

### **CCS Service Arrays**

Individual Skill Development and Enhancement

Psychoeducation

#### **CLTS Service Arrays**

Family and Unpaid Caregiver Supports

Communication Assistance

**Empowerment and Self-Determination** 

#### **Counties Served**

St. Croix, Pierce, Polk, Burnett, Pepin, Dunn, Barron, Chippewa, and Washburn County.

## **Speciality Areas**

**Parent Coaching** 

Life Skills and Coping Strategies

Working with people with co-occurring Developmental Disabilities and Mental Health

**GLBT Advocacy** 

Services for the Deaf and Hard of Hearing



# Laura Krueger

# Provider (Bachelor)

Every day is an adventure. Adventures can be good, and adventures can be not so good. I always try to look at the day as being a good adventure. No matter how "not so good" something is, I try to put a positive spin on it. That is not always easy.

I have been married for 25 years. I am a Navy Wife of 21 years. As a military family, we have moved a lot! Every new place (including Japan) brought new territory, new friends, a new language to learn, and new problems to solve. Sometimes you just have to be very creative and think outside the box to solve those problems. I have carried that skill with me to my everyday and professional life.

Life has thrown me a few curve balls. I had my son in August of 2001. Then 9/11 happened. My husband was a helicopter pilot in the Navy, I had a newborn, and the world was crashing down around us. I did not know what was going to happen next. I had a helpless newborn and a husband who could be deployed at any moment. My family was hundreds of miles away, and all flights around the world were stopped. I was filled with horrible anxiety and depression. Some days I had to remind myself to breathe. With intense therapy, medication and a strong support network, I was able to overcome my darkest days and thrive.

In one way or another, I have been helping people my whole life. I have a degree in Social Welfare from the University of Wisconsin - Madison. For the past 8 years I have worked as a Paraprofessional at a High School. I loved it! I call my students "My Kids". All of the kiddos I work with either have an IEP or a 504 Plan. We work on life skills, social skills, and simply how to navigate through everyday life. Again, using those creative abilities, I am able to help my kiddos learn to solve their own problems, and advocate for themselves. I know that if you just "show up" and be there for a person it can make all the difference. Giving a person 100% of your time, energy and focus is what they need, and that is something I am willing to give every time. Today, I am almost 50 years old and am learning American Sign Language. I believe a person should never stop learning!

My life was not smooth sailing. There were literal hurricanes, earthquakes, homelessness, and sickness. But, whether it was hard work, divine intervention or just plain good luck, somehow things worked out. I look forward to going on adventures with you!