

Jennifer Bronsnick is on a mission to support women & teens to heal from burnout, manage anxiety and become resilient. She blends her clinical experience with training in Mental Health Integrative Medicine and is a Certified Anxiety Treatment Professional. She is a sought out speaker and expert in the field of alternative approaches to mental health.



As Seen On

■ ■ **Saint Barnabas Medical Center**
■ ■ Barnabas Health

CAUCUS
NEW JERSEY
with STEVE AUBATO

hip
nj

big BELIEVE
INSPIRE
GROW

LIFE & Living
WITH JOANNA GAGS

 **Jewish Federation**
OF GREATER METROWEST NJ

 **Unilever**

NEWS 12
NEW JERSEY

Presentation Topics

- Healing from Burnout
- Raising Anxiety-Proof Kids
- Holistic Strategies for Healing Anxiety
- Anxiety-Proof Motherhood

Schedule a Chat to discuss your needs by emailing Jennifer@JenniferBronsnick.com or visiting her website.

"It was the best hour I have spent in a long time! Jennifer's calm demeanor paired with her specific examples and stories made it really easy to learn and apply the content."