



**Elaina Jackson (Her/She)
Peer Mentor
In-person/Tele-Health**

SPECIAL INTERESTS:

**Mental Wellness | Blended Families | Youth/Women Empowerment | Disability Support |
Anxiety and Depression | Co-Parenting | Self-Care | Cooking Skills |**

Elaina was born in El Salvador and adopted at age one. She grew up on my family's horse farm in Elk Mound, WI, and moved to Eau Claire when she was 17. She lost her first child while she was six months pregnant back in 2011, and now she is a single mom of 3 beautiful children who are my whole world. Throughout the years, she struggled with alcoholism, depression, and anxiety. Today, she is proud to say that she is 100% sober and handling her mental health correctly. For the past several years, Elaina worked with individuals who struggle with multiple diagnoses, developmental disabilities, chronic mental illness, and much more. Just a few things she enjoys doing in her free time are being with her kids, getting outside when the weather is nice, fishing, and bond fires. Elaina also grew up riding horses and competing.