



# NICOLE MARSH

Director/Provider  
Certified Parent Peer Specialist/Paraprofessional  
Traveling from Dunn County



## Service Arrays

**ISDE  
Psychoeducation  
Wellness and Recovery  
Peer Support**

## Counties Served

**Buffalo, Burnett,  
Chippewa, Dunn,  
Pepin, Pierce, Polk,  
Rusk, Washburn,**

**St. Croix, Eau Claire**

**Iron, Price, Sawyer,  
Taylor**

## Lived Experience

**Survivor of domestic  
abuse  
Parenting children with  
special needs  
LGBTQ+ and other  
alternative lifestyles  
Personal mental health  
issues  
Learning life skills and  
coping strategies**

### About Me

I am a survivor. I bring a wealth of lived experience as a survivor of domestic abuse. I learned to take back my power by participating in martial arts and learning coping mechanisms that work for me. I find that strong organizational and management skills are keys to my success on staying on a good mental health path. I reduce my anxiety by doing breathwork, creating budgets, schedules, lists, menus, and spreadsheets.

I am a proud mother of 4 adult children, 3 with special needs. This has given me a unique perspective on the joys and difficulties of parenting children who have experienced trauma. Each child is an individual and parenting with love and patience supports the child in growing into their best self.

### Favorite Past time

I am extremely passionate about women's self-defense and empowering women to break free from abuse.

My hobbies are activities that find me joy. I love to ride motorcycles, go fishing, and participate in martial arts. I also love arts and crafts. Currently I am finding joy in watercolor and acrylic painting.

### Favorite Quote

I am enough. Even when I fail, I am still enough.

-Unknown

