

LaQuana Sheppard, LMSW, is an affirming therapist, light bearer, survivor, mother, and founder of Alter Wellness Services, a holistic wellness practice dedicated to helping womxn create a healthy relationship with themselves through self love strategy, mindfulness-approaches, and assertiveness techniques. My philosophy is that a healthy relationship with self and others can be reclaimed by finding a home within yourself and learning to nurture that space through mindfulness-based stress reduction techniques, healthy boundaries, and self-awareness.

LaQuana has received a Masters of Social Work from Springfield College. She also holds a Bachelor of Science in Social Work with a minor in sociology from Southern Connecticut State University. LaQuana has also lead several healing spaces and workshop series to include *Self Care Sunday Healing Space* sponsored by Hearing Youth Voices in New London, CT, *The Resilience Room* sponsored by The Cultural Coalition of Southeastern and Northeastern Connecticut, and a *Self Love Reclaimed Interactive Workshop* hosted by Indigo of Niantic, CT. LaQuana has also been a featured guest on the following podcasts, *Intimate Conversations with WOC* by Deneen Garrett, *Bohemian Black Girl* by Janelle Posey-Green, and *Freedom Revamped* by Deshon Green. She runs an instagram account called @Altertherapy dedicated to mindfulness tips and mental health practice tools and reflections.