



## **Amber Dahler**

Recovery Support Specialist

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### **Education and Certification**

Sterling High School.

### **My Treatment Philosophy**

Don't be ashamed or afraid to talk to someone about your mental health or struggles. There is a lot of help out there to get you through your darkest days; even on a cloudy day the sun or moon is shining bright. "If you stumble & fall it's ok, just remember to pick yourself up and continue to move forward!"

### **A little bit about me...**

I am a mother to 3 daughters. I have a traveling softball family and on weekends we are traveling for games & spending our time at the ball fields. I have 2 goldendoodles who keep me on my toes; Buntlee (he's my best friend) & Champ. I love being outdoors doing yard work, sitting by the fire, going for walks, fishing & sitting outside late at night listening to the toads/frogs. I enjoy hand feeding the squirrels in my yard (takes a lot of patience) and watching/feeding the birds.

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**Town Square**

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[www.sinnissippi.org](http://www.sinnissippi.org)