

discovering recovery

A HEALTH AND WELLNESS COMMUNITY



Encouraging and motivating people towards change to live beyond their pain and enjoy and embrace who they are, is what Monique Peats does. As an accomplished singer she has traveled with many singing groups, as well as being a soloist and keynote speaker at various venues. When she combines both her speaking and singing talents we have a winner.

Monique has been in private practice for over fifteen years as a Psychotherapist. She enthusiastically gravitates towards and enjoys the variety that her work and life has provided and what she enjoys most is being able to inspire people to live beyond their circumstances, dream beyond today and live as if there is no tomorrow.

Her training has covered a broad scope of study ranging from theology to teaching to counselling. She has Masters degrees in Theology & Counselling (MTS-PC) and Social Work (MSW). Monique's training and membership is with the College of Social Workers and the American Association of Marriage and Family Therapy (AAMFT).

Through her extensive skills and knowledge she has co-created an internationally awarded recovery program: the prestigious award granted by the International Association of Addiction & Offender Counselors.

Over the years, Monique has worked with clients from diverse cultures and experiences. From singer, to youth and education pastor, guest speaker, trainer, trauma counsellor and group facilitator, Monique's journey has been a varied yet interesting one. She presently enjoys a joyful life surrounded by her wonderful husband and family.

She will bring to your podium warmth, wisdom and wonderment.

To learn more about how Monique can assist you and your organization email info@discoveringrecovery.com