

BUSINESS

Local chosen for Women's Foundation program

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Sheena Garrard

Sheena Garrard, owner of Changing Mindsets Behavioral Health in Pine Bluff, was recently selected to participate in the Women's Economic Mobility (WEM) Hub.

The WEM Hub is an initiative by the Women's Foundation of Arkansas designed to support women-owned businesses, according to a news release.

Garrard is a licensed professional counselor-supervisor. Changing Mindsets Behavioral Health is a telehealth-based counseling practice specializing in stress and anger management, anxiety, grief support, and workplace well-being for adults. She founded the practice during the covid-19 pandemic, when access to mental health services became limited, particularly for individuals in rural and underserved communities, she said.

"While my private practice focuses on adults, I have remained committed to serving youth through community outreach," Garrard said.

She has a master's degree in clinical mental health counseling from Southern Arkansas University in Magnolia, and is a national certified counselor through the National Board for Certified Counselors, according

to the release.

“I am deeply honored to have been selected for the Women’s Foundation of Arkansas Women’s Economic Mobility (WEM) Cohort 7. With more than 150 applicants this year, being chosen is a meaningful recognition of my commitment to expanding access to quality mental health services. I look forward to using this opportunity to continue growing counseling services and making a positive impact in Pine Bluff and surrounding communities,” she said.

The WEM hub is a six-month program that will provide participants with resources, including technical training in six areas, mentorship support and counsel, peer-to-peer learning sessions, leadership skill development, and a small grant for the purpose of scaling Garrard’s business, she said.

“My goal is to continue removing barriers to mental health care by expanding access to quality counseling services and supporting the emotional well being of individuals and families. I believe that when people have the right tools and support, they can navigate challenges and thrive. It is an honor to serve my community, and I look forward to continuing this work for years to come,” she said.

“Thank you, Pine Bluff and surrounding areas, for your continued support and encouragement,” she said.

Also, Carmen Barnes and D’Cora Dotson were selected for Cohort 7, and they reported that their businesses are located in Pine Bluff, Garrard said.

Details: <https://changingmindsets-bh.com/>