

Hope Help



Healing

Hope is Possible

Often times life's circumstances will test your very own faith. It can leave you feeling helpless, hopeless, and alone. My passion comes from empowering others to walk through life's challenges. That is why I developed and founded Wisdom Through Encouragement. We are a non-profit focused on faith-based and trauma-informed healing for women and children ages 6-17. Wisdom Through Encouragement is a fusion of Christian values in life, faith, family, and of course, fun. It is my honor and passion to walk alongside individuals and provide them the knowledge and hope to persevere.

Help is Available

Personal Healing
Women and Children
Ages: 6-17

Personal Trauma
Emotional Harmony
Depression
Anxiety
ADHD

Healing is Possible

I believe safety, transparency and faith are paramount in the healing process. In order for that to begin, a strong therapeutic relationship must be developed through trust. I have broad clinical experience in residential treatment centers, crisis intervention, and in-home mobile therapy services with training in Trauma-Focused Cognitive Behavioral Therapy, Trauma Informed Care, Attachment Theory, Cognitive Behavioral Therapy, and faith-based approaches.

Find Your Freedom with Faith-Based Personal Healing

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