



Born and raised in New Orleans, Amy Stowers received both her undergraduate degree in Sociology and her graduate degree in Counselor Education from the University of Virginia in Charlottesville. After nearly 30 years of working at colleges and universities in Student Affairs Practices in Higher Education, Amy became a Family Counselor at a local treatment center focusing on Substance Use Disorder. In addition, Amy has worked for the past 22 years for the Family Support Network, a local nonprofit providing support to families of premature or critically ill babies and their families. With the focus on meeting people where they are and building a therapeutic connection, Amy uses a Person-Centered approach in working with kids, adolescents, adults, and families facing co-occurring mental health and substance use concerns. In her free time, Amy enjoys exercise, reading, traveling and spending time with family and friends.