



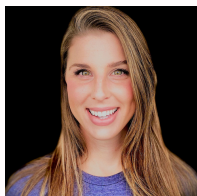
# Center for Wellbeing

For over forty years, the Department of Psychiatry and Behavioral Medicine at the University of Illinois College of Medicine Peoria has been the forerunner in providing evidence-based mental health treatment, education, and prevention for the Greater Central Illinois area. The Center for Wellbeing aims to extend these services to professionals and their organizations.

## Our Providers



Debra Disney, Director,  
MSEd, LCPC



Rachel Buchheit  
MA, LCPC



Michele Holman  
MSW, LCSW



Marcelo Bento Soares, PhD



Ryan Finkenbine, MD



Jay Clore, PhD,  
LCP

## Services

The Center for Wellbeing aims to extend these services to professionals and their organizations. Our compassionate approach helps with common stressors, mental health concerns, and career advancement.

Presentations, trainings, and workshops on a variety of topics, including emotional wellbeing, resilience, purpose in the workplace, assertive communication, de-escalation, and compassion are also offered through the Center for Wellbeing.

*The Center for Wellbeing values your privacy and strives to afford the greatest care in protecting your personal and private information. To learn more about how we maintain confidentiality or to arrange a preliminary appointment, call (309) 495-1683. We accept most insurance plans and self-pay arrangements.*

To schedule, contact:  
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(309) 495-1683  
[www.peoriawellbeing.org/](http://www.peoriawellbeing.org/)