

WHITNEY COLEMAN, LICSW, LCSW-C

THERAPIST | SPEAKER | BESTSELLING AUTHOR



Helping Women of Color Thrive Through Anxiety

Anxiety is something we all experience throughout our lives and most of us know how to manage it; however, few of us know how to manage when anxiety becomes overwhelming and reaches a clinical level. Families of color often do not want to address anxiety and other mental health needs, leading to unmet needs and even trauma.

Meet Whitney Coleman, Clinical Social Worker, Therapist, Author, and International Speaker passionate about mental wellness, professional development, and empowering women of color. As the owner of Jade Clinical Services she helps individuals and families thrive. Whitney helps women of color navigate anxiety by transforming stress, intrusive thoughts, and trauma into strength and resilience and helps families by reducing stigma and increasing normalization of mental health services.

As Seen In



Signature Topics

- **BREAKING THE CYCLE: HEALING INTERGENERATIONAL TRAUMA AND TRANSFORMING RELATIONSHIPS**
- **THE SELF-CARE BASKET: BUILDING A TOOLKIT FOR PERSONALIZED MENTAL WELLNESS**
- **FROM SURVIVING TO THRIVING: MANAGING ANXIETY AND TRAUMA WITH CONFIDENCE**
- **FROM STIGMA TO STRENGTH: NORMALIZING ANXIETY AND HEALING IN WOMEN OF COLOR**

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