika Berni B.Sc.,ND.
Organization: Naturopathic doctor at Darou Wellness
Phone: 416 873-7419
Email: marikaberni@sympatico.ca
Website: marikaberni.com
Topics: Women's health: mood, energy, stress, hormone balance (sex hormones, cortisol, insulin, thyroid); Healthy diet and nutrition advice for any issue; Children's health (colds and flus, colic, constipation, ADHD, sleep).

Name: Katherine Angus
Organization: Atlas Chiropractic Centre
Phone: 416-766-6572
Email: drkatherine@atlashealth.ca
Website: www.atlashealth.ca

Topics:

Pediatric health (safe ways to feed babies, change diapers, and carry babies);
Chiropractic & pediatrics (colic, constipation, breastfeeding troubles, sleep etc.);
Chiropractic and pregnancy (pre & post-natal, Webster Technique).

Name: Sara Shirley
Organization: Sara Elisabeth Photography
Phone: 416-992-7534
Email: sara@saraephotos.com
Website: <http://www.saraephotos.com/>

Topics: family portraits and kids photography, DSLR cameras

Name: Anita Sarda
Organization: LegalShield
Phone: 416-806-9967
Email: anita@anitasarda.com
Website: www.anitasarda.com

Topics: Everyday life events legal access; Wills and Powers of Attorney;
Entrepreneur/small business legal access; Identity theft - how and to do; When
and why having a law firm is better than a lawyer; Why ordinary families need a
law firm and when/how to use one.

Name: Riika Wilson
Organization: Storks & Spice
Phone: 416-731-9618
Email: riika@storksandspice.com
Website: www.storksandspice.com

Topics: Pelvic Health/incontinence/diastasis recti - aka mummy tummy/mindful
movement/raising 3 kids.

Name: Dr. Sandy Tecimer / Dr. Linda Wong / Dr. Meera Nathwani

Organization: Prince Edward Medical

Phone: 416-899-7072

Email: sandytecimer@gmail.com

Website: www.princeedwardmedical.com

Topics: Pregnancy; prenatal care; postpartum depression; infant well-being; toddler well-being; self care; balancing work-life.

*Available to speak at west end groups.

***Can also be called in as postpartum speakers!**

Name: Lisa Durante
Organization: Lisa Durante International Inc.
Phone: 416-710-1900
Email: lisadurante@ld-ii.com
Website: lisadurante.com

Topics:

- Staying professionally fit on maternity leave
- Planning a successful return to work after maternity leave
- How to have it all: Balancing career, family and life
- Partnership at home

Name: Marie-Josée (MJ) Perrier
Organization: Moving Stories Coaching and Consulting
Phone: 416-890-5641
Email: mj@movingstoriescoaching.com
Website: www.movingstoriescoaching.com

Topics: Nutrition and fitness topics such as key habits for healthy, balanced meals; developing self-trust with fitness, health, and nutrition; living a healthy lifestyle on the go; managing social eating situations and so on.

Name: Anita Patel
Organization: Hush Baby Hush
Phone: 416-885-2235
Email: info@hushbabyhush.com
Website: www.hushbabyhush.com

Topics: Sleep habits for children from birth to 5 years of age.

Name: Nila Robenet

Organization: Amazing Kids Clinic

Phone: 647-984-4865, 647-570-9689

Email: amazingkidsCanada@gmail.com, info@amazingkidsclinic.com

Website: www.amazingkidsclinic.com

Topics: The importance of early intervention in treating developmental issues in children.

Name: Krista Wylie, Cabi Stylist

Organization: Cabi Clothing

Phone: 416-525-1540

Email: krista.wylie@bell.net

Website: <https://kristawylie.cabionline.ca/>

Topics: As Cabi Stylist, I would provide a “Cabi Fashion Experience” for MumNet participants:

Cabi is a clothing label that was founded in California 16 years ago and launched in Canada in Fall 2016.

For a Cabi Fashion Experience, I bring at least one sample of all the pieces from a Cabi collection (in a variety of sizes). I start by providing a quick overview of the collection, including the latest styling tips and trends. Then women have the opportunity to try on the clothing. Women have a great time trying on pieces that they love and pieces that are, perhaps, outside of their comfort zone – all the while getting input and advice from their girlfriends and from me. Women can choose to place orders if they wish. I’d suggest we draw two names out of a hat to receive the hostess benefits, which provide a significant savings on the winners’ orders.

Name: Dr. Gita Gupta / Adrianna Priko / Sarah Horbaczyk

Organization: Physiohealth Studios

Phone: 416-368-2525

Email: gita@physiohealthstudios.com

Website: <http://www.physiohealthstudios.com/>

Topics: postpartum pain, pelvic floor, weakness and strengthening

1. Adrianna Priko - Pelvic Floor Physiotherapist: Episiotomy scarring, pain with intercourse and incontinence.

2. Dr. Gita Gupta - Chiropractic prenatal and postpartum care: Diastasis Recti, urinary urgency, sacroiliac joint instability and pain.

3. Sarah Horbaczyk - Personal Trainer and Fascial Stretch Specialist: stretching demo, core muscle activation, postural corrections for holding baby/toddlers

10 min each person, total time for presentation ~ 30min, with time for questions after.

Name: Sasha Rennick-Purcell, MSW, RSW

Organization: Good Night Sleep Site

Phone: 647-278-7463

Email: sasha@goodnightsleepsite.com

Website: <http://www.goodnightsleepsite.com/torontoeast>**Topics:** Healthy infant and child sleep. I am also a Registered Social Worker and mental health therapist and love speaking on the connection between both.

Name: John Wood

Organization: Edward Jones

Phone: 416.318.8697

Email: john.wood@edwardjones.com

Website: [https://www.edwardjones.ca/financial-advisor/index.html?](https://www.edwardjones.ca/financial-advisor/index.html?CIRN=%2BbOTh%2ByyHJQ8COPr0RI2HUJRb42YROLeJCoYhK6yPjDpQVZoHUIb1LIN6QgWlru4)

[CIRN=%2BbOTh%2ByyHJQ8COPr0RI2HUJRb42YROLeJCoYhK6yPjDpQVZoHUIb1LIN6QgWlru4](https://www.edwardjones.ca/financial-advisor/index.html?CIRN=%2BbOTh%2ByyHJQ8COPr0RI2HUJRb42YROLeJCoYhK6yPjDpQVZoHUIb1LIN6QgWlru4)

Topics:

Retirement Planning - Even if retirement is still far off, you can take steps today to work toward financial independence so you have the freedom to make retirement your own.

Personal Expense Management - An accurate understanding of your monthly household expenses is one of the most single most significant determinants to improving or diminishing your long-term savings strategy...sometimes a change of mindset is needed.

Education Savings Strategy - The ins/outs of saving and leveraging the Government grant program to help tackle the high cost of post-secondary education.

Emergency Savings Strategy - Often overlooked and sometimes misunderstood, an emergency savings fund is a critical tool to support your long-term investing objectives.

Estate Planning - Strategies to help minimize taxes and allow larger transfer of wealth from one generation to the next, tax free.

Preparing for Unexpected - Some changes are expected and pleasant, while others may not be - strategies to simplify & explain the importance of life insurance.

Name: Jenn Gaudette
Organization: Upspring Wellness
Phone: 416-435-7769
Email: jgaudette@upspringwellness.ca
Website: upspringwellness.ca

Topics: Making a Career Transition on Maternity Leave; Healthy Life Balance Strategies for Moms; How to Get Unstuck in Your Career or Start Something New After kids; Finding Meaning and Purpose at Work and at Home.

Name: Lorie Atkinson
Organization: Lorie Atkinson, MSW, RSW (private practice)
Phone: 647-335-3801
Email: lorie_will@yahoo.com
Website: lorieatkinson.wixsite.com/therapy

Topics: psychological self-care and building internal resources, attachment and bonding, transitions.

Name: Magdalena Wojtas
Organization: Babywearing educator
Phone: 647-668-0531
Email: magda.babywearing@gmail.com
Website: <https://www.facebook.com/MWBabywearingEducator/>
Topics: Babywearing, baby carriers, babyweaing safety, babywearing benefits

Postpartum speakers (for MumNet I leaders) on next page...

SPEAKERS – POSTPARTUM DEPRESSION (for MumNet I groups)

Name: Melissa Goldband, Mental Health Clinician
Organization: Department of Psychiatry, Perinatal Mental Health Program
Mt. Sinai Hospital
Tel: 416-586-4800, x 5461
Email: MGoldband@mtsinai.on.ca

Topics: Postpartum Depression, Perinatal loss, Mindfulness

Name: Claire Kerr-Zlobin
Organization: Healthy Start Healthy Future – Life With a Baby
Tel: 416-833-3860
Email: claire.zlobin@lifewithababy.com
Website: <http://www.lifewithababy.com>

Topics: Postpartum Depression (PPD), Community support i.e. importance of peer-to-peer support, other.

Name: Olivia Scobie
Organization: Liv with Change
Phone: 416-346-4147
Email: oscobie@gmail.com
Website: www.livwithchange.ca

Topics: Postpartum mood disorders, coping when you aren't sure if you like your baby, birth trauma, changes to relationships after children, blending families, getting ready to return to work, parenting strategies, maternal ambivalence.

Name: Andrea Skitch

Organization: Andrea Skitch Psychotherapy Services (Individuals and Couples)

Phone: 416-550-5101

Email: therapy@andreaskitch.com

Website: www.andreaskitch.com

Topics: Postpartum depression & anxiety; Marriage & sex after Baby; Self-care for mamas

; Mindfulness.

Name: Grazyna Mancewicz

Organization: Parkdale Community Health Centre, Women's Connection Program

Tel: 416-537-8222, ext 303

Email: grazyna.mancewicz@pchc.on.ca

Topics:

- **POSTPARTUM MOOD DISORDERS – BASICS**
Causes and risk factors
- **POSTPARTUM DEPRESSION – STRATEGIES, WHAT HELPS?**
Helping a woman and her family to cope
- **BIRTH OF A BABY – HOW IT AFFECTS CONTEMPORARY FAMILIES**
Historical perspective of changing families, parenting trends, gender roles, relationships.
- **POSTPARTUM DEPRESSION IN A DIVERSE CULTURAL GROUP**
How women from different backgrounds experience PPD.
How to reach across the cultural divide
How can we assist women from cultures where the western concept of mental health is little known?

Name: Lindsay Ross MSW RSW
Organization: Midtown Toronto Therapy
Phone: 647-501-7220
Email: lindsayross.msw@gmail.com
Website: www.midowntorontotherapy.com

Topics: Body Image after baby, Postpartum Depression, Postpartum Anxiety, Marriage and relationships post baby, Returning to work after baby, Birth Trauma

Name: Dr. Jennifer Hirsch
Organization: Reproductive Mental Health (Mount Sinai Hospital), Lecturer, Department of Psychiatry, University of Toronto
Phone: 416-529-5577
Email: JHirsch@mtsinai.on.ca
Website: <http://www.mountsinai.on.ca/care/psych/patient-programs/maternal-infant-perinatal-psychiatry>

Topics: Risk factors and screening for mental illness post partum including mood and anxiety disorders. Mindfulness Meditation and insomnia therapies.

*Available as of March 2017, but will need childcare. This arrangement has been approved by MumNet head office, but please contact Office Manager directly to arrange childcare for Jennifer.

Name: Julie Sabine
Organization: Inkblot
Phone: 647-966-2444
Email: julie@inkblottherapy.com
Website: www.inkblottherapy.com

Topics: Mental Health Issues - Post Partum Depression and Anxiety, Depression, Parental stress, Relationships, demands of motherhood and psychotherapy.