



Several years ago, Elaine Uskoski faced one of the biggest crisis of her life when she learned her youngest son Jake was addicted to video gaming.

She put everything on hold to deal with the magnitude and seriousness of his obsession. At the time, there was little known about this type of addiction and Elaine found herself focusing all her energy on research, learning everything she could so she could help her son. She married this insight with her 18 years' experience in social service work and health and wellness

With knowledge, patience and perseverance Elaine was able to successfully help Jake regain his physical and emotional health.

She chronicled her experiences in her book "Seeing through the Cracks " and now shares her powerful message of hope and awareness through her work as a coach for parents and speaker.

Elaine has been featured by many media outlets including CBC's The National, The Wall Street Journal, CBC Radio, CHCH, and Rogers TV