



American Foundation of
Counseling Services, Inc.

Bridget Blean

Education

Master's Degree in Community Counseling, Lakeland College

Bachelor's Degree in Psychology, St. Norbert College

Bio

Bridget serves as the **Mental-health Outreach Resource Expansion Program (MORE) therapist** and provides mental health services to the homeless, victims of domestic violence, and disenfranchised individuals.

Bridget had previously worked at the Crisis Center and with the community's homeless population. Through these experiences, she worked with individuals and families from all walks of life. Bridget especially enjoys working with teens, young adults, and parents assisting them with depression/anxiety, relationship issues, and parenting. She believes that a therapeutic relationship is key to client success and emphasizes the importance of meeting clients where they are at and building upon their strengths. She utilizes cognitive behavioral and solution focused techniques to assist clients and help them successfully navigate life's challenges.