



## MEDIA RELEASE

For Immediate Release

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### The City of Brantford announces a new podcast that discusses *The Messiness of Parenting*

**BRANTFORD, ON** – The City of Brantford, in partnership with Child and Family Services of Grand Erie, is pleased to announce *The Messiness of Parenting*, a new podcast dedicated to discussing the joys and challenges of parenting. This weekly podcast, launching Thursday, September 26, 2024, will include local parents sharing their experiences, finding comfort in common challenges, and discovering practical tips and innovative ideas for navigating parenthood.

“The *Messiness of Parenting* is a wonderful resource for both new and veteran parents,” says Mayor Kevin Davis. “It not only highlights the struggles that parents face but also showcases the incredible resilience that defines parenthood. I encourage all parents to listen to this podcast.”

The *Messiness of Parenting* podcast is hosted by Child and Family Services of Grand Erie and will consist of 12 episodes featuring guest speakers who will share local parenting resources. The City of Brantford is supporting the podcast through funding from the Ministry of Education Mental Health program.

“Our aim is to foster an environment where parents feel seen and heard,” says Karen Bulmer, host of *The Messiness of Parenting*. “Parenting can often feel isolating, but through our discussions, we hope to remind everyone that they are not alone and that they are indeed the best parent for their child.”

Listeners can now access the trailer and follow new episodes weekly beginning September 26 on [Apple Podcasts](#) and [Spotify](#). For more information, follow *The Messiness of Parenting* Pod on [Instagram](#).

This podcast meets a key goal of the city’s [10-Year Children’s Services Plan: Building Our Community from the Kids Up](#) by providing access to parenting resources through the use of technology.

**Media Contact:**

**Kelly Page** | Communications Specialist, Communications and Community Engagement  
City of Brantford | 519-759-4150 ext. 5779 | [kpage@brantford.ca](mailto:kpage@brantford.ca)

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