



Sara Zegalia

**ATR-BC, LPC, Lead Mental Health Therapist
& Educational Content Developer**

Sara Zegalia is a licensed professional counselor and board certified art therapist with 15 years of experience in the field of mental health. Sara has served children and families throughout the NEPA region with an emphasis on trauma informed care. Additionally, Sara has provided treatment in the forensic field and believes all individuals have the right to competent and compassionate care. Sara currently serves as a Pre/postnatal Care Manager for persons who have Medicaid in PA, linking members to maternal mental health and resources in their region. Sara has enjoyed volunteering for many years with first responders and recently has joined a team to provide critical incident stress management to first responders locally. Sara has provided trainings across NEPA for the past 3 years encompassing trauma informed care and wellness.