

DR. SONIA KENNEDY



Specialties:

- Life Coaching
- Anxiety
- Women's Issues

About: Dr. Sonia aka “The Power Pusher” is a Therapist, Speaker, & Author. She is the founder of Empowering Wellness 360, a therapy & personal development company, that works with individuals & communities in the areas of anxiety, depression, & trauma. She helps clients unlock their mental blocks, eradicate limiting beliefs, and align their vision with their healing & lifestyle goals. As a result, clients are able to gain clarity, have massive shifts, take action, and have a massive impact. Dr. Sonia incorporates empowerment & mindfulness practices to include meditation, breathwork, & trauma informed Yoga. As a community advocate for health and wellness, Dr. Sonia also works in underserved schools and communities to provide Yoga and other wellness practices to create safe & healthy communities.

Hours available for new clients: Contact Porchlight for more information.

Insurances accepted: BlueCross and BlueShield, Cigna, Out of Network.