

My Approach

At Just Breathe LLC, I believe meaningful change happens when individuals feel supported, understood, and empowered.

My work is guided by:

- A HOLISTIC PERSPECTIVE
- PERSON-CENTERED CARE
- EVIDENCE-BASED PRACTICES
- RECOVERY-ORIENTED

Together we focus on building practical tools, developing insight, and creating sustainable strategies for long-term wellness.



Let's Connect

Taking the first step toward support can feel overwhelming. You don't have to navigate it alone.



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Just Breathe
— LLC —

**CLINICAL
MASTER-LEVEL
SOCIAL WORKER
&
MENTAL
HEALTH COACH**

Independent CCS Provider •
Virtual Services

Supporting individuals and families through compassionate, personalized care.

About Me



Hi, I'm Kimberly Loveland, BS, MSW, a Clinical Master-Level Social Worker with over 20 years of experience in behavioral health, community mental health, and human services. I hold a Master of Social Work (MSW) with a clinical mental health concentration from the University of Wisconsin-Oshkosh, along with bachelor's degrees in Human Development, Sociology, and Social Work.

My background includes clinical psychotherapy experience, collaboration with multidisciplinary treatment teams, and the use of evidence-based, person-centered, and recovery-oriented practices. As an independent Comprehensive Community Services (CCS) provider, I support adolescents (ages 12+), adults, and families across Wisconsin as an independent CCS provider, collaborating with individuals, families, and interdisciplinary treatment teams to provide holistic, person-centered, and recovery-oriented care.

My approach is holistic, strengths-based, trauma-informed, and individualized—recognizing the whole person while helping individuals build practical skills, improve daily functioning, and achieve meaningful, lasting recovery.

Services May Include



- **MENTAL HEALTH SKILL DEVELOPMENT**
- **PSYCHOEDUCATION**
- **WELLNESS MANAGEMENT**
- **SKILL BUILDING & COPING STRATEGIES.**
- **EVIDENCE-BASED SKILLS & STRATEGIES**
- **EMOTIONAL REGULATION SKILLS**
- **STRESS & ANXIETY SUPPORT**
- **CHRONIC ILLNESS SUPPORT**
- **TRAUMA-INFORMED SUPPORT**

SERVICES ARE AVAILABLE THROUGH:

- **WISCONSIN CCS PROGRAM**
- **PRIVATE PAY COACHING**
- **EAP**
- **VIRTUAL SESSIONS**

Areas of Focus

- **ANXIETY & STRESS**
- **DEPRESSION & SELF-ESTEEM**
- **EMOTIONAL REGULATION**
- **TRAUMA-INFORMED SUPPORT**
- **INTERPERSONAL VIOLENCE**
- **ADHD & AUTISM**
- **LIFE TRANSITIONS**
- **RELATIONSHIP & FAMILY SUPPORT**
- **CHRONIC ILLNESS & HEALTH CHALLENGES**
- **BUILDING HEALTHY COPING SKILLS**
- **IMPROVING DAILY FUNCTIONING**
- **EXECUTIVE FUNCTIONING**
- **INDEPENDENT LIVING SKILLS**
- **WELLNESS & BALANCE**

