

Worldwide Women’s Association Recognizes Tara-Lee Corriveau

Tara-Lee Corriveau Launches Nourished Minds, Integrating Mental Health Care and Food as Medicine to Support Whole-Person Healing

Tara-Lee Corriveau, a dedicated social worker with 18 years of experience in the mental health and addictions field, has announced the launch of **Nourished Minds**, a wellness initiative that bridges mental health support with the transformative power of nutrition and Food as Medicine.

Throughout her career, Corriveau has worked with diverse and often underserved populations, including individuals experiencing homelessness, youth involved in the justice system, and people navigating complex mental health and addiction challenges. Her work has supported thousands of individuals in gaining deeper self-understanding, resilience, and hope during some of the most difficult moments of their lives.

Corriveau’s approach to care is deeply informed by lived experience. In 2017, she was diagnosed with bipolar II disorder and an anxiety disorder—an experience that profoundly shaped her perspective as a practitioner and strengthened her compassion, empathy, and commitment to holistic healing

“My lived experience has given me a deeper understanding of how mental health impacts every aspect of life,” said Corriveau. “Healing is not one-dimensional. It requires care for both the mind and the body, and nourishment plays a critical role in that process.”

As the **Founder of Nourished Minds**, Corriveau is embarking on a new chapter that integrates her extensive mental health expertise with her training as a **GLO Food as Medicine** easy-to-prepare meals as a powerful tool for supporting mental wellness, emotional regulation, and overall health. **Culinary Professional**. Through Nourished Minds, she promotes the use of nutritious, accessible, and

Nourished Minds is rooted in the belief that food can be both practical and healing. Corriveau’s work focuses on empowering individuals with the knowledge and confidence to incorporate nourishing foods into their daily lives—reducing barriers, building routine, and fostering a sense of care and connection through the kitchen.

“Food is not about perfection—it’s about consistency, nourishment, and self-compassion,” Corriveau added. “When we learn how to fuel our bodies in supportive ways, we create space for mental clarity, stability, and hope.”

Through education, advocacy, and hands-on teaching, Nourished Minds aims to redefine wellness by addressing mental health through an integrated, human-centered lens. Corriveau’s mission is to make wellness attainable, sustainable, and deeply personal—one meal at a time.

About Nourished Minds

Nourished Minds is a mental wellness and nutrition-focused initiative founded by Tara-Lee Corriveau, a social worker with 18 years of experience in mental health and addictions. Combining lived experience, professional expertise, and Food as Medicine principles, Nourished Minds supports individuals in cultivating mental and physical well-being through accessible, nourishing food and compassionate education.

Worldwide Women's Association Member Tara-Lee Corriveau is looking forward to networking with you.