

# Jeffrey Watkins



ACSW #103148

Jeffrey Watkins is an Associate Clinical Social Worker who has several years of experience helping people from all walks of life and is LGBTQIA empowering. Jeffrey enjoys working with children, adolescents, and parents. His approach is to provide you a friendly and safe space to share free of judgment. He believes we are not defined by our hurts and traumas. He uses an eclectic approach to develop an approach that is as unique as you are. He works with you to help you discover your strengths and empowers you to overcome your presenting challenge(s). Jeffrey has experience working with depression, anxiety, trauma, substance misuse, mood instability, self-harming, and relationship challenges. In his free time Jeffrey enjoys baking and trying new recipes, movies, and spending time with friends.

Supervised by: Delia Valenzuela LCSW #97833