

Ann Douglas

Author, Magazine Writer, On-Air Parenting Columnist, Speaker at Independent

Peterborough, ON, CA

A bestselling author and the weekend parenting columnist for CBC Radio, Ann has been called "Canada's most trusted parenting writer."

Biography

I am the author of a number of bestselling books about pregnancy and parenting (including *The Mother of All Pregnancy Books* and *The Mother of All Baby Books*) and a magazine writer and content creator who specializes in writing about parenting and health. My most recent book is *Parenting Through the Storm: Handling the Highs, the Lows, and Everything In-Between*, a guide to parenting a child who is struggling with a mental, neurodevelopmental, or behavioural challenge. I am frequently invited to speak at health, education, and parenting conferences about the issues raised in my books and at conferences for writers.

I live and work in Peterborough, Ontario, where I volunteer my time with a variety of projects and causes. I am currently serving on the national editorial board for the Centre for Mental Health and Addiction Health's Portico website and the social media team for The Canadian Red Cross. And I recently collaborated with Partners for Mental Health on a child and youth mental health advocacy letter and video.

In June 2013, I became the second person ever to be awarded a Lifetime Membership by the Professional Writers Association of Canada (in recognition of my contributions to the freelance writing profession).

In April 2012, I was one of 16 Canadians invited to Rideau Hall to discuss family policy with Canadian Governor-General David Johnston and his wife Sharon Johnston.

Industry Expertise

Childcare, Mental Health Care, Health and Wellness, Writing and Editing

Areas of Expertise

Parenting, Pregnancy, Children, Babies, Mental Health, Special Needs Parenting, Child and Adolescent Development, Children with Mental Neurological and Behavioural Challenges, Mindfulness, Health and Wellness

Affiliations

CBC Radio: Weekend Parenting Columnist, Kinstantly: Contributing Editor, Centre for Mental Health and Addiction Health Portico Website : Editorial Board, The Canadian Red Cross : Social Media Team Member, Partners for Mental Health : Collaborator, CHEX TV Peterborough Ontario: Parenting Columnist

Event Appearances

Bell Let's Talk Event

Bell Let's Talk Campaign 2016: Bell Employee Workshop

Parenting Through the Storm

Mom's for Mental Health Fundraising Breakfast sponsored by Bell Let's Talk

CAMH Portico Launch

Presentation at special event in conjunction with Bell Let's Talk -- to announce the launch of the CAMH Portico Network.

A Gateway to FamilySmart™ Evidence: No one person, no one service – all together for child and youth mental health.

Children's Mental Health Ontario Conference

Big-Picture Parenting

Mindful Parenting Conference

Parenting Through the Storm

Community education workshop and webcast

Parenting Through the Storm

Workshop for family support workers who work with families who have a child who is struggling with a mental health, neurodevelopmental, and/or behavioural challenge.

Keynote presentation and workshop

Edmonton Literacy and Learning Day

Education

University of Toronto

Honors Degree Major in History, Minor in Women's Studies

Accomplishments

Finalist, National Magazine Awards

Service: Health and Family, 2014. "I Will Survive." Canadian Living.

Lifetime Membership : Professional Writers Association of Canada

June 2013

Invited to Discussion with Governor General David Johnston

April 2012

Silver Award Winner, National Magazine Awards

Editorial package (part of a winning team), 2010. "Captain Cottager." Cottage Life.

Peterborough Business Excellence Award

Micro-business category, 2005.

Finalist, Red Cedar Awards (BC)

2004-05. "Body Talk"

Canadian Children's Book Centre "Our Choice" Selection

2003. "Body Talk"

Resource Links, Best of the Year

2003. "Body Talk"

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