

Heal. Recover. Reclaim Your Life.

You don't have to face trauma or addiction alone. Healing is possible—and support can make all the difference.

I'm a Life & Recovery Coach specializing in sexual trauma and addiction, with over 10 years of experience helping individuals move from survival to healing and personal freedom. With advanced training in psychology, certification in life and recovery coaching, and a background in clinical mental health counseling, I offer compassionate, trauma-informed support grounded in both professional expertise and lived experience.

A Safe Space for Healing and Growth

My coaching is designed to meet you where you are. Whether you are early in recovery or seeking deeper emotional healing, I provide a supportive, nonjudgmental environment where you can explore your experiences, strengthen coping skills, and begin building a life aligned with your values.

As a woman in recovery myself—and a wife and mother of four—I understand the courage it takes to begin this journey. You are not broken. You are capable of healing, growth, and lasting change.

How I Can Support You

- Healing from sexual trauma or abuse
- Recovering from addiction or compulsive behaviors
- Struggling with shame, guilt, or emotional overwhelm
- Seeking stability, clarity, and emotional resilience
- Ready to move forward with purpose and intention

My Mission

My mission is to help individuals heal from trauma and addiction by providing compassionate, evidence-informed coaching that empowers lasting recovery, restored identity, and meaningful change.

Take the First Step

You don't have to have it all figured out to begin. If you're ready to explore what healing could look like for you, I invite you to take the first step.