



Request to Appear as a Delegation

Preferred Council Meeting Date: May 5th 2026

Second choice(s):

Subject matter: Maternal Mental Health Day

Name of person(s) making presentation: Isabeau (Issy) Venables

Address:

Phone:

Email:

Please provide details of your presentation or request of Council here: (or provide a detailed attachment)

I will be giving a short verbal presentation on maternal mental health. My personal experience with perinatal mental health and navigating the mental health system in Penticton. I have strived to grow maternal mental health awareness in Penticton through hosting and supporting past community events like Flora's Walk for Perinatal Mental Health and Climb Out Of The Darkness. And in 2026 I continue to spread awareness by supporting upcoming community events like Baby Proof Your Relationship - Preparing Your Relationship for Pregnancy & Postpartum. Increasing awareness will drive social change with the goal of improving community access and supports for women and families experiencing all types of perinatal mood and anxiety disorders (PMADs), and reducing the stigma of maternal mental illness.

Please note:

- Meetings may be held electronically. Participation details will be confirmed with you prior to the meeting.
- This form and submissions will become part of the public record.
- The Mayor has the authority to determine if the subject matter warrants the delegation to appear before Council and may determine at which meeting.
- Please submit this completed form at your earliest convenience. Written Requests to Appear are to be received by the Corporate Officer, no later than noon Monday, one week prior to the Council meeting. Please include a copy of all materials that will be discussed.
- If you'd like to share a PowerPoint with Council, email it to the Corporate Officer by 9:30 a.m. Wednesday prior to the Council meeting to be included with the Agenda. If presenting via zoom, please be prepared to share your screen.
- **Delegations are limited to 5 minutes.**

Legislative Services

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