



Menopause Navigator

Resources for Clients in Peri/Menopause

SOCIAL MEDIA - INSTAGRAM

- [Menobodies](#)
 - Real life lessons from a therapist going through perimenopause
- [menopausefoundationcanada](#)
 - lots of researched and credible info
- [adhdmenopause therapist](#)
 - Mandy Dixon is a therapist who share a lot on ADHD and menopause and uses great facts and humor
- [menopause doctor](#)
 - Physician and author Dr. Louise Newson

PODCASTS & WEBSITES

- [Menobodies Podcast](#)
 - My podcast sharing community, tips, stories and laughs
- [The Menopause Society](#)
 - A list of healthcare practitioners who have completed a menopause certification.
- [Winona](#)
 - There are many free educational resources on this site
- [Not Your Mother's Menopause Podcast](#)
 - Dr. Fiona Lovely shares her knowledge and has several guest specialists.

BOOKS*

- [The New Menopause by Dr. Mary Claire Haver, MD](#)
- [The New Perimenopause](#) by Dr. Mary Claire Haver, MD (publishes April 7, 2026)
- [The Menopause Brain](#) by Lisa Mosconi, MD
- [Pliss Off Perimenopause](#) by Emma Warwick McElhinney (publishes February 17, 2026)

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Peri/Menopause Education

Neon Lavender Therapy and Wellness

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