



## **Healing Collective Therapy Group**

Vanessa Harold is an Associate Clinical Social Worker, with a Master's Degree in Social Work from Simmons University. Her therapy lens is rooted in trauma-informed, cognitive behavioral therapy, and harm reduction techniques. Through empathy and compassion, Vanessa's goal is to provide a supportive environment that promotes self-discovery, motivation and change. Her experiences working with marginalized populations, such as the unhoused, families and victims of domestic violence, and those with substance use, has led to high levels of empathy and understanding.