

CCS Service Arrays

Individual Skill Development and Enhancement

Wellness and Recovery

Psychoeducation

Counties Served

Serving clients in Polk, Pierce, Dunn,

Barron, and St. Croix counties.

Speciality Areas

Working with At-Risk Youth

Youth and Teenage Girls

Developing Healthy Relationships and Social Awareness

Lived Experience

Finding Joy and Positive Outlets

Myah Parent

Provider (Bachelor)

Hi there!

My name is Myah. I've wanted to do this work since I was a kid myself, back when I was the one who needed someone in my corner. I have a bachelor's degree in psychology, but honestly, the part that shaped me most was getting through some hard years of my own growing up. I remember what that felt like. So when I say I'll probably understand more than you might expect, I mean it.

Here's what I want you to know: you don't have to have it together before you talk to me. You don't have to explain yourself perfectly or know where to start. You can show up on a bad day, a quiet day, a day when nothing's wrong and you just don't feel like yourself. All of that counts. I'm not here to judge how big or small your struggle is, if it's heavy to you, it matters to me.

You'll already have some goals in front of you when we meet, and my job is to help you get there. You may hear people talk about your plan or your goals, and it's okay if none of that makes sense yet, I'll help you understand what it all means and why it matters for you. Some days that will look like real work. Other days it might just look like sitting with something hard until it feels a little lighter. Both are progress, even when it doesn't feel like it.

A little about me: when I'm not working, most of my time goes to my family — my husband, my son, and our pets. Otherwise, you'll usually find me in the middle of a craft, movie, or a good book. Some various interests of mine include Pokémon, anime, playing sports, and trying new cooking recipes. I'm easygoing and open-minded, and I've found there's almost always something we'll find in common. I value learning what brings you joy, and what interests we can incorporate into our time together, because some of the easiest conversations happen while you're busy doing something else.

You're one of a kind, so how we get through this will look different for you than for anyone else. We'll find what works, what you're good at, what's hard, and what you need. What I can promise is that I'll keep showing up, on the good weeks and the rough ones. I want to be that person for you. Not because it's my job, but because I know what a difference it makes to have someone who's genuinely in your corner, and I'd be honored to be that person for you.