



**Angela Hendrickson (She/Her)**  
Mentor | In-Person & Telehealth Services

**AREAS OF EXPERTISE:**

Mental & Emotional Health • Trauma Recovery • Complicated Grief • Family & Relationship Support • Abuse Recovery • PTSD & Anxiety • Depression Support • Self-Advocacy • Employment Skills • Spiritual Wellness • Boundary Setting • Finding Life Purpose • Coping Strategies • Behavioral Interventions • Post-Traumatic Growth • Abandonment Issues • Disability Support

**ABOUT ANGELA**

Angela Hendrickson brings both professional expertise and lived experience to her role as a Peer Specialist with Eau Claire Cruisers. As a devoted wife and mother of three, she understands the complexities of balancing personal healing with family responsibilities while creating a nurturing environment filled with love and resilience.

**EDUCATION & CREDENTIALS**

- Master's Degree in Rehabilitation Counseling (UW-Stout, May 2024)
- Bachelor's Degree in Human Development & Family Studies (graduated with honors)
  - Chancellor's Award recipient for academic excellence
  - Certified Nursing Assistant background

**PERSONAL JOURNEY & LIVED EXPERIENCE**

Angela's path to becoming a peer specialist began with her own journey through significant life challenges. Raised in Star Prairie, Wisconsin, she experienced early childhood trauma, family addiction, and profound losses that shaped her understanding of resilience and recovery.

### **Her experiences include:**

- Navigating childhood abandonment and family instability
- Supporting family members through addiction recovery
- Becoming a young caregiver and taking on adult responsibilities early
  - Experiencing the loss of her mother to suicide at age 17
  - Balancing single motherhood while pursuing education
- Managing a permanent disability that ended her CNA career
  - Supporting a child born with cleft lip and palate
- Processing complex grief after losing a sister in a tragic accident

Through these experiences, Angela developed a deep understanding of trauma, grief, family dynamics, and the healing process. Her personal journey of returning to education, earning advanced degrees, and finding purpose in helping others demonstrates the possibility of post-traumatic growth and recovery.

### **APPROACH TO PEER SUPPORT**

Angela believes every person has a unique story and unlimited potential for growth. She takes a person-centered approach that:

- Respects individual autonomy and choice
- Empowers clients to navigate their own healing paths
  - Builds meaningful, supportive relationships
- Honors each person's journey without judgment
- Integrates spiritual wellness when appropriate

Her combination of professional training and personal experience allows her to connect authentically with clients facing similar challenges, offering hope and practical guidance for moving forward.

### **PERSONAL INTERESTS**

When not supporting clients, Angela enjoys creating memories with her family, reading, journaling, crocheting, and painting. She finds creativity to be an essential part of self-expression and healing, often incorporating these insights into her peer support work.

Angela's story is one of transformation—from surviving trauma to thriving and helping others do the same. Her resilience, compassion, and commitment to growth make her a powerful advocate for anyone seeking support on their recovery journey.

---

Contact Eau Claire Cruisers to connect with Angela:  
eauclairecruisers@gmail.com  
715-450-6472  
3207 Eldorado Blvd, Eau Claire, WI 54701