



MEET YOUR ALUMNI STAFF!

For a full Alumni calendar of events, please visit our [landing page](#)! Alumni offerings are non-clinical and free of charge.



EVA (SHE/HERS)

*Charlie Health Alumni Experience Manager
Animal lover, Mom, Avid world traveler*

Leads Alumni College & Recent Grad Group,
Movie Nights, Bingo, Discord Game Breaks

Message to Alumni: "The alumni program is here to support you whether you graduated yesterday or a year ago. You can always come back and find a place to connect."

You can ask questions or say hello by emailing eva.robbins@charliehealth.com.



MEGAN (SHE/HERS)

*Charlie Health Alumni Experience Coordinator
Runner, yogi, foodie, Board Certified Coach, dog mom*

Leads Alumni Yoga, 25+ Process Group,
Discord Trivia, College & Recent Grad Group

Message to Alumni: "Being an Alumni gives you a built-in community to process life after graduation: the positive, challenging and everything in between. You matter today, tomorrow, and always."

You can ask questions or say hello by emailing megan.heckel@charliehealth.com.

MEET YOUR ALUMNI FACILITATORS!



LEX (THEY/THEM)

Recreational Therapist, music and video game lover, knitter, crocheter, neurodivergent, queer, disabled

Leads Alumni Saturday Process Groups, D&D Workshops, Creative Art Social Hours, Knitting & Crocheting, 25+ Group

Message to Alumni: "The road to healing does not expect perfection! There will be bumps along the way but know that you are capable, you are loved, and you are deserving of kindness and understanding!"



JENNY (SHE/HERS)

Art Therapist, Mom, Artist, Gaming Enthusiast

Leads Alumni Studio Art Groups, Altered Book Workshops, Family Art Night

Message to Alumni: "Everything is temporary. The discomfort, the pain, the not so great situations, all of that is temporary. Focus on the good and positive. "

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JILL

*Experiential Therapist, Artist/Teacher
Texas Master Naturalist*

Leads Alumni Art Journal and Nature Based Wellness, Anime Club, Tarot 101 Workshop

Message to Alumni: "The entire universe is conspiring to give you everything that you want." Abraham Hicks

ALLIE P. (SHE/HERS)

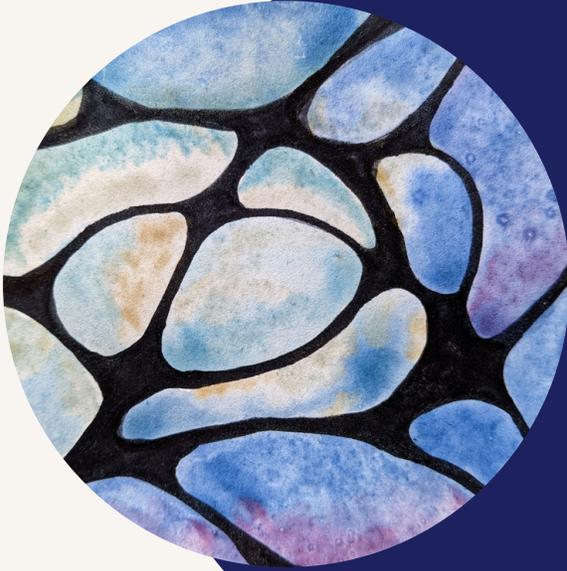
*Charlie Health group therapist, curriculum writer,
neurodivergent, dog mom, musician, cooking enthusiast*

Leads Alumni Neurodivergent Groups

Message to Alumni: "Grow always--never stop cultivating a mindset of learning about yourself. The more we know about ourselves, the better we can help ourselves and connect with others. Keep moving forward, one step in front of the other. You are the light! "

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KATRINA (SHE/HERS)

Charlie Health group experiential therapist facilitating art and expressive arts therapy. Clay artist. Center through nature hikes, journaling for self-care. Board member of expressive arts association.

Leads Alumni Neurographic Art Workshops,
Moon Journal Studios

Message to Alumni: "As a group facilitator, it's great to see familiar faces and hear how your journey of health continues. "



ELIZABETH (SHE/HERS)

Director of Creative Arts Programming/Music Therapist

Leads Alumni Music & Wellness Groups

Message to Alumni: "I think it's amazing to always have a support group to lean on at Charlie Health even after treatment. Do not be afraid to use it or ask for help. The healing process and becoming our better selves is constant and never ending."

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MIOSHI (SHE/HERS)

Meditation Healer, Dancer, poet, tarot /oracle card reader, snake mom, wellness coach, CEO of a nonprofit MOTRT

Leads Alumni Adolescent & Teen Process Groups

Message to Alumni: "There is nobody in this world walking in your shoes, remember to journal your experiences. Your story matters. Your story is the future's history and guide to more answers to healing. "



DANE (HE/HIM)

Game Nerd, Experiential Educator, Hiker

Leads Alumni Sketchnoting Groups and Workshops, Discord Game Breaks, Minecraft Group

Message to Alumni: "We don't have to be stuck between thinking life has only two paces: fast or slow. We can choose a pace that works for us, a deliberate pace. "

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AUSTIN (HE/HIM)

Charlie Health Contemplative Practitioner

Leads Alumni Young Adult Process Groups, Yoga, Meditation, Sleep Yoga Workshops

Message to Alumni: "While it is always best to believe in oneself a little help from others can be a great blessing"- Uncle Iroh



KRISTIANA (SHE/HER)

Charlie Health Creative Arts Therapist, Board-Certified Music Therapist (MT-BC), BIPOC, Filipina, queer, disabled, nerd

Leads Alumni Songwriting Workshops

Message to Alumni: "Your relationship with yourself is the most important connection you have - prioritize your wellbeing, and protect your peace."

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JORDAN (HE/HIM)

Recreational Therapist, sports enthusiast, family man

Leads Alumni Sports Clubs, Men's Group

Message to Alumni: "Always remember our success depends on our interdependence, not what we can do alone, and not only what others can do for us!"



MELISSA (SHE/THEY)

Charlie Health Group Facilitator, Queer, Neurodivergent, Joy Enthusiast

Leads Alumni Teen Neurodivergent Social Hour

Message to Alumni: "You only have to let the soft animal of your body love what it loves."

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CARLY (SHE/HERS)

avid meditator, love to travel, always learning from my dog

Leads Alumni Young Adult Process Groups, Meditation & Chill Group

Message to Alumni: "Whatever you wish to have most in the world, help someone else get that very thing, and then celebrate!"



TAMEY (SHE/HER)

Transformational Coach specializing in Self-Love & Mastery of SELF

Leads Alumni Health & Wellness Groups, Veterans Support Group, Astronomy Group

Message to Alumni: "You have the power to heal your SELF. "

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MIA (SHE/HER)

Creative Arts Therapist

Leads Alumni Vent Poetry, Mindfulness Group, Processing Group

Message to Alumni: "You have survived 100% of the worse days of your life, you can get through this one! Your past does not define you. Only you can do that. Make yourself the best piece of art you've ever created"



FIONA (SHE/HER)

Charlie Health Therapist, karate instructor, mother, in recovery, writer

Leads Alumni Substance Use Disorder (SUD) Group

Message to Alumni: "You either walk inside your story and own it or you stand outside your story and hustle for your worthiness"
-Brene Brown

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ANNA (SHE/HER)

Artist, Yogi, Healer, Hueman

Leads Alumni Non-Clinical BIPOC Integrative Groups

Message to Alumni: "Always remember to check in with yourself and identify your needs and remember that Rest is necessary!"



SEKELYA

I identify as a TeeMom. I love God, people, fashion, music, traveling, shopping, family, and learning. I have a passion for helping others (servants' heart) obtain their goals rather small or big.

Leads Alumni Non-Clinical Process Groups

Messages to Alumni: "Therapy works if you work it"; "Self care is the best care"; "One step at a time"; "You're Stronger Than You Think You Are"

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D'ANNA (SHE/HER)

Charlie Health Group Facilitator, diversity-inclusive, cat mom, laughter and humor enthusiast

Leads Alumni Non-Clinical DBT Skills; Parents DBT

Message to Alumni: "Only when we are brave enough to explore the darkness will we discover the infinite power of our light." - Brené Brown



MAEGAN (SHE/HER)

Neurodivergent, queer, passionate about spending time in nature, connecting with the earth and spending time in nature with my 8 year old Border Collie!

Leads Alumni Creative Writing Workshops

Message to Alumni: "It can be really scary to try something new after discharging from treatment. It can be helpful to know that most alumni feel some mixed emotions when signing up for alumni groups. Take a deep breath and remind yourself that you are welcome here and we have a spot waiting for you!"

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ABBEY (SHE/THEY)

Recreational Therapist, Child Life Specialist, Breathwork Facilitator, Laughter Yoga Leader, Sober Coach, and Health Coach. Chronically ill/disabled, LGBTQIA, avid traveler, and ravenous reader of magical realism

Leads Alumni Inner Child Check-In, Book Clubs

Message to Alumni: "The Marianne Williamson poem we share at Closing Circles is one of my favorites: "as we are liberated from our fear, our presence automatically liberates others". Our liberation is tied to others so when I struggle feeling like I deserve liberation I remember that by liberating myself - I am helping others become liberated and that keeps me going"



JULIA (SHE/HER)

I love: love, spirituality, and connecting heart to heart!

Leads Alumni Young Adult Process Groups

Message to Alumni: "Balance and Harmony through the wisdom of the Yin Yang! Your Divine Essence is pure unconditional love!"

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MELISSA (LISS) (SHE/HER)

Experiential Therapist, Occupational Therapist, Neurodivergent, Crafter

Leads Alumni 25+ Groups

Message to Alumni: “Whatever you’re feeling or trying to accomplish, start by validating yourself. Change happens when you acknowledge your feelings and process them, not when you tell them to go away.”



AMY (SHE/THEY)

Hiking, outdoor, foraging, collecting and river floating enthusiast, Student of Herbalism, DIY and crafting enthusiast, Queer, gender neutral, neurodivergent (in multiple ways), disabled, Binge watcher of TV shows

Leads Alumni Non-Clinical Process Groups

Message to Alumni: “Find creative ways to accommodate yourself! We all have such different needs and sometimes the skills we learn don't always fit every individual. Also the way other people do things just might not work for your brain and your needs. Find ways to adapt skills, your home, chores or anything else to fit you!”

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SARA (THEY/THEM)

As a teeshirt I have says: Coffee and Board Games and Dogs and Social Justice. :) Queer social worker Group Supervisor

Leads Alumni LGBTQIA+ Weekly Groups

Message to Alumni: "Find your family (blood or not) and trust them. "