

Please Join CMCP Annual General Meeting

DATE: Saturday June 17

Where: 180 Shaw St. Lower Level

TIME: 10:30 am -11:30 am

Registration & Coffee at 10 am

- Meet and elect our volunteer board members.
- Give feedback to the organization.

Guest Speaker: [Stephanie Kishimoto](#),

Topic: Sleep Fundamentals

Child and Infant Sleep Consultant, Sleep Educator,
Certified Gentle Sleep Coach, Founder of Sleeping Beauties

**Have your children cared for by staff and entertained by:
James Funnyhat**

Brunch at the close of the meeting

Your participation in this event would be greatly appreciated.

Confirm your attendance and childcare needs

Please email rlai@cmcp.ca or sign up at any CMCP site



Stephanie Kishimoto

Child and Infant Sleep Consultant, Sleep Educator, Certified Gentle Sleep Coach.
Founder of Sleeping Beauties.

A mother to two beautiful little girls. As a certified Gentle Sleep Coach, she believes in fostering a strong attachment between parent and child, and provides gentle sleep solutions to tired families around the world. She focuses on empowering parents with the knowledge and tools required to implement and maintain healthy sleep habits for their children. Having lived through postpartum anxiety herself, she understands the difficulties of being a new parent, and has seen first hand how intrinsically different each child can be. As a result, she uniquely tailors each and every sleep plan she creates, taking into account the age and temperament of the child, parenting style, family dynamics and ultimate sleep goals.

- Stephanie does not promote the Cry-It-Out approach.
- Stephanie offers UNLIMITED support to her clients as she works together with them to reach their unique sleep goals.
- Stephanie offers overnight coaching if parents feel they need additional support in implementing the sleep plan.

www.sleepingbeauties.ca

