



Meredith Oess

Outreach Coordinator

Meredith Oess is the outreach coordinator for LRJ Foundation for the North Georgia territory. She grew up in Cumming, Georgia and now lives in Gainesville, Georgia. Meredith graduated from The University of Georgia in May 2019 with a major in human development and family sciences. She is currently in grad school at the University of North GA, pursuing her Masters of Science in clinical mental health counseling.

Meredith is interested in working with children and adolescents in the future. Apart from pursuing her professional counseling degree and working at LRJ, she enjoys being active outdoors, working out, and being on the lake with family and friends. Meredith has been working with LRJ Foundation since January 2019.