



*meet*

Cathy Salmons  
LCSW

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*Behavioral Health*

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HOMETOWN	Roanoke, Virginia
UNDERGRADUATE	Hollins University
GRADUATE SCHOOL	Smith College, School for Social Work

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*I believe that healing is possible when we treat the whole person, body, mind and spirit. Evidence shows that trauma-informed, strengths-based care can help us integrate adverse experience, tapping into natural resilience to turn challenges into growth. With practice, we can all learn to “dance through life!”*