

DR. FRANZESKA SAMPSON-BACCHUS



Meet Dr. Franzeska Sampson-Bacchus

Educator. Scholar. Social Work Leader. Mental Wellness Advocate.

Dr. Franzeska Sampson-Bacchus, Ed.D., MSW, is an educator, academic leader, scholar, and mental wellness advocate dedicated to empowering individuals, strengthening families, and transforming communities through education, compassionate service, and wellness-informed practice.

As Director of Practicum Education and a Doctoral Lecturer, she is committed to preparing future social workers to become ethical, culturally responsive, and practice-ready professionals. Her educational philosophy is rooted in the belief that every student has unique strengths, experiences, and learning needs. Through inclusive instruction, mentorship, reflective learning, and individualized support, she creates environments where students feel valued, develop confidence, and are empowered to achieve their academic and professional goals.

Leadership, Scholarship, and Community Impact

Beyond the classroom, Dr. Sampson-Bacchus is a dedicated leader and community advocate. Her commitment to service extends into her faith community, where she serves on the Wellness Ministry and Community Liaison at Full Gospel Assembly. Through these roles, she champions education, mentorship, community engagement, and access to resources that help individuals and families thrive.

Dr. Sampson-Bacchus is also the founder of Taking Care of Our Mental Health (TCOOMH Inc.), an organization dedicated to promoting mental health awareness, reducing stigma, and connecting underserved and marginalized communities with education, support, and essential resources. Her community initiatives include wellness workshops, conferences, mental health outreach, food distribution efforts, and programs that encourage individuals to prioritize their well-being.

As a scholar, Dr. Sampson-Bacchus focuses on practicum education, workforce wellness, student success, and strengthening the integration of theory and practice in social work education. Her professional contributions include research, conference presentations, webinars, curriculum development, mentorship initiatives, and educational programming designed to improve student learning and community outcomes.

Dr. Franzeska Sampson-Bacchus is committed to helping individuals, families, students, and communities move forward with knowledge, confidence, purpose, and hope.

Healing is Strength in Motion.

Why Trust Us?

At DrFran.info, we believe wellness begins with trust, knowledge, compassion, and access to meaningful resources. Our work is grounded in professional experience, education, community engagement, and a genuine commitment to helping individuals and families thrive.

- **Professional Expertise:** Founded by Dr. Franzeska Sampson-Bacchus, an educator, social work leader, and mental wellness advocate with experience in higher education, practicum education, mentorship, and community outreach.
- **Education With Purpose:** We value evidence-informed education, practical learning, and resources that encourage personal development, reflection, and informed decision-making.
- **A Whole-Person Approach:** We recognize the importance of caring for the mind, body, and spirit. Our wellness philosophy encourages individuals to prioritize emotional well-being, personal growth, healthy relationships, and self-care.
- **Community-Centered Values:** Our commitment extends to underserved and marginalized communities. We advocate for greater mental health awareness, reduced stigma, and improved access to educational resources and support.
- **Faith, Encouragement, and Empowerment:** We recognize that faith, spirituality, and personal values can be meaningful sources of strength. Our resources are designed to encourage reflection, hope, resilience, and purposeful living.
- **A Commitment to Meaningful Resources:** We strive to offer thoughtfully developed educational and wellness materials that inspire learning, encourage healthy habits, and support individuals on their personal wellness journeys.

Our goal is to create a trusted space where education meets encouragement and wellness resources support growth, healing, and empowerment.

Our promise is to lead with purpose, serve with compassion, and encourage wellness in every community we reach.

Why Shop With Us?

Resources That Inspire Growth, Wellness, and Purpose

At DrFran.info, shopping is about more than purchasing a product. It is an opportunity to invest in your personal growth, self-care, learning, and overall well-being.

Our wellness collection brings together thoughtfully selected and developed resources designed to encourage reflection, inspire positive habits, and support your journey toward a healthier, more balanced life.

Explore Resources for Your Wellness Journey

- **Mental Health and Wellness Books:** Educational and inspirational resources that encourage mental health awareness, emotional wellness, and meaningful conversations.
- **Journals and Planners:** Tools to support reflection, goal setting, gratitude, organization, and intentional living.
- **Adult Coloring Books:** Creative opportunities to pause, relax, practice mindfulness, and enjoy moments of personal expression.
- **Faith-Based Resources:** Devotionals and inspirational materials that encourage spiritual reflection, hope, resilience, and personal growth.
- **Self-Care and Wellness Products:** Items intended to complement your personal care routines and encourage moments of relaxation and renewal.
- **Educational and Community Resources:** Materials that promote awareness, learning, empowerment, and healthier communities.

Why Choose DrFran.info?

- **Purpose-Driven Products:** We are passionate about resources that encourage personal development, wellness, and meaningful reflection.
- **A Whole-Person Perspective:** Our approach recognizes the connections among emotional, mental, physical, and spiritual well-being.
- **Created With Care:** Our wellness mission informs the selection and development of resources intended to encourage, educate, and inspire.
- **Support a Greater Mission:** Your purchases help support a wellness-centered brand founded on education, empowerment, and community well-being.
- **Resources for Every Season of Life:** Whether you are beginning a self-care journey, seeking inspiration, building healthier habits, or looking for a meaningful gift, we invite you to explore resources that align with your goals.

Explore our collection and discover resources to support your journey.

- **Mental Wellness and Community Support:**
- **Shop Wellness Resources**
- **Information about TCOOMH Inc., workshops, outreach, and mental health awareness initiatives.**