



**Miguel Rivas (He/Him)  
Peer Mentor  
In-person/Tele-Health**

**SPECIAL INTERESTS:**

**MENTAL HEALTH | RELATIONSHIPS & FAMILY | BLENDED FAMILY/CO-PARENTING | ALCOHOL/SUBSTANCE USE RECOVERY | PHYSICAL FITNESS & HEALTH | TRAVEL AND EXPLORATION | COOKING | MENTAL WELLNESS | YOUTH/MEN EMPOWERMENT | RELATIONSHIPS & FAMILY BOUNDARY SETTING | PTSD | ANXIETY & DEPRESSION | BREAK UP RECOVERY | SELF-CARE | PARENTING SUPPORT | SPIRITUAL WELL BEING | DEALING WITH A LOVED ONE'S ADDICTION**

**Miguel, a 30-year-old male of Mexican descent, grew up in Arizona and later relocated to Wisconsin in 2022 to welcome his first daughter into the world. Rooted in the Christian faith, he finds strength and guidance in his unwavering belief in God. As a father to two beautiful little girls, he embraces the joy and responsibility of nurturing their daily lives. While battling depression and anxiety, he discovered the transformative power of fitness, which became his outlet and source of strength. Through a deep connection with nature, vitamins, and nutrition, he has learned to appreciate the holistic aspects of well-being. Combining faith, fatherhood, and fitness, his journey continues as he strives to be the best father and instill love, trust, and resilience in his children.**