

# Elaine Uskoski

Author - Speaker - Holistic Practitioner

---

*Elaine Uskoski* is a speaker and author of the book, *Seeing Through the Cracks* (currently available online, only at [Wattpad.com](http://Wattpad.com)). She is also the mother of two adult sons, and resides in Guelph, ON. Through the sharing of her story and personal experience with her youngest son, Elaine now speaks out about video gaming addiction and why some are vulnerable to taking this fun and stress-relieving activity to a life-altering addictive stage. She champions for her own children with strength and compassion and carries that learning to other parents and their children, to make the world a safer and better place

As a speaker, Elaine Uskoski's 'tell-it-like-it-is attitude' is a refreshing approach to addiction. Her talk is called "One More Level: Video Gaming Addiction" and has been created for 3 different audiences; being parents, students, and teachers/therapists.

## Recent speaking

- Guest speaker at Mindfest, U of T annual mental health summit - October 2017
- Round Table Discussion at Pope Francis School, Toronto – November 2017
- Board member - Balanced Technology Management Committee, Guelph - current
- Speaker – Humberview Secondary School, April
- Speaker - Energize Guelph - Power Off and Play, April
- Panelist - CAMH The Centre for Addiction and Mental Health Ottawa, June



As a leader, Elaine is a certified Iridologist, Thought Field Therapy practitioner and nutritional expert. Elaine has an extensive background in social services and over 15 years of clinical experience.

As an author, Elaine's book spent several weeks on the Wattpad 'hotlist' for non-fiction authors. She won a Wattys Award for Originality in 2017 for her book *Seeing Through the Cracks*; the highest online award. With over 90,000 reads in just over a year, this is a valuable resource with insights for parents to learn how to navigate staying connected to their children, even as adults.

*"Elaine's heartfelt and compassionate way of sharing her story, while speaking opens a door that shines light on video gaming addiction. She is able to not only help other parents but invites a non-judgmental discussion with youths who may be struggling with this addiction."*  
Christine Veres

*"You and your book were pivotal to the change in the relationship between my son and me! Please don't underestimate the strength of your own story. We are out there with no one to turn to and nowhere to go. What do we do? How do we parent what we don't understand? You really, really helped me and stopped me from letting my son go solo when I knew he wasn't ready. He is safe and still learning and I'm still mum. There are no words to describe your empowerment when I thought all was lost."* Janet Orr, Parent

*"When I reached the end of the book I almost cried...I never wanted this book to end. It's a guide for us children too and the story is really inspiring. Please write book 2."*  
D. Chakroborty, Student