



Sonja Crosby

Caregiver, Caregiver Advocate, Actor
Wife & Mom

Helping caregivers breathe easier,
one moment at a time

Hi, I'm Sonja Crosby — a caregiver, caregiver advocate, actor and creator of tools that help caregivers reclaim moments of peace, presence, and self-compassion. I'm also a wife of 28 years and mom to a teenage girl.

After caring for my mom through her Alzheimer's journey and now supporting my 84-year-old father, who lives with us, through his, I understand what it means to live the caregiver life every single day. That's why I've created digital resources to make life just a little easier — because caregivers deserve care, too.



www.SonjaCrosby.com
Resources Page



About Sonja

I began my professional life as a voiceover artist, using my voice to tell stories, comfort audiences, and inspire calm. Over time, that skill — connecting through voice — became a form of ministry and advocacy.

When caregiving became a central part of my life, I realized that same voice could speak hope and strength to others walking this path. My caregiving journey led me to develop affirmations, journals, and soon a course designed to help caregivers breathe, release guilt, and rediscover balance in the midst of responsibility.

Caregiver Resources by Sonja

Breathe, You're Doing Enough – Affirmations & Journal

A gentle collection of guided affirmations and reflective journaling prompts created to help caregivers pause, reset, and release unrealistic expectations. Perfect for daily encouragement or support groups.

10 Things to Make Life as a Caregiver a Little Easier (Free PDF)

A practical, uplifting guide filled with real-life tips and mindset shifts to help lighten the daily load of caregiving. Ideal for sharing with caregiver networks, newsletters, or events.

Coming Soon: Grace in the Caregiver's Journey (Online Course)

A self-paced course that helps caregivers recognize early signs of burnout, build healthy routines, and create systems for sustainable care — with compassion at its core.

The Voice Behind the Message

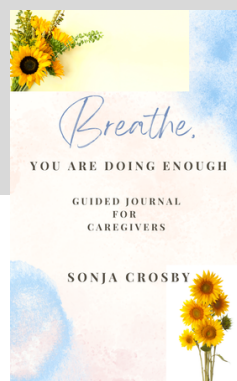
As a professional voiceover actor, I bring warmth, empathy, and calm to every project. My background in voice work allows me to offer:

- Soothing narration for caregiver and wellness content
- Guided audio meditations and affirmations
- Authentic storytelling for caregiver organizations and advocacy campaigns

I believe every caregiver deserves to hear that they're enough — and I use my voice to deliver that message wherever it's needed most.

Ways We Can Work Together

- Feature my resources in caregiver newsletters or digital libraries
- Offer affiliate or group access for your members
- Collaborate on custom caregiver content (audio, video, or written)
- Invite me to speak or record at caregiver support events
- Partner to promote the upcoming online course



What Others Are Saying

WOW. This audio knocked my socks off! I'm a caretaker, and I REALLLY needed to hear this. The journal is exceptional too!

~ Julie O'Connor – Denver

As I began to listen to "Breathe, You Are Doing Enough" by Sonja Crosby, I was first captured by her calm voice. Her calmness immediately centered me and pulled me out of worries for what was going on all around me. I quickly got in touch with the real me, the one who needs and wants and yearns to be all God created me to be.

Sonja's voice and words took me deeper into my true self, and allowed me to bask there, and to remember who I really am, not just who the world has convinced me I should be. I plan to start and finish my day listening to this, allowing it to realign myself, focusing on God with me and me with God. I thank God that He blessed and gifted Sonja to bless all of us. May you meet Him through her love offering.

~ Blessings, Jerrolynn Hockenhull – Detroit

"Rarely can one find comfort in the simplicity of a spoken message, but that's exactly what "Breathe. You're Doing Enough" provides. With a sense of calm and deliberate prompts, the stress and demands of caring for a loved one are reduced, leaving you feeling like life—and those demands—are manageable. Even on a demanding day for everyone, this is a verbal and much-needed hug. Listen."

~ Karen Dumas – Detroit

As a caregiver myself, I don't usually have a space that's just for me. This journal gave me that. The prompts are gentle, caring, and honest. They helped me say things I normally keep to myself and reminded me that I'm not alone in how this feels. The breathwork audio is a bonus I didn't know I needed. The voice is so soothing, and it helped to calm me before I started writing, which made the whole thing feel more like relief than effort. I would recommend this to any caregiver who needs a quiet moment to breathe and remember that what you're doing is already enough.

~ Leslie Young – Redford

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