



HOPE Parenting Conference | May 3, 2025

Join us for a day of learning and inspiration



**DR. BRAD
REEDY**



**DR. CARMEN
LALONDE**



**KARLEIGH
DARNAY**

8:15 a.m. to 2:15 p.m.

Toronto Botanical Gardens
777 Lawrence Avenue East

REGISTER TODAY

Generously
Sponsored by:





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For parents, guardians and professionals who support youth and their families. This conference brings together a diverse, engaged community to share insights and build connections. Enjoy a delicious breakfast and lunch. Plus a fun silent auction and exciting giveaways! [Register today.](#)



Dr. Brad Reedy, Ph.D., Author of *The Journey of the Heroic Parent* and *The Audacity to Be You*. Host of the podcast *Finding You and Founder* and Chief Clinical Officer for Finding You Therapy Programs. Dr. Reedy will share practical strategies to build healthier relationships with your child and yourself.



Dr. Carman Lalonde, Ph.D., Clinical Psychologist and Founder of Lalonde Psychology. Specializes DBT, trauma, complex personality disorders, and concurrent psychiatric conditions. Dr. Lalonde will offer fresh and inspiring insights on parenting and overcoming challenges.



Karleigh Darnay MSW., Director of Clinical Practice and Implementation at Youth Wellness Hubs Ontario (YWHO). An expert in interventions for youth disconnected from work, school, and community. Karleigh will share innovative strategies and introduce YWHO Hubs launching across Ontario.

About HOPE

We are a community-based, parent-run, non-profit organization that offers hope, encouragement, resources, and education in a safe, confidential, and supportive environment to parents who are troubled by the behaviours of their teen or adult children. Learn more: www.hope4parents.ca