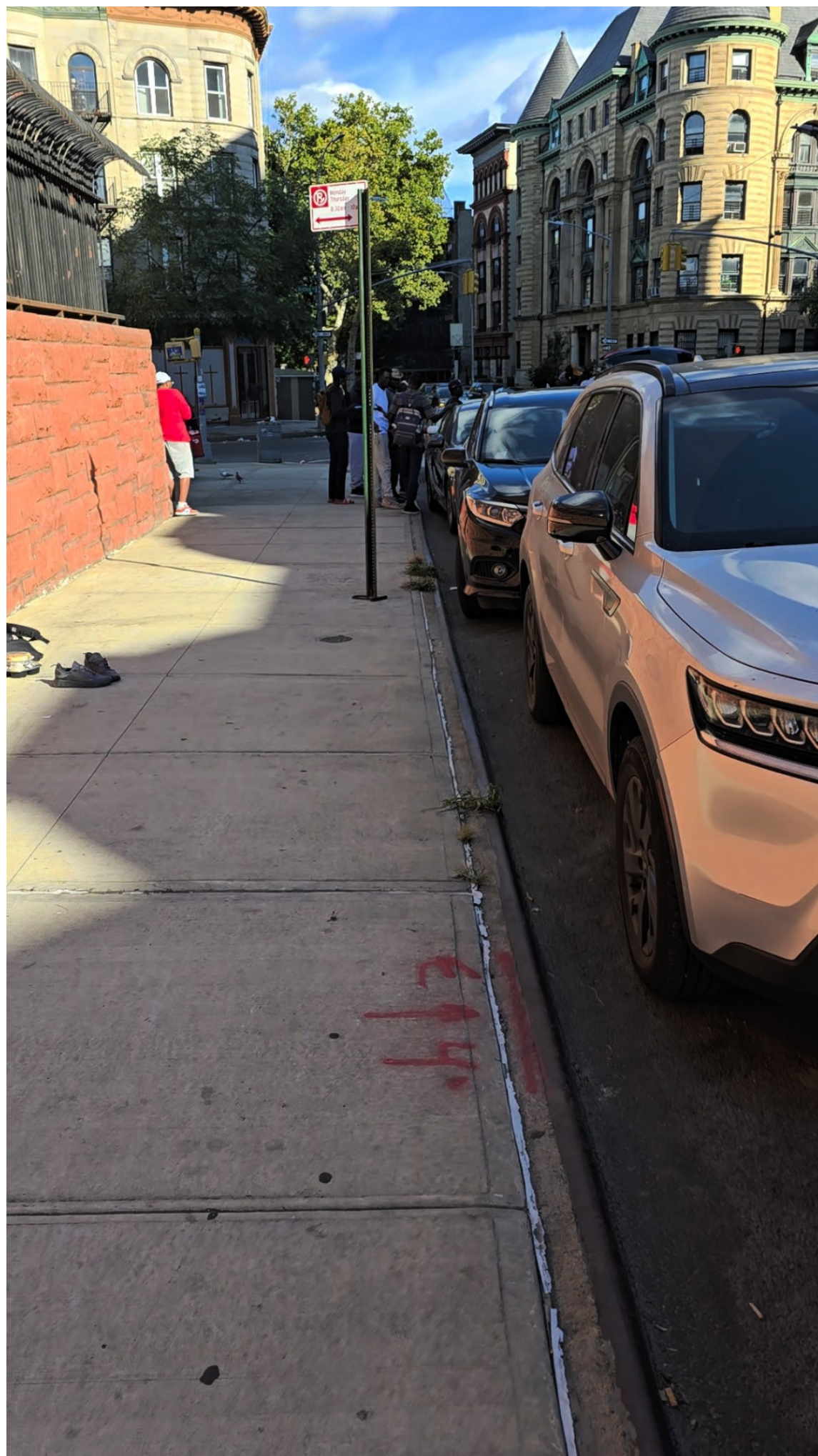


KQH Mental Health Counseling Brings Hope to Brooklyn

Feeds 50 Men at Local Shelter in a Powerful Act of Community Support



New York City, New York Sep 22, 2024 ([Issuewire.com](https://www.issuewire.com)) - KQH Mental Health Counseling, a practice dedicated to helping women of color heal from trauma, depression, and anxiety, took a compassionate step in its ongoing mission to serve the community by providing meals to 50 men at a Brooklyn shelter this week. Founded by [Kezzia Quintyne-Hilaire](#), a black female therapist in NYC, KQH Counseling believes in uplifting individuals from all walks of life through mental health services and community support initiatives.

The outreach event is part of KQH's broader commitment to addressing the holistic needs of underserved communities in New York City. Though the practice primarily focuses on trauma therapy for women of color, this initiative was an opportunity to extend its impact by providing care and support in a different way.

Kezzia Quintyne-Hilaire, the founder of KQH Counseling, remarked, "We believe healing comes in many forms, and sometimes that starts with meeting basic human needs, such as food and shelter. By serving meals to men in need, we're not only showing compassion but demonstrating that KQH Counseling is a practice rooted in love for the entire community."

The shelter, located in the heart of Brooklyn, provides housing and meals for men experiencing homelessness. KQH Counseling's outreach is part of its ongoing community engagement efforts, and plans are in place for [more events](#) to support those in need across New York City.

About KQH Mental Health Counseling

Founded in 2019, KQH Mental Health Counseling is a virtual therapy practice based in New York City, dedicated to helping women of color heal from [childhood trauma](#), relationship wounds, depression, and anxiety. KQH is committed to breaking the stigma surrounding mental health in the Black and Caribbean communities, offering individual and group therapy sessions tailored to the unique experiences of its clients.



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