

SANDI MACDONALD

Sandi MacDonald is the Executive Director of the International Association for Premenstrual Disorders (IAPMD), an organization she co-founded due to her lived experience with Premenstrual Dysphoric Disorder (PMDD). With over twenty years of experience working in the mental health and human services fields, Sandi knew the power of peer support to inspire hope, build connections, and empower individuals as they cope and treat their mental health conditions. She has been instrumental in the development of IAPMD's peer support program which has now grown to a team of three dozen volunteers and trainees, supporting thousands of individuals with premenstrual disorders each year.

Sandi is a graduate of Cape Breton University with graduate certificates in counselling skills, adult education, and community development. She is also a Certified Peer Specialist, Certified Family Life Educator, and WRAP Facilitator, trained in ASIST, NVCI, CISM and more.

Sandi resides in Halifax, Nova Scotia, Canada.