

Niagara County Family Violence Intervention Project

2025 Safe at Home Conference



Thursday, October 23, 2025
8:30am - 4:30pm

Doubletree by Hilton
Niagara Falls, NY

Kelly Marie Wofford

Director of Health Equity, Mental Health & Wellness Advocate, Doula, Founder - Front Seat Life, LLC.



Kelly Marie Wofford is founder of Front Seat Life, LLC, an organization dedicated to eliminating barriers to mental health and wellness, and host of Healthy Illness podcast. A survivor of childhood sexual abuse, chronic depression & anxiety, as well as lived suicide experiences Kelly Marie uses her life to educate and empower others. The Healthy Illness podcast helps listeners build healthy relationships while living with mental health conditions. Encouraging people to “Be the light” she shares her stories and strategies with other survivors, caregivers, advocates and health professionals. Most recently, Kelly Marie became a DONA trained birth doula with a focus on helping parents on Medicaid have the birthing experience they desire and deserve.

With a career centered in health engagement and advocacy, Kelly Marie was named as the inaugural director of the Erie County Department of Health’s Office of Health Equity. The Office of Health Equity focuses on evaluating health disparities, improving health outcomes in Erie County, and building partnerships for initiatives that help marginalized and diverse populations in Erie County achieve maximum health and wellness. Prior to her role establishing the Erie County Office of Health Equity, Kelly Marie led community relations at Erie County Medical Center as well as communication efforts and mental health advocacy for the Buffalo Center for Health Equity. Her leadership was also pivotal in the creation of the University at Buffalo’s Community Health Equity Research Institute – the first of its kind – that partners with the Buffalo Center for Health Equity and the Erie County Office of Health Equity to provide the research needed to achieve the vision of a more healthy, equitable, and just community.

Due to her dedication to mental health and racial equity, she was named a national LISC Rubinger Fellow and received the Martin Luther King Jr. Humanitarian Award from the City of Buffalo. In her many leadership roles in Western New York, Kelly Marie elevates the importance of health equity, mental health and reducing the stigmas related to seeking support, especially in Black and Brown communities.

For more information, visit: cacofniagara.org/services/family-violence-intervention-project/