

Elaine Uskoski

Author - Speaker - Holistic Practitioner

Elaine Uskoski is a speaker and author of the book, *Seeing Through the Cracks* (now available on [Amazon.ca](https://www.amazon.ca)). A mother of two adult sons, Elaine resides in Guelph, ON. Through sharing her story and personal experience with her youngest son, she now speaks out about Video Gaming Disorder 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 shares that learning with other parents and their children, to create a safer and better world.



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

Recent Upcoming/Speaking

2019

- June 24th - Wahta Mohawks Dinner & Speaker Community Event, Wahta Mohawk Territory, Bala, ON
- May - Holy Cross Catholic Academy, Woodbridge, ON
- April 3 - Macville School, Caledon
- March 28 - Guelph Collegiate Vocational Institute, Guelph, ON
- February 28 - C.R. Marchant Middle School, Toronto, ON
- Jan 30th - Fiix CMMS Software - Bell Let's Talk presentation on Technology & Mental Health.
- Jan 28th - MoMondays: Real People, Real Stories, Real Inspiration in Guelph, ON

2018

- A Night of Sharing, Hartcourt Memorial Church, Guelph – Dec 3/18 – PUBLIC
- SierraAcres Equine Assisted Healing Center – October 16th – PUBLIC
- Association of Iroquois & Allied Indians (AIAI) Wellness Conference – Niagara Falls – September 26/18
- A Night of Inspiration – Homewood Health Center August 28, 2018
- CBC Radio June 27, 2018
- CAMH-Parents Concerned About Excessive Video Gaming & Tech Mis-Use Among Youth (15-25) June 2018
- Panelist – CAMH The Centre for Addiction and Mental Health -Problem Gambling & Addictive Behaviour Provincial Forum, Ottawa, June 18, 2018
- Panelist Speaker – Balanced Technology Management – Power Off & Play Launch – June 16th, 2018
- Speaker – Humberview Secondary School, April 2018
- Panelist- Mayfield Secondary School, February 2018

2017

- Board member – Balanced Technology Management Committee, Guelph – current
- Round Table Discussion at Pope Francis School, Toronto – November 2017
- Guest speaker at Mindfest, U of T annual mental health summit – October 2017

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As a leader, Elaine is a certified Iridologist, Thought Field Therapy practitioner and nutritional expert. She brings an extensive background in social services and over 17 years of clinical experience.

As an author, Elaine's book; *Seeing Through the Cracks*, spent several weeks on the Wattpad 'hotlist' for non-fiction authors. She won a 2017 Wattys Award for Originality; the highest online award. With over 130,000 reads, it's a valuable resource with insights for parents to navigate staying connected with their children, even as adults.

Community Give Back

- Member – Balanced Technology Management Committee, Guelph
- Volunteer – Homewood Health Centre

Testimonials

"I'm very glad I attended Elaine's talk at Humberview. It was informative, and I really appreciated her sharing her own account of the challenges she faced with her son's video gaming addiction. This allowed the audience to relate, and help recognize some of the red flags of potential problems arising or existing. She also shared resources that can help families get the help they need." - Christine Calzato

"I really enjoyed the Video Gaming Presentation. It was informative, educational but most of all, honest. It opened my eyes to the danger of gaming and to recognize the signs before it's too late. Thank you Elaine for sharing your story and educating parents." - Cinzia Consorti

"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



Presentation Evaluations

- *“Love hearing from someone with real life experience, probably (actually) it was my favourite part of the Forum. Please continue to include a panel like this.”*
- *“Very impactful, especially hearing both the parent and adult child points of view.”*
- *“The presenter did an excellent job sharing their story, while including a lot of very important details regarding their unique experiences.”*
- *“Her story was relatable, chronological order, honest, and fluent.”*
- *“Lived experience is invaluable. A very powerful and emotional story that really hit home the relevance of digital dependency.”*