



Paul Wurtz

Provider (Bachelor)

Born and raised in Menomonie Wisconsin, my passions lie in the physical and mental activities that are needed to maintain good health and well-being.

I love hockey- the competition, the teamwork, all of it. I've been a hockey coach for the past 25 years, working with youth, adolescents and young adults of all ages and personality types, teaching them the importance of hard work, discipline, and perseverance.

Music is another outlet that that I've immensely enjoyed throughout my life. Whether it's listening to a band in a park or at a concert, or playing one of my guitars, there's no better way to turn what could be a difficult day into a one of peace and gratitude.

I am also a martial artist, with a love and appreciation for the focus, the discipline and the conditioning that the art has provided me. I find that self-defense training helps people to build confidence, learn self-discipline and focus, and address past traumas in a way that allows you to be the victor. I also offer instruction in Tai Chi, meditation, and breathwork, which is fantastic for reducing anxiety and improving one's overall mental health.

While my degree in Vocational Rehabilitation has provided for me a professional backdrop to many of the barriers and issues that people with disabilities face in their lives, I believe it is my own real world life experiences that have truly given me the ability and perspective to effectively work with and relate to others in order to assist in improving their lives.

CCS Service Arrays

Individual Skill Development and Enhancement

Wellness and Recovery

Psychoeducation

CLTS Service Arrays

Family and Unpaid Caregiver Supports

Health and Wellness

Counties Served

Serving clients in Chippewa, Dunn, Pepin,

Buffalo, St. Croix, and Pierce Counties.

Speciality Areas

Martial Arts and Self-defense

Tai Chi, Meditation, and Breathwork

Music- Guitar Instruction

Life Skills and Coping Strategies

Wellness, Sports and the Outdoors

