

Meghan Graham

Speaker | Workshops | Facilitator
Entrepreneur



Meghan Graham is a Canadian speaker, award-winning entrepreneur, event host, workshop provider, and Learning Facilitator who brings honesty, humour, and heart to every stage. A proud neurodivergent mom of three young adults, Meghan turned her lived experience into advocacy, founding *Community Connection Day™*, a growing initiative that celebrates neurodiversity, disability inclusion, and belonging.

Through her workshops, speaking engagements, peer support groups, and coaching, Meghan empowers others to embrace their differences, rebuild identity after burnout or caregiving, and create spaces where they can thrive.

Areas of Expertise

- Neurodiversity, Disability & Inclusion
- Midlife, Menopause & Mental Wellness
- Overcoming Adversity & Building Resilience
- Reclaiming Identity After Caregiving Burnout
- Advocacy Through Storytelling & Lived Experience
- Authentic Leadership for Neurodivergent Professionals
- Creating Inclusive, Sensory-Friendly Communities & Events
- Entrepreneurship That Works With Your Brain, Not Against It

I had already known EXACTLY what to expect thanks to the incredibly amazing Autism Mama Guru Meghan Graham. She has helped and guided me through this entire process since Elliot's diagnosis. She is absolutely amazing!

~ Katherine, mom

Signature Talks & Workshops

- Peer Support Groups
- Diagnosis: Now What?
- Leading With Lived Experience
- Reclaiming Identity After Caregiving
- Building a Business That Works With Your Brain
- Creating Communities Where Everyone Belongs
- The Language of Neurodiversity: Making the Invisible Visible

“Meghan created a very supportive, accessible event that all who took part can be proud of, I am honored to be a part of it.”

~ Sarah, Compassionate Creations

Contact

📞 289-489-7654
✉️ hello@MeghansMoments.com
📍 Hamilton, ON Canada
LinkedIn: @meghan-rm-graham

Social Media



@meghans_moments
www.MeghansMoments.com



@CommunityConnectionDay
www.CommunityConnectionDay.com

Media, Partnerships & Awards



ROGERS tv.

CABLE 14

GRAND 101

TheIssue.
Lip2Pint

ABOVE & BEYOND

92.9 THE
Grand

BUMP, BABY
& Toddler

MOHAWK
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Best Professional
Coaching