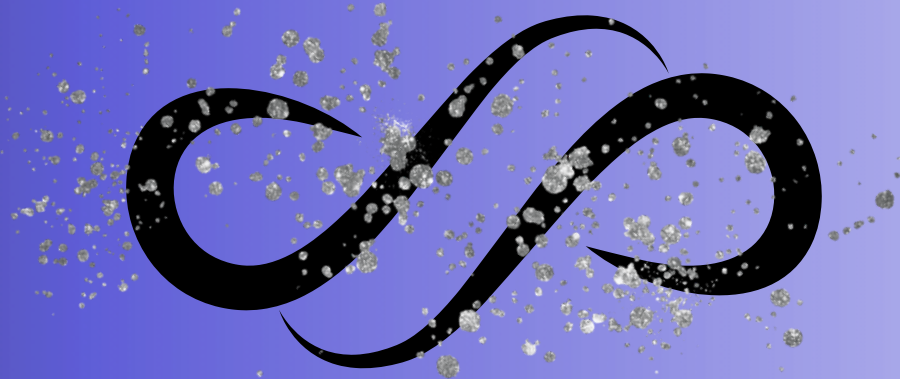




Speaker | Advocate | Trauma Survivor

Journey to Change Me



LINDA LUNDSTROM

ALWAYS MAKE DECISIONS
FROM LOVE



ABOUT LINDA

Linda Lundstrom is a mother and trauma survivor who has spent 28 years in personal recovery, advocating for families navigating the devastating intersection of addiction and mental health. As a mother who has lived this journey firsthand, Linda brings a voice to the room that is rarely heard: the family on the other side of the crisis. Her story is one of heartbreak, resilience, and profound transformation and leadership.

SIGNATURE TOPICS



When Love Isn't Enough: A mother's journey through her child's mental health and addiction crisis



The Family in the Room: Understanding trauma, codependency & boundaries



Surviving to Thriving: Healing for parents of those with mental illness



What Families Need to Hear: Breaking silence, stigma and isolation

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