



715-629-9689

jessicabarrera@rockyhillco.com

Telehealth & In-person

Available Nights & Weekends

CCS SERVICE ARRAY

ISDE

Peer Support

CLTS

Unpaid Caregiver Education & Training

SPECIALTY AREAS

Life and coping strategies

Suicidal ideation and self-harm

Severe anxiety

Ongoing depression symptoms

Teen parenting

Substance abuse

Complex PTSD

Sexual abuse

Domestic violence

Death of a child

COUNTIES SERVED

Chippewa, Dunn, Washburn, Rusk, Buffalo,
Polk, Barron, Eau Claire, Jackson, La Crosse,
Trempealeau

JESSICA BARRERA

CERTIFIED PARENT PEER SPECIALIST

LIVED EXPERIENCE

I have a passion for helping others achieve their ability to live their best life. I will support you in reaching your goals, finding your voice, learning healthy coping skills, exploring new things, and finding a healthy life harmony.

I have worked with a diverse array of individuals from children to adults of all backgrounds. Through my experience, I have learned that people do not experience trauma the same way, and everyone's experience is valid.

EDUCATION & WORK EXPERIENCE

- I am currently pursuing a bachelor's degree in social work.

MORE ABOUT JESSICA

I have embraced change as a part of life. I moved my family from Milwaukee to Eau Claire for a better and fulfilling life. I reached out to my community and found connections that supported my children and me. Now I am working towards my bachelor's degree in social work. I also volunteer to give back to my community.

I paint kindness rocks and place them in places while I am out walking. I hope to bring a smile to people's faces.

My Favorite Quote - "Believe you can and you're halfway there."
- Theodore Roosevelt



