

BE KIND. BE PATIENT. BE GENEROUS. BE ACCEPTING.
BE ALL OF THESE THINGS TO YOURSELF.
THAT IS WHERE IT BEGINS.



ABOUT US

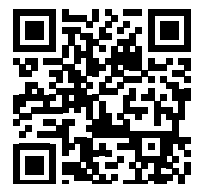
CONNECTIONS & GUIDANCE

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MEET OUR TEAM

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ABOUT US

Ignited Mothers Coalition is an initiative dedicated to lifting up mothers, caregivers and their allies. Our objective is to create an open and safe support network, while shifting the narratives about mental health and isolation. We aim to create opportunities for meaningful connections, education, impactful experiences and lasting change.

Ultimately, we want people, especially Mothers and Caregivers, to know they are not alone and that self-care, compassion and finding joy are all worth it! Not just for them but for their kids, family & community.

HOW WILL WE DO IT?

Connection & Support:

- Cultivating a genuine, support system both online and in-person. Shifting the narratives around caregiving, isolation, loneliness, self-care, identity and purpose.

Access & Guidance:

- Helping find the guidance, support and resources people need. Sometimes, we all need a little support and help taking the first step...

Events & Workshops:

- Exploring opportunities to learn new skills, enjoy meaningful experiences and connect with other like-minded people.

CONNECTIONS & GUIDANCE

1. TAKING THE FIRST STEP IS HARD

Getting help when you need it and from the right person isn't always an easy journey. You may not have family close by or feel like you have the resources, emotionally or financially, to make the changes you need for you and your family. This is where we can help...

2. IMC PARTNERS & EDUCATORS

We are committed to connecting those who need help with those who can provide assistance. We strive to only accept guest speakers, educators and partnerships from companies and individuals that align with our Ignited Mothers Coalition mandate to create a safe, open and supportive community.

3. LET'S TALK "MOTHERHOOD" PODCAST

Motherhood & caring for others is a profoundly life-changing role. It can make you laugh, it can make you cry, it is almost always a little messy and most definitely is never boring. Although it can be joyful, it can sometimes be overwhelming, heartbreaking, guilt-ridden and isolating. The Let's Talk podcast takes us on journey to shift the narratives around what it means to embrace "Motherhood". We'll explore relevant topics through candid personal stories and professional guest speakers.

"No one can do everything but everyone can do something, and together we can change the world." Ronald J. Slider

UPCOMING EVENTS & SERIES

IMPRINTS OF ME!

April 30, 2022

Ignited Mothers Coalition is so pleased to invite you to join us for a fun & safe afternoon of body part imprint art-making, a little food and drink with a whole lot of fun mingling with other fantastic women. Have fun, be creative but most importantly, honour where you are and where you are going.

GLOW FIT

May 11 to July 27, 2022

Glow Fit is a 12-week program designed for mothers, caregivers and allies wanting to get healthy and active. This program is not about losing weight but building stamina and confidence. We want to get people active and out. We offer this 12-week program to foster accountability, community and people find their joy. This program is about building our community. This program is a co-ed series.

PARENTING IN THE WILD

May 7 to May 28, 2022

Monthly connection event for parents. Clients will hike to destinations and be lead through movement exercise (yoga) and therapeutic lecture series on parenting. This program is designed to build confidence, connections, physical activity, getting real about parenting and healing from mistakes of our parents. Step outside the box and ground yourself to actionable parenting tactics and support systems.

BREATH WORKS

May 24 to June 14

Join Kendra Coupland for a 60 minute guided meditation and mindfulness practice Tuesdays at 6PM from May 24th to June 14th. This guided meditation, referred to as 'yoga nidra' is practiced laying down, so we invited you to make yourself comfortable for this stress-reducing practice.

AUDIENCE & DEMOGRAPHICS

Our primary audience is Mothers, whether they are soon to be, brandnew, experienced or have embody the spirit of motherhood as a caregiver to their chosen tribe.

AGE & GENDER

Women and Men
Age 19+

OCCUPATION

Household CEO,
Entrepreneur, Freelancer,
Student, Artist and/or
Professional.

FAMILY LIFE CYCLE

Mothers, Fathers,
Grandparents, Aunts, Uncles,
God-parents, friends and
support Allies.

MARKET(S)

1. BC Lower Mainland
2. British Columbia
3. Canada & USA



MEET OUR TEAM

We, Alexis and Jenn, are driven by the desire to make impactful and sustainable change for ourselves, our kids, our families and community. But beyond that, we want to recognize that the support systems we both have are not always available to everyone so creating a coalition of compassionate allies, we can better connect those who need help with those who can provide assistance while inspiring a little joy along the way.



ALEXIS VERDICCHIO

With over a decade of experience in management, human relations and event planning, Alexis brings a specialized skill set in program logistics and a talent for bringing people together. She enjoys nature, hiking, and events. She and her husband are parents of two young adults & one fur baby.



JENN FARRELL

Mom of three fantastic teenage boys, a foodie, wine devotee, creative, outdoors enthusiast, wanderlust & West-coaster at heart. She is a web & graphic designer specializing in digital marketing, search engine optimization and copywriting.

GET IN TOUCH

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