

Hi there! My name is Rowan; I am a Behavioral Health Support Specialist with Youth Eastside Services working closely with the Timberline counseling team to provide a variety of services! I enjoy hanging out with my pets, going on hikes, and playing video games when I am not at school.



What I do:

- Drop in hours for students, parents, and teachers to problem solve a specific issue or learn more about setting up counseling
- One on one brief counseling for anxiety, depression, substance use, and a variety of other difficulties you may be facing
- Group counseling
- Educational presentations on a variety of mental health and substance use topics

How to reach me:

- Drop in hours are held every **Wednesday from 2pm to 4pm on Zoom**. To register please [click here](#). After registering you will be sent a link to the meeting, simply click that on the Wednesday you registered for between 2 and 3:45pm.
- You can reach me by phone at **425-747-4937 ext. 2717**
- You can let your school counselor know you'd like to meet with me and they will help get us connected!

