

Youth at the Forefront

**10th Annual ADAPT
Community Health Symposium**

Mental Health, Belonging, and Digital Wellness



Zoe Liu, LMHC, MA

Family Connector, BCNC

Zoe holds a Master of Arts in Mental Health Counseling from Boston College and is a Licensed Mental Health Counselor (LMHC). She has clinical experience working with children, adolescents, young adults, and families in both community-based and clinical settings through a strength-based lens. Her work with youth focuses on supporting emotional well-being, identity development, family relationships, stress management, and other challenges that may arise during different stages of development.

With a strong interest in youth and family well-being, Zoe is also involved in community outreach and prevention initiatives, including mental health education and problem gambling prevention and support. She is committed to connecting youth and families with appropriate resources and creating accessible, culturally responsive support within the community. Zoe believes that every young person has the capacity to learn, grow, and thrive when they have access to the right support, resources, and relationships. She views therapy as a collaborative process that creates a safe space for youth to better understand themselves, build on their strengths, and develop the skills and confidence they need to navigate challenges and grow.