



Kate Matthews, LCMHC, RYT-200

Family Wellness Coach

Kate is a licensed mental health therapist and registered yoga teacher originally from Pennsylvania. She grew up coming to the NY shores of Lake Champlain and is thrilled to be growing roots on the Vermont side! She looks forward to strengthening her practice as a Family Wellness Coach by working with children, teens, & families to bring a holistic approach to mental healthcare. In her free time you will find her skiing, biking, swimming, reading, or hammocking.