



## Olson Center Brown Bag Speaker Profile:



**Kendra Gonzalez, LMHP**

**Starting Fresh: Practical Self-Care and Wellness Strategies for the New Year**

**Tuesday, Jan. 20, 2026, noon to 1 p.m.**

Kendra Gonzalez, LMHP is a Nebraska Medicine licensed Mental Health Practitioner and also a Psychotherapist for the Patient-Centered Mental Home. Kendra specializes in CBT counseling, family systems and mental health education.

She received her Bachelor of Arts in Child, Youth and Family Studies from the University of Nebraska at Omaha, followed by her Master of Science in Community Counseling also from the University of Nebraska at Omaha.

If you would like to contact today's Brown Bag presenter, please reach Kendra Gonzalez at [kegonzalez@nebraskamed.com](mailto:kegonzalez@nebraskamed.com).

For more information, visit our [brown bag website](#).