



# Local Spotlight with Danielle Care, Art, and Compassion:

By Danielle Gannon  
The Cardinal Contributing Writer



For 15 years, Kathryn Roberts dedicated her career to Family Court, advocating for children and families in complex legal situations. A graduate of Gwynedd Mercy University with a bachelor's degree in social work, she worked tirelessly within the courthouse system. But soon she realized that developing the thick skin needed to navigate that world wasn't in her nature.

"I wanted to work somewhere where caring a lot was beneficial," Kathryn explains.

Her passion for helping others led her to a medical setting, working with children. But once again, something felt missing. Determined to find her true

calling, she enrolled at Holy Family University, where she earned her Master's in Psychology. This decision proved pivotal, shaping her approach to therapy and deepening her understanding of the human experience.

During her time as an intern with NOVA in Bucks County, Kathryn gained invaluable knowledge. Under the guidance of two exceptional supervisors, she received intensive training in working with children, learning how to navigate trauma and offer meaningful support. NOVA's work humbled her, revealing the profound impact of prevention, validation, and thoughtful intervention for victims.

Today, Kathryn brings that wealth of experience to Mindful Healing in Doylestown, where she works alongside Joyce Cooney. Here, she has the time and space to truly connect with her clients, reading, researching, and developing customized treatment plans that address their unique needs.

"I love seeing people at all different stages of their lives," she says. "From ages five to eighty, I've worked with them all. But I really resonate with teens—their brains are still developing, and I feel I can really help them alter behaviors and make changes that will set them up for success."

Kathryn believes that everyone sees the world through own personal lens, shaped by experiences. She defines trauma as anything that fractures a person's view of themselves, and she finds

## Mindful Healing with Kathryn Roberts



Kathryn Roberts

deep fulfillment in guiding her clients toward healing and clarity.

A firm believer in creative expression, Kathryn incorporates art and music therapy into her practice. "Art therapy gets people out of their heads and talking. Drawing helps process out-of-control feelings and gives a sense of control, just by holding a pencil in their hands."

Beyond her professional life, Kathryn is deeply connected to Doylestown, where she lives, works, and enjoys time with her family. As a mother of two and a dedicated wife, she has found a career that allows her to help others while maintaining the personal life she values so much.

If you're looking for a compassionate therapist who truly sees you and will work with you to find a path forward, contact Kathryn Roberts at 267-478-2180 to schedule an appointment.

Danielle Gannon is a local Bucks County entrepreneur. She is Founder & Creative Director of Local Spotlight with Danielle. Find her on IG @localspotlightwithdanielle [www.localspotlightwithdanielle.com](http://www.localspotlightwithdanielle.com)

### YOGA IN THE PARK - continued from page 1

Studio has offered 200-hour and 300-hour Yoga Teacher Trainings. The studio brings cultural events such as the Tibetan Buddhist Monks and their Sacred Sand Mandala creation. The monthly offerings beyond the daily schedule of classes include workshops on all types of yoga, sound healing, meditation, and yoga philosophy. Private and semi-private yoga classes are offered as well. For those looking for healing on all levels of their beings on a one-to-one basis, Simon brings over 30 years of healing experience in each Integrative Bodywork Therapy session she gives.

Yoga in the Park is held at Broad Street Commons Park directly across the street from Borough Hall at Broad and Doyle Streets. The classes are for all levels of yoga students, age 18 and over. Bring your own mat, water, and sunscreen for the sunny days. Students can enroll online by scanning the QR code at <https://www.doylestownborough.net/news/yoga-in-the-park-2/>

Parking is available at Borough Hall (10 North Doyle Street). In case of rain, classes will be held in the Borough Hall meeting room.

#### YOGA IN THE PARK SCHEDULE

Tuesdays, 8:00 a.m. - 9:00am  
May 13—June 17  
Saturdays, 8:00 a.m. - 9:00am  
May 17- June 21  
\$90 for six weeks, \$20 drop-in fee  
(pay on sight for a drop-in class)

**yoga**  
IN THE PARK