



Jennifer Reed

SERVICE PROVIDER

Out of the Wilderness

ABOUT

I grew up in Polk County and currently live in Dresser, WI. As a Social Worker for over 25 years in my community, I have seen how mental health, addiction, trauma, financial barriers can affect every facet of one's life.

My purpose is to help others see their worth and believe in it. I believe that everyone has goodness inside of them and it is a matter of letting the light shine greater than the things that hold you back. I have always said "we don't know what we don't know". Therefore, if you were never taught how would you know and there is no shame in that. Now, I might not know all answers, but we can find them together because you are not alone.

Growing up in Polk County, I thought working hard, never letting anyone get too close and putting on a smile was the definition of tough. I was divorced over a decade ago and have had to learn many new skills. I learned to be vulnerable, talk about my feelings and ask for help. Now that is tough! I give myself grace and have learned the act of self-forgiveness. My list of coping skills is long and ever changing. Change takes time and practice. I play competitive volleyball in MN and enjoy being active.

My two wonderful teenagers and dog (Oakley) keep me very busy. What I have learned is that sometimes the things in life that are free bring the most pleasure.

