



Janay Harden, LCSW

Janay Harden, LCSW, affectionately known as “The StoryTelling Therapist,” is a passionate millennial mental health therapist, best-selling author, and self-care advocate. With over a decade of experience in the mental health field, Janay has dedicated her career to empowering women, through therapy, self-care retreats, and the healing power of storytelling.

She is the founder of Restoring Your Destiny Counseling and Consulting, where she helps her women reclaim their stories by addressing generational traumas. Her own journey to wellness, born out of years of personal and professional burnout, has led her to become a vocal advocate for slowing down and making self-care non-negotiable.

