



# LET'S TALK ABOUT US

Tonia is a passionate advocate for mental wellbeing and self-compassion. Her journey hasn't been without challenges, navigating periods of anxiety and burnout taught her the importance of slowing down, setting boundaries, and prioritizing inner peace. Over time, she learned that mental health is not a destination but a daily practice, one that thrives on kindness toward ourselves and openness with others.

Today, she shares her experiences through facilitating Family Support Groups, Mental Wellbeing and Crisis Counseling to help others feel less alone in their journey. She believes in normalizing conversations about mental health, breaking stigma, and creating safe spaces where people can be heard without judgment. Whether it's through mindfulness, journaling, or simply taking a deep breath, encouraging small, consistent steps toward emotional resilience.

Tonia's goal is simple: to inspire others to embrace their whole selves—flaws, strengths, and everything in between—because mental wellbeing is not about perfection, but about balance, connection, and hope.





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- Today, Tonia combines her professional skills in
- Certificate from Institute for Educational Therapy Certified Hypnotherapist /2021
- Crisis Management
- Certified Family Supports Facilitator for national nonprofits groups
- Presenting Sharing Hope talks
- Over 20 years working in Human Services, SHRM-SCP





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## Specialties and Expertise

- Coping Skills / Verbalizing Emotions
- Cognitive Restructuring / Therapeutic Alliance
  - Body Image / Depression
  - Family Conflict / Grief
- Relationship Issues / Self Esteem
  - Stress / Substance Use
- Suicidal Ideation / Trauma and PTSD
  - Women's Issues

