

- PUBLISHED WORKS
- **INSIDE STORIES: People in Places Podcast**, Ongoing, Dec 2023-Present
  - **LIVED: Childhood**, Vol 1, Issue 3, Fall/Winter 2022, Magazine
  - ***grief & loss & love & sex***, Toronto, Indigo Press, 2019, Trade Paperback
  - ***Midlife on Fire (Anthology)***, Toronto, Restless Spirit Productions, 2021, Kindle, Trade Paperback
  - ***Haiku***, Chennai, Arts Illustrated Magazine, Apr 30, 2021 Edition

- POETRY & STORYTELLING PERFORMANCES
- **Indigo Presents: National Poetry Month Poetry Panel** with Najwa Zebian, Sabrina Benaim, Micheala Angemeer, Megan Gail Coles, Sanna Wani, Jesse Thistle, Bianca Sparacino, and Lara Margaret Marjerrison, Apr 13, 2022
  - **Indigo Presents: In Conversation** with Atticus, Lara Margaret Marjerrison, Margaret Atwood, Sabrina Benaim, Tenille K. Campbell, Crowdcast, Apr 1, 2021
  - **Bodies of Stories**, Webcast Dec 13, 2020
  - ***grief & loss & love & sex***, Warkworth Arts & Heritage, Feb 21, 2020
  - **Indigo Presents: In Conversation** with Lara Margaret Marjerrison, Sabrina Benaim, Tenille K. Campbell, Crowdcast, Feb 3, 2020
  - **Meet the Author: Poetry Month**, Brockville Public Library, Apr 27, 2019
  - ***grief & loss & love & sex***, Poetry Tour, Apr 24-29, 2019
  - **True Stories (Told Live) Toronto**, Toronto Storytelling Festival, Mar 13, 2019
  - **Raw Storytelling**, The Comedy Bar (Cab Room), Toronto, Feb 27, 2019
  - **What's On at Indigo**, Indigo Bay & Bloor, Toronto, Jan 28, 2019
  - ***grief & loss & love & sex***, Self-Pub Launch, Burdock, Toronto, Oct 10, 2018
  - **Toronto Poetry Slam**, 918 Bathurst, Toronto, Aug 18, 2018
  - **This is Trophy**, BRAVE Festival, Harbourfront, Toronto, Jul 28-29, 2018
  - **Stories of Ours**, Daniels Spectrum, Toronto, Jul 26, 2018
  - **Voiceover** for TDA Global Cycling #200for200 Campaign Video, Jun 13, 2017
  - **Grownups Read Things They Wrote As Kids**, Kingston, Feb 11, 2017
  - **High Stakes Storytelling**, The Monarch Tavern, Toronto, Mar 15, 2016

- SPEAKING ENGAGEMENTS
- **The Women Who Lead Series**, Staples Advantage, Mississauga, Oct 29, 2014
  - **Brockville Ad and Sales**, Brockville Country Club, Brockville, May 14, 2014
  - **Power Body Weekend** with Susan Sly, Toronto, Oct 19-21, 2012
  - **SLC Marketing Class of 2012** via Ontario East Economic Development, Kingston, Mar 14, 2012

- WORKSHOPS/TEACHING
- **Tell Your Story**, Storytelling Workshop w/goboomerang, Centre for Social Innovation, Toronto, Jul 11, 2019

- VISUAL ART
- **Installation**, Mixed Media, JINKS Art Factory, Toronto, Jun 2016

- BIBLIOGRAPHY PRINT MEDIA
- ***Faith Will Be Required***, Prosperity Cafe Blog, May 14, 2020
  - ***Healing Words***, Indigo Inspired Blog, Jan. 29, 2019, (reissue) Jan 29, 2020
  - ***Author Rides Through Grief..***, InQuinte, Quinte West, Apr 15, 2019
  - ***Breaking the Pattern: How I Recover***, She Does The City Blog, Dec 18, 2017

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PRINT MEDIA • *Healing Words*, Indigo Inspired Blog, Jan. 29, 2019, (reissue) Jan 29, 2020  
• *Author Rides Through Grief..*, InQuinte, Quinte West, Apr 15, 2019  
• *Breaking the Pattern: How I Recover*, She Does The City Blog, Dec 18, 2017
- BIBLIOGRAPHY • *Suicide Noted Podcast*, Aug 9, 2021  
RADIO, • *Global News, CKWS Morning Show*, Kingston, Apr 18, 2019  
TELEVISION, • *The Morning Show*, Rock 107.5 FM, Belleville, Apr 18, 2019  
DIGITAL MEDIA • *Grownups Read Things They Wrote As Kids Podcast*, E308, Apr 9, 2017  
• *The Mike Chalut Show*, PROUD FM, Feb 27, 2013  
• *The Life Story Project*, S1 E1, OWN Network, Jan 3, 2013  
• *The Truth About Teenage Suicide*, Documentary Film, Body of Light, 2011  
• *The Mom Show*, CityLine CityTV, 2007
- PROFESSIONAL • Jessica Blank Character-Based Storytelling, 2020  
DEVELOPMENT • The Podcasting Workshop, Akimbo, with Seth Godin and Alex DiPalma, 2019  
• Improv Your Acting Theatre Conservatory, 2018-2019  
• Black Isle Group (Private) Speaking Coaching, 2014, 2016, 2018  
• High Stakes Storytelling Intensive, 2017  
• Jupiter J. Makins Scriptshop, 2013  
• Liaison College of Culinary Arts, Diploma w/ Distinction, Chef de Cuisine, 2010  
• Toronto Image Works Desktop Publishing, Certificate, 2006  
• Gestalt institute of Toronto, Two-Year Training Program, Certificate, 2006  
• Office Administration, Diploma with Distinction, St. Lawrence College, 1995
- PROFESSIONAL • Writer's Union of Canada, 2019 to Present  
AFFILIATIONS • The Firecracker Department, 2019 to Present  
• Script Reader, Female Voices Rock Film Festival, 2020, 2022, 2023, 2024
- WEBSITE LINK • [www.insidestories.ca](http://www.insidestories.ca)