

MC/Host:



Michelle Mackey (she/her)

Michelle Mackey is a news reporter, anchor and weather specialist with CityNews Toronto. You can also find her on TikTok where she's amassed a following of more than 350,000 people. Michelle is a proud mental health advocate, sharing her story of recovery from an eating disorder in hopes of inspiring those suffering and their loved ones.

Panel Moderator:



Asante Haughton (he/him)

Asante Haughton is a lot of things--entrepreneur, activist, organizer, speaker, writer, poet, and mental health worker. His accomplishments include two TEDx talks and being named as one of Canada's top 150 influencers in mental health. Most notably, he co-founded the Reach Out Response Network, an organization whose advocacy directly paved the way to the Toronto Community Crisis Service, a new fourth emergency service that supports folks in mental health crisis with mobile crisis teams instead of police officers. In his day job, Asante is the Manager of Storytelling at Unsinkable, a mental health organization that amplifies stories for the purpose of awareness and change.

A lover of celebrity gossip and sports analogies, Asante's passion is for the betterment of all people. He is engaged in the lofty ambition of trying to change the world, one person and one community at a time.

Panelists:



Patricia Hoi Ling Ki (she/her)

Patricia is an immigrant-settler of Chinese/Hakka descent living in Tkaronto. Arts-maker, writer, educator, forever a co-learner. Currently serving the community at Toronto Art Therapy Institute as executive director. Art therapist, social worker, PhD in Critical Disability Studies.



Anita Federici (she/her)

Dr. Anita Federici is a Clinical Psychologist and the Owner of The Centre for Psychology and Emotion Regulation. She serves an Adjunct Faculty position at York University and is a distinguished Fellow of the Academy for Eating Disorders (AED). From 2019 - 2022, Anita

served as the elected Co-Chair for the Suicide and DBT Special Interest Group (SIG) for the AED and currently sits on the SIG Oversight Committee. Anita has had a considerable impact on the field through her leadership, advocacy work, and expertise. To date, she has provided more than 375 lectures, workshops, and invited talks on eating disorders, MED-DBT, compassionate care for complex needs, and developing differential care pathways that integrate biotemperament-based approaches, experts-by-experience, and ethical care. Her work has been presented at international conferences and published in peer-reviewed journals and invited book chapters.



Kenzie Brenna (she/her)

<https://www.instagram.com/kenziebrenna/>

Kenzie has been a Canadian content creator for the last 6 years, having hundreds of thousands of people follow her digital journey of weight loss to self-love. She likes creating conversations around self-acceptance, mental health and self-love but also enjoys speaking about politics and culture. Kenzie has her own podcast called "Conversations with Kenzie" where she gets to explore some of these topics in depth and it has reached thousands of listeners. Kenzie is also an international speaker and enjoys cuddling with her dog and loves pineapple on pizza.