

**Elisabeth Preisinger** Elisabeth has over a decade of experience in the social services sector. A licensed master social worker, she has worked in both direct service and community settings. Her experience ranges from providing wrap-around services to youth, case management of individuals and families experiencing homelessness, and community organizing for economic and racial justice. Elisabeth has seen and felt the effects of vicarious stress among social workers. She brings all of this experience to her role with the CBR Project to deliver a program that addresses the stress felt by those in the human service professions and empowers them to develop their innate resilience.