

# **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."

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## **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.

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## **Industry Expertise**

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

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## **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

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## **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

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## **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

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## **Education**

### **University of Toronto**

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

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## **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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