



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 has been a resident of Eau Claire for over 40 years. Throughout those years, she has seen a lot of things within the community, such as drugs and violence.

At a young age, she started to experiment with drugs. Alcohol was always around the house and at family events; it was an easy gateway to drugs. She was sexually assaulted twice by the time she was 15. At this point, her drug experimentation went into an addiction. Her drug of choice at 16 was heroin. When she was 18, she found out she was pregnant and decided not to do another drug after that moment.

One of her biggest struggles with sobriety was learning how to deal with situations with a sober mind and body. Her emotions and feelings were real for the first time in her life. Though the drugs and alcohol were over, she was starting to deal with different situations in her domestic partnerships and started to

become violent. Having dealt with these situations in her life has driven her to want to help and guide others. Nicole felt if she had been given a stronger support system as a child that, she would not have chosen the path that she did, and her life may not have been filled with so many struggles had she found ways to cope and move past her issues at a younger age. Nicole enjoys creating art in all forms, cooking, enjoying nature, sports, and reading.

She has personal experiences with co-parenting, domestic and sexual violence, drug and alcohol recovery, anxiety, depression, and PTSD