



Theresa (T) Erbs (They/Them)
Mentor | In-Person & Telehealth Services

AREAS OF EXPERTISE:

Mental Health Support • Substance Use Recovery • Neurodivergent Support (Autism, ADHD)
• Physical Fitness & Wellness • Youth & Women Empowerment • LGBTQIA+ Advocacy •
Anxiety & Depression • Trauma Recovery • Parenting Support

ABOUT THERESA

Theresa Erbs brings a unique combination of lived experience, professional training, and genuine passion for service to their role as a Certified Parent Peer Specialist with Eau Claire Cruisers. As a lifelong Girl Scout who embodies the core values of Courage, Confidence, and Character, Theresa understands the power of meeting people exactly where they are in their journey.

PROFESSIONAL EXPERIENCE & BACKGROUND

Theresa has dedicated decades to supporting others through various roles and volunteer positions:

- Extensive work with developmentally disabled adults and children
 - Adult Family Home experience
- Private swim instruction and swim team leadership
 - Program supervisor for assisted living services
 - Girl Scout volunteer and mentor
 - Youth soccer coaching
 - Swim lesson instruction

Currently pursuing a Bachelor's degree in Human Development and Family Studies at

UW-Stout, with plans to enter the counseling field upon graduation.

PERSONAL JOURNEY & LIVED EXPERIENCE

Theresa's path to peer support began with their own journey of healing and growth. Despite experiencing a turbulent childhood that left both emotional and physical scars, they have transformed their challenges into a source of strength and empathy for others.

Their personal healing journey has included:

- Therapeutic work and personal growth
- Physical fitness as a pathway to wellness
- Active participation in Girl Scouts, rugby, and whitewater paddling
- Building resilience through outdoor activities and community involvement

Theresa believes deeply in the healing power of helping others, understanding that by guiding others through their struggles, we also continue our own healing process. They strive to be the supportive presence they once needed, offering hope and understanding to those facing similar challenges.

APPROACH TO PEER SUPPORT

Theresa's approach is grounded in authentic connection and meeting clients where they are. Their extensive experience working with diverse populations—from youth to adults with developmental disabilities—has taught them the importance of:

- Individualized support that honors each person's unique needs
 - Creating safe, non-judgmental spaces for growth
- Empowering clients to find their own strength and resilience
- Understanding the intersection of mental health, identity, and family dynamics
 - Supporting parents and families through challenging times

SPECIALIZED FOCUS AREAS


- Neurodivergent Support: Deep understanding of autism and ADHD challenges and strengths
- LGBTQIA+ Advocacy: Committed to creating affirming spaces for LGBTQIA+ individuals and families
- Parent Peer Support: Specialized training in supporting parents facing mental health and family challenges
- Youth Empowerment: Extensive experience connecting with young people and supporting their development
- Trauma-Informed Care: Personal and professional understanding of trauma recovery


PERSONAL INTERESTS & WELLNESS


Theresa maintains their own wellness through physical fitness, outdoor activities like whitewater paddling and rugby, and continued involvement with Girl Scouts. They understand firsthand how important it is to have multiple pathways to healing and personal growth.

Theresa's story demonstrates that our greatest struggles can become our greatest strengths when we choose to use our experiences to help others. Their commitment to service, combined with professional training and genuine empathy, makes them a powerful advocate for anyone seeking support on their journey toward wellness and recovery.

Contact Eau Claire Cruisers to connect with Theresa:

 eauclairecruisers@gmail.com

 715-450-6472

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