

TOSHA ROLLINS

Self-Care Steps To Reduce Parental Stress

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Tosha Rollins is a Licensed Professional Counselor in South Carolina, and the owner of Rollins Counseling, LLC. She is wife to Travis and momma to three sons Jason, Jacob, & Konnor, ages 9-23, and stepmom to Kaylee, who is now in college. She has two sons on the autism spectrum. She loves adventures, traveling, nature, and spending time with her family. In 2018 she started the Autism in Action Podcast to help families connect with autism resources, services, and support. Tosha also enjoys serving the community as a Lead With Love Safety Plan Coordinator. When she is not working, she is spending quality time with her family and planning her next adventure

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Mother's Day Conference and Retreat