

Shelley Kolton

Shelley is the founding partner of the first all-women's medical practice, Downtown Women OBGYN in New York City, 41 years ago. She has spoken publicly on subjects of menopause, LGBTQ+ healthcare and pregnancy over 40. She has been published in several medical journals and published her first book, "Brain Storm A Life in Pieces" in 2022. She lives in New York City with her wife of 21 years, and their dog, Leo. She has two daughters in college and one who is the Culinary Director of the Sailing Collective and co-owner of Big Little Get Together. Yael has been in private practice for over 30 years. She specializes in trauma, and utilizes IFS, EMDR and relational psychotherapy to enable clients to heal mind body and soul. Yael practices in Stamford CT and New York City. Her three children are grown and she lives in Stamford with her husband and dog, Piper.