



Janay Harden, LCSW

Janay Harden, LCSW affectionately known as “The StoryTelling Therapist” is a millennial mental health therapist and author.

She is the CEO of Restoring Your Destiny Counseling and Consulting LLC, a mental health agency in NJ. Janay comes with over ten years experience working in the mental health field with children, families, and schools. Her multifaceted approach encompasses individual counseling, transformative group therapy sessions, and engaging mental health workshops.

Beyond her impactful work as a therapist, Janay has authored five fictional books and unlocked the power of storytelling as a therapeutic tool, using her words to bridge the gap between healing and expression. She dedicates her efforts to crafting narratives that resonate with her readers.

If you seek stories that center around melanated characters navigating the intricacies of love, friendship, and family, you are invited to embark on a journey with Janay as she skillfully weaves her collection of words into a tapestry of understanding and reflection. Janay invites you to join her in making sense of the world, one thought-provoking story at a time.