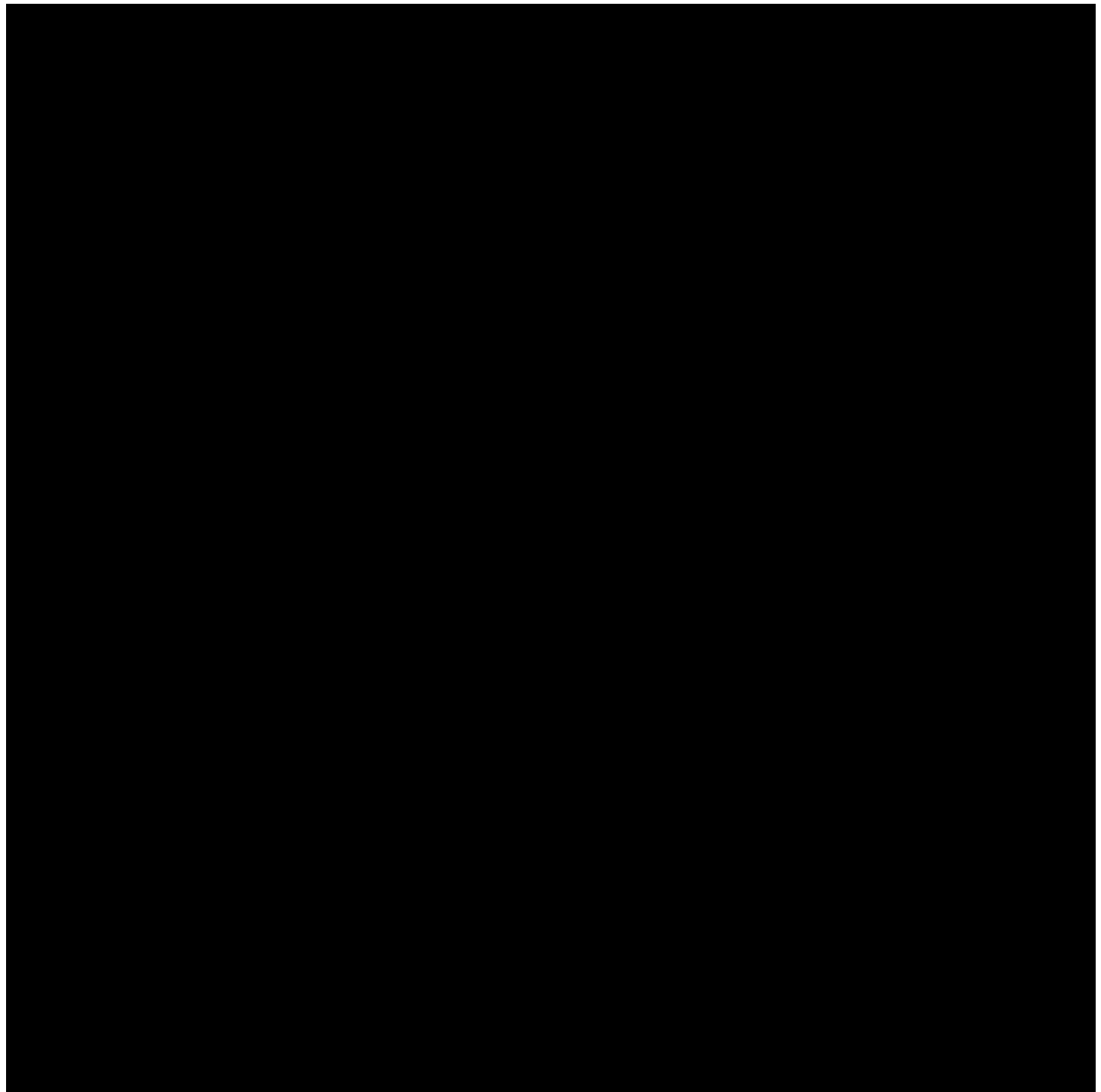


KQH Mental Health Counseling Celebrates 5th Anniversary by Granting Wishes to Children Impacted by Foster Care

Black Therapist in NYC Donates Special Gifts to Foster Care Youth



New York City, New York Oct 24, 2024 ([IssueWire.com](https://www.IssueWire.com)) - In celebration of five years of service, KQH Mental Health Counseling gave back to the community by granting heartfelt wishes to children impacted by foster care. The initiative was a deeply personal way for founder **Kezzia Quintyne-Hilaire** to honor her own dream of opening a private practice for women of color, which came true five years ago. As a [Black female therapist in NYC](#), Kezzia understands the impact of the foster care system on

children and hopes that these little wishes bring some happiness.

Wishes granted included:

- **Decor for Mi'yanna**, who wanted to create a fun and colorful bedroom where she could feel safe and express herself.
- **Comfy clothes for Angel's baby boy**, helping a young mother provide for her son's needs.
- **A weighted blanket for Raelynn**, designed to help her decompress and get a better night's sleep after long, stressful days.
- **Body scrubs for Oakley**, who is learning the importance of self-care and was excited to receive products that support his journey toward wellness.
- **Dino Kinetic Sand for Ryder**, is a young boy with a love for dinosaurs, allowing him to explore creativity and play through sensory activities.

This celebration of giving wouldn't have been possible without contributions from KQH's clients and Kezzia's own family. Her children, aged 16 and 10, donated from their personal allowances, demonstrating their commitment to giving back—a value Kezzia instills in them. "I believe it's important for my children to understand the impact of generosity," said Kezzia. "It means so much to see them get involved in helping others."

Kezzia's decision to grant these wishes was deeply personal. Reflecting on her own experience, she shared: "My dream of opening a private practice came true five years ago. I had always envisioned creating a virtual space where women of color could find healing, and that dream has become a reality. Now, I want to pay it forward by making other people's wishes come true—especially children in foster care, who deserve moments of joy and comfort in their lives."

Since its founding in 2019, KQH Mental Health Counseling has provided [trauma-informed therapy](#) to women of color across New York State, with a focus on helping individuals heal from childhood wounds and relationship trauma. As the practice celebrates five years, Kezzia's wish to create a virtual space for healing has become a reality, and she continues to pay it forward by making other dreams come true.

About KQH Mental Health Counseling

[KQH Mental Health Counseling](#) was founded in 2019 by **Kezzia Quintyne-Hilaire** with a mission to provide virtual therapy for women of color across New York State. Specializing in trauma, depression, and anxiety, KQH focuses on helping women heal from childhood wounds and relationship trauma. The practice is committed to breaking the stigma around mental health care in Black and Caribbean communities, offering a safe space for healing and empowerment. Kezzia is also the author of [My Self-Love Journal](#) a therapist-guided journal to help women fall in love with themselves.



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