

## Ep 38 | Bleeding Hearts and Mother Stories Part II:

with Meg Flather, Ann Kittredge, and Harriet Shugarman

Today we continue with Part II of our special 2-part series dedicated to Mothers.

We are #LIVEintheHive with my special guests, 3 women I adore, to continue talking about the complexities and paradoxes of MOTHERHOOD, the complicated mother-daughter relationship, care-giving a parent, the joy of having children, the choice not to have children, the care taking of Mother Earth and the mentoring of young people.

**Meg Flather** is a two-time Bistro Award winner and a four-time Manhattan Association of Cabaret and Clubs (MAC) Award winner. Meg has released eight CDs of her original music, authored *Home Shopping Diva*. . . *Lessons, Lyrics and Lipstick* - and *Hold On Tight*. . . a love story. Her one-woman musical, *Hold On Tight*, partners her original songs and stories from her book of the same name about caring for a parent with dementia, for which she received the award for *Best Storytelling Show from The United Solo Theatre Festival*.

<https://megflather.com/>

<https://www.youtube.com/@megflatherable>

**Ann Kittredge** has worked on and off Broadway, TV, concert halls, and regional theaters nationwide, has been a parent advocate and leader in the NYC Public School System, and as a cabaret performer has won multiple awards, including a 2025 Bistro for her album, *Romantic Notions*

<https://www.annkittredge.com/>

<https://www.youtube.com/@AnnKittredge>

**Harriet Shugarman** is one of the leading voices in the global parent climate movement, the founder of ClimateMama, and the award-winning author of *"How to Talk to Your Kids About Climate, Turning Angst into Action."* Harriet is the chair of the Advisory Council for Our Kids Climate, an anchor organization connecting national and grassroots groups from more than 50 countries working on intergenerational organizing and engagement strategies. Harriet is a mentor and leader with the Climate Reality Project and the recipient of the prestigious Climate Reality Alfredo Sirkis Memorial Green Ring Award.

<https://www.linkedin.com/in/harrietsugarman/>

<https://www.instagram.com/climatemama/?hl=en>

**“Let us dedicate this new era to mothers around the world, and, also to the mother of all mothers — Mother Earth. It is up to us to keep building bridges to bring the world closer together and not destroy them to divide us further apart.” – Suzy Kassem**



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OF  
EVERYDAY**  
with  
**SANDRA BARGMAN**

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