



# REACH US HERE



905-878-1720



events@primecarefht.ca



www.primecarefht.ca



470 Bronte Street S Unit 110  
Milton, ON



Scan To Book Your Spot

## About our Facilitators

### Dr. Ed Roldan, Ph.D., C.Psych (EPS Family Health)

Dr. Ed is a Clinical and School Psychologist and Director of Child & Adolescent Services at EPS Family Health. He supports the development of effective mindful parenting approaches and strategies and works with clients to develop resiliency, self-compassion and self-identity

www.etobicokepsych.com

### Sandra Tadros (STG Wellness)

Sandra Tadros is a health care and fitness practitioner specializing in a comprehensive wellness model that treats the whole person from head to toe. Her areas of specialty are working with people who would like to improve their sleep, eating habits, fitness level, manage stress and support mental health.

www.stgwellness.ca

### Maria Robertson (New Mummy Company)

Baby Whisperer, certified postpartum doula, nanny, lactation educator, sleep consultant, baby guru and bedrock of support for new parents - Maria started her career over 21 years ago in Ireland as a maternity nurse. She launched the New Mummy Company to share her expertise and be a voice of calm and fortitude for parents.

www.newmummycompany.ca

### Shirley Weir (Menopause Chicks)

In 2012, Shirley launched Menopause Chicks to empower women to get curious about their hormonal health and talk openly about perimenopause and menopause. She is an author and trusted educator to thousands of women dealing with menopause.

www.menopausechicks.com

### Roberta Heale, NP (Virtual Menopause Clinic)

Roberta is a North American Menopause Society Certified Practitioner (NMCP) and has developed the Virtual Menopause Clinic to provide women with access to a comprehensive assessment and range of treatment options for perimenopause and menopause.

www.virtualmenopauseclinic.com

## Masterclass Series by



FREE Engaging Sessions  
Designed to Empower &  
Inspire



# Masterclass Series by

## PRIME + CARE

FAMILY HEALTH TEAM



### Parenting Series

#### **Supporting Anxious Kids with Dr. Ed**

Tuesday March 19, 2024  
7PM - 8PM

#### **Newborn Care Event: Ask the Expert with Maria Robertson**

Wednesday March 20, 2024  
10AM - 11 AM

#### **Mindful Parenting: Building Resilience in Children & Responding to Challenging Youth & Emotional Coaching with Dr. Ed**

Tuesday March 26, 2024  
7PM - 8PM

#### **Parenting Kids with ADHD with Dr. Ed**

Tuesday April 2, 2024  
7 PM - 8PM

#### **Families in Transition with Dr. Ed**

Tuesday April 16, 2024  
7PM-8PM

### Menopause Series

#### **Mood, Mental Health & Menopause with Shirley Weir**

Tuesday March 12, 2024  
7PM-8PM

#### **Breaking the Silence: Addressing Menopause in the Workplace with Roberta Heale, NP**

Wednesday March 27, 2024  
7PM-8PM

#### **Little Known, Common Impacts of Menopause with Roberta Heale, NP**

Wednesday April 3, 2024  
7PM-8PM

#### **Menopause: It's Different Now with Shirley Weir**

Tuesday April 9, 2024  
7PM - 8PM

### Wellness Series

#### **Optimizing Sleep to Maximize Performance with Sandra Tadros Guirguis**

Wednesday April 10, 2024  
7PM - 8PM

#### **Energize & Elevate: Practical Pathways to Physical Wellness with Sandra Tadros Guirguis**

Wednesday April 17, 2024  
7PM-8PM

#### **Sweet Farewell: Practical Tips for Breaking up with Sugar with Sandra Tadros Guirguis**

Wednesday April 24, 2024  
7PM - 8PM

Book your spot today for one of our webinars by visiting our website: [www.primecarefht.ca](http://www.primecarefht.ca)

