



I graduated from Mount Holyoke College, where I received my BA in English, and Howie The Harp Advocacy Center, where I trained as a Peer. While education always rooted and fulfilled me, it also challenged me in ways that could feel insurmountable. My passions include the impact of internalized stigma on self-limitation and human-animal bonds as pathways to heal. I consider it a privilege to bring each of these perspectives to my work at Blueprint and look forward to walking alongside you as you achieve your goals.