



**Carla De Mello – Secretary**

**Bilingual:** English/ Portuguese

Carla De Mello is a licensed Marriage and Family Therapist with 15 years of experience working with children, teens, and adults. Her expertise lies in supporting individuals struggling with anxiety, PTSD, depression, immigration trauma, low self esteem, codependence, and relationship problems, with a focus on youth aged 16-26 transitioning to adulthood.

Carla's own journey as an immigrant from Brazil has given her extensive experience working with diverse ethnic groups and the challenges of cultural transition. This personal experience fuels her passion for empowering youth and underserved communities through her work with Above the Influence Network.

As a Novato resident, Carla strives to create a nonjudgmental, empathic, and safe spaces for all people to feel comfortable sharing their vulnerabilities and challenges without fear of being criticized. In her role as Secretary, Carla applies this same compassionate, client-centered approach to supporting her colleagues and ensuring the smooth operations of our nonprofit. Her clinical background gives her a unique perspective that strengthens the team's ability to serve Marin County's holistic wellbeing.