



MEET THE OWNER

Courtney Brown, LCPC, C-DBT, blends clinical expertise with expressive arts, cultural awareness, and a deep commitment to mental wellness in Black communities. As a therapist, former educator, and consultant, she helps schools create emotionally supportive systems where students and staff can thrive, heal, and feel seen.

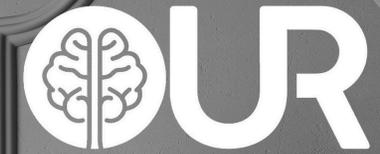
PRICING GUIDE

- Professional Development: \$850–\$2,500 per session
- Workshops (Student or Staff): \$500–\$2,500
- Wellness Systems Consulting: \$160/hour or packaged
- Speaking/Events: \$1,500–\$4,000
- Custom Packages Available

PRICING VARIES BY SESSION LENGTH, PREP, MATERIALS, AND GROUP SIZE.



COMPLETE THE ASSESSMENT
FORM TO GET STARTED



WELLNESS
EDUCATION &
ORGANIZATIONAL
CONSULTING

CONTACT US

Web: 
www.obstaclesunderrecovery.com
Email: 
hello@obstaclesunderrecovery.com

WHAT WE OFFER

1. Professional Development & Staff Trainings

Interactive, research-informed sessions that strengthen staff capacity in:

- Trauma-informed practices
- Emotional regulation strategies
- Culturally responsive student support

SAMPLE TRAINING TOPICS:

- Suicidal Ideation Across Ages
- Staff Wellness & Burnout Prevention

2. Student & Staff Wellness Workshops

Creative and evidence-based workshops designed to help:

- Reduce mental health stigma
- Build confidence and self-awareness in mental health

Each workshop is adapted to your age group, population, and program goals.

SAMPLE WORKSHOP TOPICS:

- Art as Emotional Expression
- Mental Health First Aid
- Stress Management for Educators

3. Wellness Systems & Program Consulting

We help schools and organizations create sustainable wellness infrastructure, including:

- Program-wide wellness planning
- Crisis-sensitive classroom strategies
- Attendance & engagement-aligned wellness initiatives



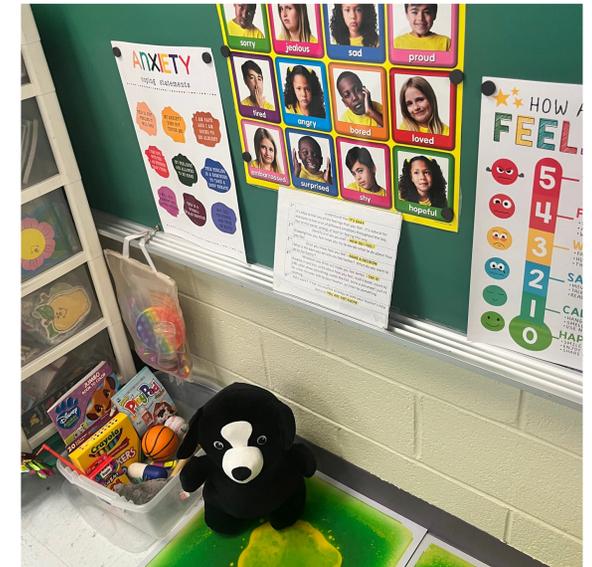
4. Speaking, Special Events & Custom Sessions

Support for a range of school and community events:

- Wellness and mental health weeks
- Youth conferences
- Educator retreats
- Leadership and administrative summits



Summer Reading Enrichment
University of Maryland



Emotional Regulation Support
Pointer Ridge Elementary School