

## **Bio: Vanessa Quintana**

I am a licensed Marriage and Family Therapist dedicated to helping individuals, couples, and families achieve emotional and relational growth. I am licensed to practice therapy in California and Arizona and currently provide virtual therapy sessions. For the past 18 years, I have worked with churches and communities to promote mental health by delivering psychoeducational seminars, workshops, and conferences on essential topics. I hold a doctorate from Loma Linda University in California and currently balance my work between running a private practice and teaching university students.

On a personal note, I have been married for 14 years and have three young children. I enjoy learning new things, embracing creativity, and exploring the world with my family. In my free time, I love reading, painting, spending time with friends, and deepening my understanding of human behavior and relationships.

### **Contact:**

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### **Preferred Language:**

English & Spanish

