



Valerie Erb

The Hope, Healing & Help Radio Program

January 23, 2016

Topic: Teen Grief

Valerie was a broken teen who fell in love with Jesus over 30 years ago and has been ministering ever since then. She made a vow to God at the age of 16 to help as many lost and hurt people as possible until the day she dies. She has helped many people through her roles as a speaker, motivator, counselor, credentialed teacher, women’s ministry leader, pastor’s wife and youth leader. She is candid about the struggles she faced throughout her own childhood, teen years through adulthood, and how she overcame huge obstacles to go on to greater things. She imparts to each life she touches the hope of being restored by God from the inside out. She is currently teaching a peer helping course she wrote called Inside-Out Peer Helping (valerieerb.com) and pursuing her Master’s Degree in Educational Leadership. She is most passionate about lifting up hurting people and her biggest claim to fame is her upcoming 28th year anniversary with Frank and her two wonderful children who are 20 and 18.

Learn more about Valerie and her work with Teen Grief Recovery from the Inside Out.

<http://valerieerb.com/>

<http://insideoutpeerhelping.com/>

Valerie’s high school class wrote a book together. It’s called, “*Inside-Out Peer Helping. You Are Not Alone.*” Read personal stories by students who have learned how to open up about their pain and are effectively able to reach out to others as peer helpers to encourage other students. The book is available at

<http://insideoutpeerhelping.yolasite.com/products.php>

