

## Future Leaders Speaker Series Additional Resources

"No Returns, No User Guide, and No Sleep":  
A conversation on the early days of parenthood  
Tuesday September 22, 2020

### Erin Treloar

#### *Raw Beauty Talks*

Instagram: @rawbeautytalks

Cat and Nat on Real Raw Motherhood

<https://www.rawbeauty.co/podcast-005-cat-and-nat/>

Keeping intimate Relationships Strong During Covid with family therapist Terry Real

<https://www.rawbeauty.co/keeping-intimate-relationships-strong-during-covid-with-family-therapist-terry-real/>

Ending Mental Health Shame and Stepping into Self Love with Dr. Morgan Francis

<https://www.rawbeauty.co/ending-mental-health-shame-stepping-into-self-love-with-psychologist-dr-morgan-francis/>

Jillian Harris breaks down over the pressure of doing it all

<https://www.rawbeauty.co/jillian-harris-breaks-down-over-the-p pressures-of-doing-it-all/>

Help kids create a healthy relationship with food with Dietician Jenn Messina

<https://www.rawbeauty.co/help-kids-create-a-healthy-relationship-with-food-with-dietitian-jenn-messina/>

---

### Andrea Firmani, BSN, RN

#### *Clinical nurse educator and certified lactation consultant*

Instagram (SPH Maternity team): @bornatSPH

SPH virtual prenatal workshops: Choose from four different workshop including a prenatal breastfeeding workshop. Small classes or private sessions are available.

<https://www.providencehealthcare.org/virtual-prenatal-classes>

Dr Jack Newman, Canadian paediatrician and IBCLC. The go-to site for all things breastfeeding.

<https://ibconline.ca/>

Healthy Families BC for info at all stages of parenthood.

<https://www.healthyfamiliesbc.ca/>

---

## **Dr. Suja Srikameswaran, PhD**

*Clinical Psychologist*

Pacific Post Partum Society: call toll free 855-255-7999 or text (604) 255 7999

BC Womens Reproductive Mental Health Program (requires GP referral)

### **Books:**

*Self-compassion for parents: nurture your child by caring for yourself* by Susan Pollak

*Goodnight Mind: turn off your noisy thoughts and get a good night's sleep* by Dr Colleen Carney