



MEDIA ADVISORY

For immediate release: Thursday, October 16, 2008.

A Variety of MOM Perspectives

Inaugural Calgary momcafé event for the entrepreneur Mom, corporate Mom, stay-at-home Mom

momcafé will be holding its first Calgary event on Friday, November 7 at the Earls Restaurant Westhills. Calgary entrepreneurial and corporate moms **Kathryn Bechthold**, creator of The Mompreneur™ Networking Group Inc and The Mompreneur™ Magazine, and **Christi Cruz**, Senior Manager of Community Investment for TELUS, will share their diverse experiences as busy Moms trying to find balance between work, life and raising a family.

momcafé provides support and resources for professional moms in the form of monthly meetings and quarterly seminars, where moms can network, learn from great speakers and share ideas with other moms. Moms can listen to the speakers and engage in uninterrupted conversation while children aged 0 to 12 years old are supervised in an onsite childcare area provided by Inspired Nannies. Or, if preferred, babies and older children may also choose to sit closer to their Moms.

Vancouver residents Jill Earthy and Hilary Wooller founded momcafé in September 2007 after identifying a huge lack of resources for moms needing business and professional support, and a forum for networking with other moms. After a year of sold-out events in Vancouver and a rapidly growing membership, momcafé is expanding to Calgary and other cities across Canada.

What: momcafé inaugural Calgary event

When: 9:30 a.m. – 11:30 a.m.
Friday, November 7, 2008

Where: Earls Restaurant Westhills
140 Stewart Green SW, Calgary

Who: **Kathryn Bechthold, creator of The Mompreneur™ Networking Group Inc and The Mompreneur™ Magazine**

Kathryn Bechthold is the creator of The Mompreneur™ Networking Group Inc and The Mompreneur™ Magazine. She provides



information, inspiration and education to Mompreneurs™ looking for success with running their own businesses and balancing their family lives. She has been nominated for a Bennett Jones Emerging Enterprise of the Year Award, has appeared on countless TV, radio and newspaper interviews, and has taken her magazine to a national level all while raising her two-year-old daughter.

Christi Cruz, Senior Manager of Community Investment for TELUS

Christi Cruz is a Senior Manager of Community Investment for TELUS where she's responsible for developing provincial and national strategies, managing key relationships and directing the work of the TELUS Calgary Community Board. She also presents at various national conferences, teaches at Mount Royal College and has written two textbooks for curricular use in the College. Although passionate about her work, her first passion is her family, her husband and two young girls.

Cost: **\$32.00** non-members - **\$26.25** members (including GST)
Onsite childcare is available for an additional fee.

To register: www.momcafe.net/register/17

A portion of the event proceeds will go to a charity supporting women and children.

Thank you to our community partners: AWE, Please Mum, spud.ca, Inspired Nannies, Natural Pod.

For additional information please contact:

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