



Emma Grunseth

Provider (Paraprofessional)

I always wanted to help people in some kind of way, especially children. I always felt invisible and misunderstood throughout my childhood. I was always expected to be perfect, and this took a toll on my mental health. I want to be there for my clients and make them feel heard- to be the person I needed when I was their age. I was raised in a small community, and that community gave me the guidance I needed in the form of great mentors. In that community, we are there for one another, no matter the day or time. It is true that it takes a Village, as we all help each other. I understand that I was lucky to have grown up where I did, and that not everybody has the same positive influences around them. My community has helped me grow as a person, and now I want to help others grow too.

My whole life, I have always wanted to help people in some way. I just didn't know how I was going to do that. I just knew that I wanted to make a difference in someone's life. I am currently attending University-Wisconsin Stout for my bachelor's degree in psychology. I then plan to get my Master's in Clinical Mental Health Counseling. My goal for so long has been to become a child therapist. While I work toward that goal, I am excited that I get to work in a mentoring capacity and help children with their struggles in life.

To my would-be clients, I want you to know that you are not alone in this. I am here to listen, to be there for you, and to help guide you with the best of my abilities to become the best version of yourself. I see us as a team that sticks together and supports each other. You will find that I am immensely passionate about all the work I do. I want to see you excited about the change and improvement in your life. I want to be there for you and make a difference in your life because I was once in your shoes.

In my life, I have a variety of activities that I enjoy and love doing. I love anything to do with sports, journaling, reading, playing cards or games, hiking, working out, and hanging out with friends or family. Each one of these activities has helped me in one way or another. They have helped me reduce stress, bring me a sense of accomplishment, enhance my mood, and improve my focus on my future goals. Each activity has made me into the person I am today. What's your favorite activity? I can't wait to hear about your favorite activities and how they make a difference in your life!

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St. Croix, Pierce

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Community Integration and Social Skills

