

ASHLEY GARBER

Excellent communication and planning skills, as well as a resilient and hardworking personality.

EMPLOYMENT HISTORY

DIGITAL CONTENT CREATOR

Aug 2019 – Dec 2023

Self-employed

Levittown, PA

- ♦ Analyzed metrics to optimize content strategy, boosting engagement and reach.
- ♦ Targeted demographics and competitors to refine audience focus and increase followers.
- ♦ Networked with industry peers, enhancing page visibility and collaboration opportunities.
- ♦ Produced and shared unique content, driving page growth and brand recognition.
- ♦ Developed data-driven content strategies, leveraging demographic insights to optimize targeting and enhance page growth through original, watermarked creations.
- ♦ Implemented robust tracking systems for key metrics, creating comprehensive spreadsheets and data models to inform strategic decision-making.

VOLUNTEER

Jan 2005 – Jul 2024

Merakey

Philadelphia, PA

- ♦ Ensured adherence to safety protocols, enhancing event security and participant well-being.
- ♦ Facilitated event setup and decoration, creating engaging environments for attendees.
- ♦ Participated in Spring Prom, contributing to a safe and enjoyable experience for all.
- ♦ Distributed food and engaged with families, fostering inclusive community interactions.

NANNY/HOUSEKEEPER

Mar 2015 – Feb 2017

David Amodei

Langhorne, PA

- ♦ Created nurturing environments for emotional growth, enhancing children's social skills.
- ♦ Prepared nutritious meals, promoting healthy eating habits among children.
- ♦ Built strong relationships with families, fostering trust and communication.
- ♦ Engaged children in educational play, boosting cognitive and motor skills.
- ♦ Organized diverse activities, supporting children's physical and intellectual development.

TEACHER'S ASSISTANT

Oct 2014 – Feb 2016

Just Children Child Care Center

Philadelphia, PA

- ♦ Planned lessons, boosting student engagement and learning outcomes.
- ♦ Supervised activities, fostering creativity and cultural appreciation.
- ♦ Tracked progress, and communicated with parents for transparency.
- ♦ Prepared materials, aiding efficient lesson delivery.
- ♦ Maintained cleanliness, ensuring a healthy learning environment.

VOLUNTEER

Jun 2011 – Sep 2013

American Foundation For Suicide Prevention

Philadelphia, PA

- ♦ Supported event setup for 'Out of Darkness' walks, enhancing community engagement.
- ♦ Organized cleanup for awareness events, ensuring smooth operations.
- ♦ Facilitated support groups for new suicide loss survivors, fostering healing.
- ♦ Assisted in planning and promoting fundraisers, boosting prevention efforts.
- ♦ Provided grief resources to families, aiding understanding and comfort.

PHARMACY TECHNICIAN

Aug 2006 – May 2013

CVS

Feasterville, PA

- ♦ Managed patient profiles, ensuring accuracy in medication and insurance data.
- ♦ Resolved customer inquiries, enhancing satisfaction and loyalty.
- ♦ Restocked pharmacy shelves, maintaining consistent sales.
- ♦ Corrected billing errors, improving financial accuracy.
- ♦ Dispensed medications per pharmacist orders, ensuring patient safety.

EDUCATION

BACHELOR'S IN CHILD AND ADOLESCENT PSYCHOLOGY
Southern New Hampshire University

Jan 2021 – Dec 2023
Southern, NH

- Received the President's list and Honor Roll seven times
- First generation student
- Graduated summa cum laude with a 3.9 GPA

SKILLS

Communication, Planning, Content Creation, Data Analysis, Networking, Childcare, Teaching, Customer Service, Pharmacy, Event Planning, team collaboration

ADDITIONAL INFORMATION

VOLUNTEER EXPERIENCE

- Merakey, Philadelphia, PA (Jan 2005 - Present): Ensured safety protocols, helped with events, and interacted with families
- American Foundation For Suicide Prevention, Philadelphia, PA (Jun 2011 - Sep 2013): Assisted with events, set up support groups, and provided resources for suicide prevention

HOBBIES

I've spent the last 10 years traveling to different countries. This has helped me to become aware of cultural differences and remain open to different lived experiences.

INTERNSHIPS

BEHAVIORAL HEALTH SPECIALIST
Cook County Corrections

Aug 2025 – Aug 2026
Chicago, IL

- ♦ Held multiple group sessions with 18-25 year old males about mindfulness, grief, and core skills
- ♦ Created an Arts and Lesuire group
- ♦ Met one on one with multiple individual clients
- ♦ Advocated for the program
- ♦ Used specific music lyrics to help break down clients' thought and emotions in session and groups
- ♦ Created a nutritional lesson plan for the entire program that connected what we put in our body and how it impacts our thoughts/emotions.