

# Yogesh Pardeshi

***Group Session Expert | ABT Practitioner | Diploma in Social Work | Outreach Coordinator***

As a **committed team member and Outreach Coordinator at Team Lighthouse**, Yogesh Pardeshi specializes in **group therapy and organizational wellness**, working extensively with **at-risk individuals and children with diverse needs**. With a **Diploma in Social Work** and **certification as an Arts-Based Therapy (ABT) Practitioner**, he integrates **physical, adaptive, and creative modalities** to facilitate **healing, engagement, and personal growth**.

With **three years of experience**, Yogesh has developed a **dynamic and interactive approach** that blends **movement-based interventions and expressive arts** to support **emotional regulation, social skills, and behavioral transformation**. His expertise extends to working within organizations, where he facilitates programs that leverage arts-based therapy to enhance group dynamics, foster mental well-being, and empower individuals through creative expression and collaborative engagement.

As **Outreach Coordinator**, he plays a crucial role in expanding Team Lighthouse's reach, ensuring that **support, awareness, and mental health resources** are accessible to those who need them most. Passionate about **inclusion and advocacy**, Yogesh is committed to **creating safe and adaptive spaces** where every individual can thrive.