



**Briana Kruchowski (Her/Hers/She)  
Certified Peer Specialist  
In-person/Tele-Health**

**SPECIAL INTERESTS:**

**MENTAL HEALTH | RELATIONSHIPS & FAMILY | BOUNDARY SETTING  
| GRIEF|LOSS OF A CHILD| ABUSIVE DIVORCE & BREAKUP  
RECOVERY| EMOTIONAL WELLBEING| CONTROLLING POSITIVE &  
NEGATIVE THINKING PATTERNS | HUMAN TRAFFICKING|DOMESTIC  
VIOLENCE RECOVERY|PTSD| ANXIETY & DEPRESSION | ALCOHOL  
RECOVERY |SELF-CARE AND ITS BENEFITS|SINGLE MOTHER WELL BEING|  
ADHD| PARENTING CHILDREN SUFFERING FROM MENTAL  
HEALTH/ DISABILITIES| SPIRITUAL FEMALE WELLNESS | JOB SKILLS  
& WORKPLACE SUCCESS|REGAINING SELF CONTROL|BALANCED LIFE AND  
SCHOOL|EMPTY NEST**

**Briana is a 44-year-old single mother to four wonderful children. Her older two are 22 and 25. They live on their own and are doing amazing. Briana still has a 13-year-old daughter at home. She has four deaf bull terriers and a cat. It's a pretty simple life. Briana is in Nursing school but has her Certified Clinical Medical Assistant.**

**Briana wants to take her Nursing degree to work with other women to help with emotional wellness and self-care with natural remedies. In 2018, Briana experienced the loss of her son, which was quite life-changing. She went through a divorce from a highly abusive man.**

**He struggled with alcohol and cocaine abuse. This led to constant infidelity that took Briana down a dark path with alcohol while grieving the loss of her son. Returning to her younger years, she lived with her Mother on a reservation in northern Minnesota.**

**Briana experienced living without water or electricity, where her mother did the best she could with what she had. As Briana got older, she lived in the Twin Cities with her Father and his wife. When Briana was 13, she ran away from home and was abducted by people. Where she was taken into a human trafficking ring until she was 15. After she was finally free from that, she was taken to a facility that told her Dad they could “fix her.” Even with therapy, Briana still has nightmares of that place. Briana has learned coping skills now when those moments happen.**

**Throughout Briana's life, she has struggled with alcoholism. She became a mother at 19 and had her second child at 22. So she spent her 20s as a single mother of 2, but her drinking was very relevant then. January 1st, 2022, she lost her mother to a lifelong battle with Multiple Sclerosis. Briana has had to be very resourceful her whole life. Financially, she has been on her own. Briana raised her children to all be warriors and leaders, while all the while, she was struggling behind the door with drinking to cope with everything she had been through. One day at the age of 40, she finally had it. Briana was no longer going to allow anything that hurt her body or soul into her life. Briana was going to finally get therapy and face the pain that was deep in her soul. Briana is a huge goal-setter and a highly determined woman. I believe women need to hold each other up when one can't. I look forward to the journeys ahead!**