



Amber Dahler

Pathways Care Coordinator

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.



SINNISSIPPI CENTERS

Town Square Centre: 815-625-0013
24-hr. crisis: 800-242-7642

www.sinnissippi.org