

JOYFEST

WELLNESS STATION

WORKSHOP FOCUS: MENTAL HEALTH AND HOLISTIC WELLNESS - BEFRIENDING THE INNER CRITIC

Your Host:
**Dulce Orozco,
LMHC**



Dulce Orozco, is a Licensed Mental Health Counselor with over 18 years of experience assisting women, people of color, and immigrant families to heal, embrace new perspectives, and honor their uniqueness.

Born and raised in Venezuela, and living in Massachusetts USA since 2001, Dulce understands culture's role in mental health and how we perceive ourselves. As a result, she creates safe spaces to talk about complicated but critical topics, such as family trauma, parenting, leadership, career growth, and fear of failure.

It's time to live your purpose boldly!

Latina
Immigrant
Therapist

mass
mentoring **m**
— AFFILIATE OF —
MENTOR



BLACK AND BROWN GIRL
MENTORING MOVEMENT
SPONSORED BY MENTOR

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WORKSHOP FOCUS: POETRY AND STORYTELLING - SELF-LOVE AND EMPOWERMENT

Your Host:
**Leeyan
Redwood**



Leeyan Redwood is a dynamic first-generation Jamaican-American making waves in various fields. A Northeastern University alumna, she excelled both academically and athletically, setting the third-longest shot put record as captain of the Track and Field team. Now focused on youth advocacy and community building, Leeyan works in the non-profit sector, championing youth mentorship and empowering marginalized voices. Her passion for storytelling and uplifting Black women led her to give a TED talk titled "The Variety of Voice: The Power of Authenticity," where she explored using one's voice as a powerful tool for change. Leeyan's talents extend to music, showcased by her stirring performance of the national anthem at a Boston Red Sox game. Her Jamaican heritage serves as a powerful undercurrent, fueling her achievements and connecting her to her roots. She finds particular joy in her mother's traditional dishes like curry goat and oxtail. Through her diverse pursuits, Leeyan continues to inspire and create positive change, driven by her commitment to fostering strong, empowered communities.



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WORKSHOP FOCUS: SKIN CARE & WELLNESS

Your Host:
Latoya Lewis



Latoya obtained her BA in Sociology and Criminal Justice in 2004 and spent several years working in the social work field before she decided to change her career path. In 2008 She enrolled in the Elizabeth Grady School of Esthetics and Massage Therapy to fulfill her passion to help others and her personal battles with skin sensitivity. Latoya is a Certified Massage Therapist and Esthetician with over 13 years of experience. After graduating at the top of her class and being voted most likely to succeed by her instructors and peers, Latoya worked for two leading holistic spas in Brookline before starting her private practice in 2009.



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WORKSHOP FOCUS: YOGA & MEDITATION - YOGA FOR EVERY BODY

Your Host:
**Rosie
Docanto**

**We Heal
Holistically**



Rosie is a dedicated student and teacher of yoga and holistic health with a deep passion for sharing holistic wellness practices with the community. She's a certified trauma-informed yoga teacher, fitness instructor, holistic health coach, sound bath facilitator and a herbalist. She believes that holistic practices, self-care routine, and rest can be the antidote to promote physical, mental and emotional health.

