



Lena McCain is the Founder of Interfaith Bridge Counseling, where she continues her support as the Clinical Director. She also holds a Master of Arts degree in Clinical Mental Health: Mindfulness-Based Transpersonal Counseling Psychology from Naropa University.

Lena's drive and passions lie in person-centered, liberation-based mental health, which she has spent the last 12 years studying with an emphasis on one's exploration of personal growth, community healing, and multicultural values. Lena's expertise in these areas and the therapeutic field acts as a reminder to our community, teens, and young adults that they are not alone in their experience of life.

Lena spends most of her time working alongside other individuals and organizations, helping to foster brave spaces for more transformative, connected experiences. Lena lives in Denver, Colorado with her partner, Brandon. They have two Shar Peis named Yia Yia and Bao, and one Terrier Mix named Mimosa.