

SIMARA BLAIR

LMFT, PMH-C
Therapist. Speaker.

Relatable + Authentic



The evidenced based techniques that Simara provided were enlightening and educational. She was authentic in affirming mothers dealing with anxiety and depression, through her use of storytelling. It was incredibly powerful to take in. The personal references and professional examples were critical in normalizing the struggles that moms face within motherhood.

About me

Simara is a Licensed Marriage and Family Therapist certified in Perinatal Mental Health and Founder of Strength & Serenity Counseling, LLC.

With her warmth and compassion Simara is known for a balanced blend of raw truth, gentleness, and radical acceptance. She highly values the sacred intersections of truth, self discovery, spirituality and growth. Simara has committed over 10 years to the support of couples and new parents.

Speaking Topics

Motherhood + Mood Disorders
Motherhood + Burnout
Women Empowerment
Normalizing New Parent Struggles
Building Communication for Couples
Spirituality + Parenting

Clients Include

The Motherhood Village Forum
Mama Knows Best Podcast

Navigating Motherhood
Kansas City Church of Christ

2021 Let's Chat Mama Virtual Summit
Southeast Perinatal Counseling