



Stacy Ross

*Advocate for Parents of Children
with Mental Illness*
Speaker, Author, & Media Guest

Stacy Ross is an author, speaker, and a mother of a child/adult with mental illness. With raw honesty, Stacy openly shares her twenty-seven year journey hoping to start a discussion that will help others feel validated, and less isolated.

Stacy gives voice to and creates community for parents who are often battling it out alone. She empowers them with coping skills and resources. Stacy is currently penning a memoir, *Searching for Slippers*, due out in late 2024.

SIGNATURE TOPICS

- ✓ Acceptance & Forgiveness
- ✓ Setting Healthy Boundaries
- ✓ Coping Skills for Heightened Stress
- ✓ Finding Support & Community
- ✓ Navigating Resources
- ✓ Yoga and Meditation



@bpdandme



stacyrossspeaks.com



Stacy Ross Speaks:
BPD and Me

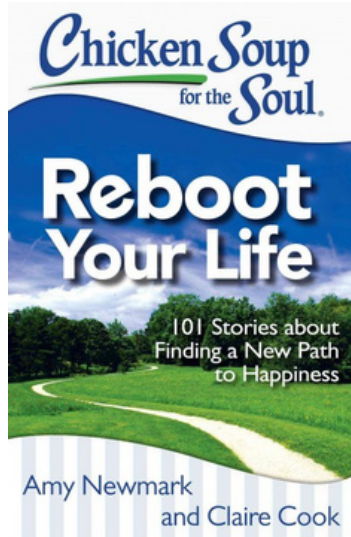


stacyrossspeak@gmail.com

AS FEATURED IN...

CHICKEN SOUP FOR THE SOUL

"A Journey of a Lifetime"



*Praise for
Stacy*

"Stacy's episode was our most popular due to her honesty and relatability. Her story is the perfect mix of reality and hope. She's brilliant."

*Michelle Katz & Stephanie Gitlin,
Hosts, Cornell (thank)U podcast.*

"I was mesmerized by Stacy's honesty, bravery, and how she beautifully articulated her family's journey."

*Gail Baer, Chief Philanthropy Officer,
Center for Jewish Philanthropy of
Greater Phoenix*

AS SEEN ON...

CORNELL THANK U PODCAST

INSPIRED GIRL LIVE

MOMBOSS

AND MORE TO COME...



Please feel free to reach out and connect with me.

Get in Touch!

✉ StacyRossSpeaks@gmail.com

🌐 www.StacyRossSpeaks.com