

# Meet your Alumni Staff

## Eva (She/Her)

Charlie Health Senior Manager of Alumni/Family Programs  
Animal lover, Mom, Avid world traveler

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.robbs@charliehealth.com](mailto:eva.robbs@charliehealth.com)



## Natasha (She/Her)

Charlie Health Alumni/Family Program Coordinator  
Dog/plant mom, swimmer, crafter, foodie, traveler

Message to Alumni: "Growing up is hard and it's okay to make mistakes. Success is not defined by a 'one-size fits all'. We are here to support you alongside your journey!"

You can ask questions or say hello by emailing  
[natasha.fung@charliehealth.com](mailto:natasha.fung@charliehealth.com)



# Meet your Alumni Facilitators

## 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, Coffee & Careers

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."



## Allie (She/Her)

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

Leads Alumni Neurodivergent Group, Neurodivergent Wellness

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! "



# Meet your Alumni Facilitators

## 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, 30+ Alumni Group

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! "



## Anna (She/Her)

Artist, Yogi, Healer, Hueman

Leads YA/ADOL BIPOC, BIPOC Book Club, BIPOC Social Hour, BIPOC Healing with Sound

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



# Meet your Alumni Facilitators

## Asha (She/Hers)

Charlie Health Therapist

Leads Mindfulness Moments

Message to Alumni: "A journey of a thousand miles begins with a single step" - Lao Tzu



## Austin (He/Him)

Charlie Health Comtemplative 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



# Meet your Alumni Facilitators

## Carly (She/Her)

Avid meditator, loves 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!"



## Courtney (She/Her)

Postpartum doula, mental health coach & health journalist

Leads Pregnancy and Postpartum Support Group

Message to Alumni: Your primary relationship is with your Self. If you stew then that relationship, everything else follows. Self love and creating a community that supports your self-love is a magical recipe for a happier life.



# Meet your Alumni Facilitators

## D'Anna (She/Her)

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

Leads Alumni Non-Clinical Process Groups; DBT Skills

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



## 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."



# Meet your Alumni Facilitators

## Delia (She/Her)

Music Therapist, Pre-Licensed Counselor, cat mom, casual hiker, cozy gamer

Leads Healthcare Workers Support Group

Message to Alumni: When my mind is moving too fast I make sure to "check myself before I wreck myself", and that helps ground me!



## Elizabeth (She/Her)

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."



# Meet your Alumni Facilitators

## Erin (She/Her)

Music Therapist with Charlie Health, artist, and enjoy creativity, love rocks and minerals

Music & Imagery Group

Message to Alumni: "You're not broken, you're healing."



## 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



# Meet your Alumni Facilitators

## Jennifer

Leads Parenting Support Group/ YA Neurodivergent Process Hour

Message to Alumni: I always try to remind myself that Everything happens for a reason. I know in the moment it is a hard concept, but I always try and look back at past hard times and try and see where that hard time led me to and it is usually something positive.



## Jenny (She/Her)

Art Therapist, Mom, Artist, Gaming Enthusiast

Leads Alumni Studio Art Groups, Altered Book Workshops

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."



# Meet your Alumni Facilitators

## Jhavece (Jaye) (She/Her)

Dog mom

Leads BIPOC LGBTQIA+ Alumni Group

Message to Alumni: "Are you a thermometer or a thermostat? A thermometer only reflects the temperature of its environment, adjusting to the situation. But a thermostat initiates action to change the temperature in its environment" -Nido Q. So, which are you?



## Jill (They/Them)

Experiential Therapist, Artist/Teacher  
Texas Master Naturalist

Leads Alumni Animal and Nature Based Wellness, Tarot 101 Workshop

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



# Meet your Alumni Facilitators

## Jordan (He/Him)

Recreational Therapist, sports enthusiast, family man

Leads Alumni 25+ Group, Growth Support 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!"



## Jordan (She/Her)

Charlie Health Experiential Therapist, cat mom, Nature-based Therapist, reader

Leads Dream Processing Group

Message to Alumni: "In times of stress, the best thing we can do for each other is to listen with our ears and our hearts and to be assured that our questions are just as important as our answers." -Fred Rogers



# Meet your Alumni Facilitators

## 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!"



## Julie (She/Her)

Charlie Health Experiential Therapist, Mom, Kayak Enthusiast, Playwright, Director, Actor

Leads Drama and Theatre Clubhouse



# Meet your Alumni Facilitators

## Kassi (She/Her)

Neurodivergent Charlie Health Therapist, wellness enthusiast, cross fitter, mom of eight

Leads Progress not Perfection Group

Message to Alumni: "Your wellness journey is a marathon, not a sprint. Take your time, give yourself grace, do the work. "

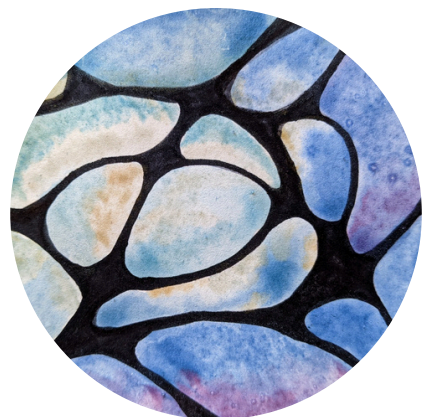


## Katrina (She/Her)

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."



# Meet your Alumni Facilitators

## Kelsey (She/Her)

Therapist, neurodivergent, Bi

Leads Role-playing D&D Cohorts for YA and Teens

Message to Alumni: "Remember we aren't the hero in any story but our own."



## 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."



# Meet your Alumni Facilitators

## Lauren

Mother of tiny humans, military spouse, and group therapist at CH

Leads Motherhood Group and Teen Gaming Group

Message to Alumni: I love loving-kindness meditation! Also, anger is an action and frustration is an emotion.



## Laurie (She/Her)

Charlie Health experiential therapist, ballroom dancer, mindful coach, resilience and well-being leadership facilitator

Leads Mindful Improv

Message to Alumni: By combining dance, martial arts and mindfulness we engage our senses and listen to our bodies to feel energized, mentally clear and emotionally balanced.



# 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, Body Doubling

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!"



## Logan (He/Him)

Dog dad, book nerd, lover of nature

Leads Meditation & Mindfulness, Teen Movie Breaks

Message to Alumni: You're allowed to be just as you are, and you can always meet yourself right where you are, no matter how broken or whole or lost or found you feel in any moment



# Meet your Alumni Facilitators

## 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, Paws & Play

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!"



## Mallory (She/Her)

Primary Therapist, Dance/Movement Therapist, creative crafter, lover of musicals and reality tv

Leads Young Adult 25+ Process Group, Teen Summer Series Healthy Relationships

Message to Alumni: Advice from a tree: Stand tall and proud. Go out on a limb. Remember your roots. Drink plenty of water. Be content with your natural beauty. Enjoy the view.



# Meet your Alumni Facilitators

## Maya (She/Her)

Yoga Therapist, Ayurvedic Counselor, Dog mom, neurodivergent, traveler

Leads YA Non-Clinical Process Groups, Self-Compassion Group, Process Group

Message to Alumni: You are worth of the time and support it takes to heal! You are not alone!



## 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."



# Meet your Alumni Facilitators

## 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"



## Mioshi (She/Her)

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. "



# Meet your Alumni Facilitators

## 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. "



## Seth (He)

Neurodivergent

Leads DnD

Message to Alumni: Smile have fun be flexible.



# Meet your Alumni Facilitators

## Tamey (She/Her)

Transformational Coach specializing in Self-Love & Mastery of SELF

Leads Alumni Stars & Cards: Journey of Self-Discovery through Astrology and Tarot

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



## Tanja PhD, RDT (She/Her/They/Them)

Charlie Health Group Therapist, Registered Drama Therapist, SAG performer, Tele'drama practitioner, college psychology professor, breast cancer survivor

Leads Saturday Showcase Groups

Message to Alumni: "Self-care is how you take your power back." "Life is like theatre. Each new day is a new scene with new acts and roles to portray. The sets always change. You come across new dialogue and lines to exchange between others".

