



## Lisa Janosik, B.S., QMHP-Trainee

I earned my Bachelors of Science degree in Human Service in April of 2021. My experience has been in working with adults with anger, major depression, anxiety, bi-polar, schizophrenia, ADHD, and substance abuse. I also have acquired experience with helping people in a crisis over various volunteer opportunities such as CASA (Court Appointed Special Advocate for abused & neglected children in Foster Care), FEMA, Homelessness (Blessing Warriors & Back Pack for the Homeless), Pregnancy Support Centers for Chester & Petersburg, Habitat for Humanity and family members with mental illness and substance abuse.

My passion to help others has been ongoing since I can remember, I am joyed to be able do it as my career. My strengths are positivity, empathy, determination, and honesty. I believe each of us has the power to change and I look forward to helping my clients through motivation and various therapy techniques.