



Sherry Wesolowski

Provider (Bachelor)

“Survival is a triumph.”

Sherry has had many wonderful life experiences, yet many trials as well, that have made her the person she is today. Sherry grew up in Wisconsin and attended college at Winona State University, majoring in Elementary and Special Education. Sherry recovered beautifully from a broken back and pelvis from a car accident 34 years ago. Most recently, she endured a freak accident where a jet ski plowed into her at full speed. She severely lacerated her foot, leaving her immobile for three months. In 2020, Sherry’s family suffered the passing of her father. Sherry saw firsthand how cancer does not judge and family dynamics change when someone is no longer on this earth. Sherry learned that everyone deals with grief differently. Healthy coping skills are crucial.

Sherry truly values people and loves getting to know their personal history. As Sherry puts it, “You never truly know what someone is going through until you really listen”. Sherry has experience working with both adults and children who have endured a wide variety of adversities in their lives. Sherry’s areas of interest include healing from trauma, anxiety, depression, PTSD, emotional regulation, addiction, eating disorders, relationship concerns and adjustment to life changes.

Another passion of Sherry’s is teaching reading and working with students with disabilities. Sherry has 25 years of experience as a special education teacher and is a Co-Founder of the Barron Montessori School. She has had extensive training with dyslexia, multi-sensorial instructional methods, dealing with trauma and executive functioning skills. She loves seeing students succeed when an effective strategy takes hold and students have learned how to improve their executive functioning skills with attention, memory, organization, and emotional control.

Sherry took these talents a step further by being a curriculum designer for a virtual travel education company that she helped create and develop. Sherry uses this curriculum to help provide motivational support for at-risk learners who struggle behaviorally or academically in school. Sherry uses the recipes from countries throughout the world to help teach Independent Living Skills. This curriculum has also been used with people struggling with agoraphobia by inspiring them to explore the world around them with materials brought to their homes. Sherry wants to help minimize their fears and inspire her clients and others struggling with anxiety, to have the desire to venture out and explore the world.

In her spare time, Sherry enjoys glamping, biking, kayaking, hiking, painting, and traveling. Sherry most recently dove into art to help her heal from the passing of her late father, and this is a passion she shares with her clients. Sherry loves painting and doing art therapy activities with clients who are also grieving from the loss of a loved one. Sherry believes these life experiences have led her to Rising Phoenix and Glowing Embers, and have helped her fulfill her life’s purpose.

CCS Service Arrays

Individual Skill Development and Enhancement

Wellness and Recovery

Psychoeducation

CLTS Service Arrays

Parent and Unpaid Caregiver Supports

Communication Assistance for Community Inclusion

Counties Served

Serving clients in Chippewa, Rusk, Barron, Burnett, Polk, Dunn, and Washburn.

Speciality Areas

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

Parent Coaching (IEP and 504 Plan Support)

Lived Experience and Coping Strategies

Life Skills Instruction

Art for Self-Expression and Healing

