



Lyndsey Heath (She/Her)

Certified Parent Peer Specialist | In-Person & Telehealth Services

AREAS OF EXPERTISE:

Parent & Peer Support • Substance Use Recovery • Trauma-Informed Care • PTSD, Depression & Anxiety • Domestic Abuse Recovery • Co-Parenting & Blended Families • LGBTQ+ Family Support • Special Needs Parenting • Community & Self-Care • Teen Parenting • Homelessness Recovery • Job Skills & Employment • Advocacy & Empowerment • Positive Mindset Training • Supporting Families Affected by Addiction • Holistic Wellness • Step-Parenting • Child Trauma • Step-Parent Adoption

ABOUT LYNDSEY

Lyndsey Heath brings extraordinary resilience, deep compassion, and extensive lived experience to her role as a Certified Parent Peer Specialist with Eau Claire Cruisers. Based in the Chippewa Falls area, she serves as a devoted wife and mother of seven children—four still at home and three transitioning into adulthood nearby. Her profound understanding of family dynamics, co-parenting, and the complexities of blending families makes her an invaluable resource for parents facing similar challenges.

PERSONAL JOURNEY & LIVED EXPERIENCE

As the eldest of five siblings, Lyndsey's journey began early with exposure to generational alcoholism, financial hardship, and frequent relocations. Her path has been marked by both significant challenges and remarkable triumphs:

Early Parenthood & Single Parenting

- Became a teenage mother at 15, determined to build stability for her child
 - Welcomed her second son at 23
- Spent much of her adult life as a single parent, mastering the art of independent family management
- Navigated the unique challenges of raising children across different life stages

Overcoming Trauma & Building Resilience

- Survived domestic abuse on two occasions between ages 15-29
- Developed profound empathy and understanding for others facing similar struggles
 - Found renewed stability and support when meeting her future husband at 30
 - Transformed personal pain into a powerful tool for helping others

Recovery & Sobriety

With 14 years of sobriety, Lyndsey has navigated the full spectrum of recovery challenges:

- Faced stigma and limited access to resources
- Managed PTSD and anxiety throughout her healing journey
- Committed to breaking generational cycles for her children
- Built a foundation of stability and wellness for her family

PARENTING ADVOCACY & EXPERIENCE

Lyndsey's passion for advocacy stems directly from her role as a mother to seven unique individuals, ages 13-27. Through years of dedicated parenting, she has successfully navigated:

Educational & Special Needs Support

- Individualized Education Programs (IEPs)
 - Special education advocacy
 - Homeschooling implementation
 - School truancy intervention

Family & Legal Navigation

- Family court proceedings
- Step-parent adoption processes
 - Blended family dynamics
 - Co-parenting strategies

Mental Health & Wellness

- Children's mental health struggles
- Securing appropriate counseling services
 - Crisis intervention and support
- Building resilience in young people

Resource & Financial Management

- Navigating financial difficulties
- Accessing community resources
- Creating opportunities for children to thrive

- Ensuring comprehensive support for each child's unique needs

SPECIALIZED SUPPORT SERVICES

Lyndsey offers comprehensive peer support across multiple areas:

Parent & Family Support

- Teen parenting guidance and support
 - Blended family navigation
- Co-parenting strategies and communication
 - Special needs parenting advocacy
- Step-parenting support and adoption processes

Recovery & Trauma Support

- Substance use recovery for parents
- Supporting families affected by addiction
- Domestic abuse recovery and safety planning
- PTSD, depression, and anxiety management
- Trauma-informed parenting approaches

Practical Life Skills

- Job search and employment skills
- Homelessness recovery and housing stability
 - Community resource navigation
- Self-care strategies for overwhelmed parents
- Positive mindset training and cognitive restructuring

Advocacy & Empowerment

- Educational advocacy for children
 - Legal system navigation
- Community resource development
- Personal empowerment and wellness planning
 - LGBTQ+ family support and affirmation

APPROACH TO PEER SUPPORT

Lyndsey's approach is grounded in authentic understanding and practical wisdom gained through lived experience. She believes in:

- Meeting families where they are without judgment
- Providing hope through her own story of transformation
- Offering practical strategies that have been tested in real life
- Empowering parents to become advocates for their children
- Building community connections and support networks

- Integrating holistic wellness approaches for the whole family

Her combination of personal experience, professional training, and genuine compassion creates a safe space where parents can find both understanding and practical guidance for their unique challenges.

COMMUNITY IMPACT

Lyndsey understands that strong families build strong communities. Her work extends beyond individual support to community building, resource development, and breaking cycles of trauma and addiction that affect entire families and neighborhoods.

PERSONAL WELLNESS & INTERESTS

Lyndsey maintains her own wellness through:


- Continued recovery program participation
 - Family time and relationship building
 - Community involvement and service
- Spiritual, physical, and mental wellness practices
- Ongoing learning and professional development


THE TRANSFORMATION


From teenage mother facing seemingly insurmountable challenges to Certified Parent Peer Specialist helping other families thrive, Lyndsey's story demonstrates the power of resilience, recovery, and community support. Her journey proves that with determination, support, and the right resources, families can not only survive but flourish.

Lyndsey's 14 years of sobriety, combined with her experience raising seven children through various challenges, positions her uniquely to offer hope and practical guidance to parents who feel overwhelmed by their circumstances. She embodies the truth that our greatest struggles can become our greatest strengths when we use them to serve others.

Contact Eau Claire Cruisers to connect with Lyndsey:

 eauclairecruisers@gmail.com

 715-450-6472

 3207 Eldorado Blvd, Eau Claire, WI 54701