



KELLY KRIZAK

PROVIDER, B.S.

CERTIFIED PARENT PEER SPECIALIST

LIVED EXPERIENCE

I had my first son at the age of 22 and was a single mother for the first four years of his life. I navigated motherhood alone as I lost my own mother at the age of 19 and my father was an alcoholic (he has since passed as well). I started my sobriety journey at the age of 25 and worked through many ups and downs.

I now have three children and have been in abusive relationships and divorce. I have lived experience parenting a child with mental health disorders, having mental health disorders myself, a spouse with mental health disorders, and working with children who have/are currently experiencing trauma.

EDUCATION & WORK EXPERIENCE

Bachelor's Degree in Human Services

Trauma-Informed Certification

Managing Childhood Anxiety Certificate

I currently serve on the Parent Advisory Council and am a Parent Partner at the Family Resource Center in St. Croix Valley. I am also the Children's Ministry Coordinator at our Recovery Church in River Falls. I have worked with children and families in many different capacities and have been a stay-at-home mom for multiple years.

MORE ABOUT KELLY

I live in River Falls, and I love to read, cook, drink fun coffee, and spend time with my children being silly and laughing.

kellykrizak@rockyhillco.com

Days/Occasional Evenings & Weekends

Telehealth & In-Person

CCS SERVICE ARRAY

Individual and/or Family Psychoeducation

ISDE

Peer Support

SPECIALTY AREAS

Youth and adult mental health

DMDD

ADHD

Anxiety

Depression

Bipolar

PMDD

Stress

Trauma

Prevention/early intervention

Child development and parenting

Domestic abuse

Divorce, single parenting

Substance abuse

Nutrition and wellness.

COUNTIES SERVED

St. Croix



