



she/her

715-502-2128

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Telehealth & In-person

Days & Occasional Evenings

CCS SERVICE ARRAY

Individual and/or Family Psychoeducation

ISDE

Peer Support

SPECIALTY AREAS

Autism

ADHD

Depression

Anxiety

Self-harm

School Refusal

Suicidal Ideation

LGBTQIA2S+

Disordered Eating

504 plans/IEPs

Self-Care During Crisis

COUNTIES SERVED

Buffalo, Burnett, Chippewa, Dunn, Pepin,

Pierce, Polk, St. Croix



KELSEY FERGUSON

PROVIDER, B.S.

CERTIFIED PARENT PEER SPECIALIST

LIVED EXPERIENCE

I have spent the majority of my parenthood advocating for my children. We've experienced everything from fighting for an accurate diagnosis and setting up school supports to mitigating self-harm and suicidal ideation. My children are still school-aged so while we are doing much better, I'm still very much in the trenches.

Along this journey, I've discovered and continue to discover many modalities that have helped our family move from barely surviving to occasionally thriving. And one of my favorites is the power of peer support. There's something beautiful about knowing you're not alone in your struggle. Our journeys may look different, and yet, I've been to some of those places on your map too.

EDUCATION & WORK EXPERIENCE

- Graduated from Northern Illinois University with a BS in Family and Child Studies with an emphasis in Family Social Services
- Interned at Big Brothers Big Sisters of DeKalb County, Illinois
- Family Specialist at Crisis Nursery of Champaign County where I supported families in various crises.

MORE ABOUT KELSEY

My husband and I along with our three kids live in River Falls, WI. The majority of us are neurodivergent, so it's never boring here. We also have two cats, Honey and Pumpkin, that we are obsessed with.

I love painting with watercolor, reading, nature walks, crocheting, and astrology.

My favorite coping skills and healing tools include neurographic art, Jungian archetypes, therapeutic journaling, nature walks, and embodiment and grounding practices.

I believe we are all worthy of the life we desire, and it would be my honor to walk alongside you and your family on your unique path. You are the expert of your family. And I'm looking forward to learning what best serves you.

