



**Alaine Sonnenberg (Her/Hers/She)
Peer Mentor
In-person/Tele-Health**

SPECIAL INTERESTS:

**MENTAL HEALTH/EMOTIONAL WHOLENESS/SELF CARE/SPIRITUAL
CARE/ YOUTH & WOMEN CONFIDENCE BUILDING/FAMILY SUPPORT &
STRENGTHENING/ RECOVERY FOR FAMILIES OF ALCOHOLISM/COMMUNITY
RESOURCE/AUTISM/ MINDFULNESS/JOURNALING/SETTING GOALS/FINDING
LIFE PURPOSE/ STRESS/DEPRESSION/FEARFULNESS RECOVERY**

Alaine grew up and lives in the Chippewa Valley area. An adult child of an alcoholic and briefly married to an alcoholic who was physically and emotionally mistreated found relief in Al-Anon's teachings of self-care and 'letting go.'

Alaine remarried over thirty years ago. Together, they raised their son, who is married. Her husband, at the age of forty-nine, was diagnosed with Young Onset Parkinson's Disease. As a caregiver, she experienced sadness and depression for years. Having worked through the pain of uncertainty, fear, and loss, she is now motivated to thrive in dignity, accepting and trusting the future to be brighter.

As a Home Visitor for Children's WI Eau Claire, Alaine encouraged and supported children and families in the community. The business owner of Victory Consulting she is an ICF Personal Certified Coach. Coaching enhances her love of assisting others to see new possibilities for change. As a Peer Mentor, her dedication, passion, and caring for others continue. Adventures with friends, kayaking, and nature walks are ways she decompresses, relaxes, and experiences joy.