



**Nicole Gunderson (Her/Hers/She)**  
**Peer Mentor**  
**In-person/Tele-Health**  
**SPECIAL INTERESTS:**

**MENTAL HEALTH | LGBTQ | RELATIONSHIPS & FAMILY |ALCOHOL RECOVERY | SEXUAL/MENTAL/PHYSICAL/EMOTIONAL ABUSE RECOVERY |BLENDED FAMILY/CO-PARENTING | ALCOHOL/SUBSTANCE USE RECOVERY | PHYSICAL, VERBAL, FINANCIAL ABUSE RECOVERY | ABORTION TRAUMA | DEALING WITH A LOVED ONE'S ADDICTION | SELF-HARM | NARCISSISTIC ABUSE | ABUSE RECOVERY | PTSD | ANXIETY & DEPRESSION |YOUTH & ADULT FEMALE WELLNESS | SUBSTANCE USE | PARENTING SUPPORT**

Nicole is dedicated to supporting parents and children through the transformative power of nature and art. As a long-time resident of Eau Claire for over 40 years, she has witnessed various challenges within the community, including issues related to drugs and violence. Having faced her own struggles at a young age, Nicole understands the impact of these issues firsthand. Despite experiencing difficulties such as early exposure to drugs and alcohol, as well as instances of sexual assault, Nicole made the courageous decision to break free from addiction when she found out she was pregnant at 18. While overcoming her substance abuse, she also had to confront challenges in her personal relationships, which ultimately fueled her determination to help others facing similar hardships. Nicole firmly believes that with the right support, many of the obstacles she encountered could have been avoided.

Nicole Gunderson is dedicated to helping children and parents navigate mental health challenges through the healing power of nature and artistic expression. Understanding the significant impact that these elements can have on well-being, she incorporates outdoor activities and creative projects into her programs, encouraging families to connect with their surroundings while engaging in self-care practices. Through

organized nature walks, art workshops, and community gatherings, Nicole creates safe spaces where individuals can express themselves freely. She believes that interacting with nature not only promotes mental clarity but also fosters a sense of belonging and peace. Art serves as an additional medium for exploration, allowing participants to convey their emotions and experiences in a constructive and therapeutic way. Nicole's approach emphasizes the importance of self-care, teaching families practical tools to manage stress and anxiety. By blending her passion for art and nature, she empowers parents and children alike to develop resilience, enhance their mental health, and strengthen their relationships. Through her initiatives, Nicole aims to cultivate a supportive community where everyone can thrive, drawing from her own journey to inspire those around her.

Her passion for art, nature, cooking, sports, and reading, combined with her personal experiences with co-parenting, domestic and sexual violence, addiction recovery, anxiety, depression, and PTSD, have driven her to offer guidance and assistance to those in need. Nicole's journey has inspired her to create a positive impact by providing the support and resources she wished she had received during her own struggles.