



Stacy Ross

AUTHOR. SPEAKER. MEDIA GUEST.

ADVOCATE FOR PARENTS OF CHILDREN WITH MENTAL ILLNESS

STACYROSSSPEAKS.COM



Topics...

- ACCEPTANCE & FORGIVENESS
- SETTING HEALTHY BOUNDARIES
- COPING SKILLS FOR HEIGHTENED STRESS
- FINDING SUPPORT & COMMUNITY
- NAVIGATING RESOURCES

Honesty...

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.

"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

