



# Meet Justine!

THERAPIST - COACH - SPEAKER - AUTHOR

Justine D. Ashlee is known to others as a kind, warm, and dynamic force committed to the well-being of those she serves through education and empowerment.

Justine worked in the non-profit sector for years before becoming a caseworker at the Division of Child Protection and Permanency (DCP&P), New Jersey's child protection agency. She worked with children in placement and those who remained in the physical custody of their parents. After reflecting on her values and purpose, Justine resigned from her position with the state government to pursue full-time psychotherapy.

In 2023, Justine opened Blue Aspen Counseling and Consulting. BACC offers consultations and therapeutic services such as individual and group therapy, parenting classes, support groups, and workshops. Justine works with children, adolescents, and adults. She specializes in gender, racial, and ethnic identities, adoption, LGBTQ+ issues, ADHD, and behavior challenges. In addition to being a Licensed Clinical Social Worker, Justine is also a parenting coach with a focus on the Black community and parents involved with DCP&P, an author, and speaks at various events.

When working with clients or speaking to groups, Justine utilizes a three-step method that has proven transformative: Dismantle, Relearn, and Align. Justine encourages those she works with to examine beliefs rooted in misinformation, trauma, or shame, learn new tools, strategies, and knowledge, and align their intentions, impact, and actions.

Beyond her various degrees, certifications, and licenses, Justine has significant lived experience with multiple marginalized identities. This translates to an increased ability to connect with and relate to the challenges many of her clients face.



## SIGNATURE PRESENTATION TOPICS

- ✓ Mental Health and Caribbean Culture
- ✓ Conscious Parenting for BIPOC Parents and Caregivers
- ✓ Navigating Unexpected Transitions: Death, Job Loss, Effects of Natural Disasters
- ✓ Supporting A Child's Mental Health: Guidance for Parents and Caregivers of Children Ages 4-14
- ✓ Practical Tools for ADHD



ALL PRESENTATIONS AND WORKSHOPS  
ARE AVAILABLE VIRTUALLY

**If you are interested in a workshop or lecture topic that is not listed, please send an email with a request.**

### *Client Testimonials*

“After working with Justine, I noticed changes that needed to take place in my home. I'm able to empathize with my children in a way I didn't think was possible.”

“Inviting Justine to do a workshop with our organization was an investment that has immeasurable returns. We look forward to working with her again.”



## WHO I WORK WITH

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- ✓ K-12 Schools, Colleges and Universities: Students or Staff
- ✓ For-Profit Companies
- ✓ Libraries and Civic Centers
- ✓ Houses of Worship/Religious Communities
- ✓ Non-Profit Organizations

## WHAT YOU CAN EXPECT

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All lectures and workshops are:

**Interactive** - Get ready to dive in and interact

**Informative** - Gain knowledge and tools

**Inspiring** - Leave ready to make changes



## GET IN TOUCH

If you are interested in booking a speaking engagement, group facilitation, or workshop, feel free to send an inquiry email.

Be Well,

*Justine*



[contact@justineashlee.com](mailto:contact@justineashlee.com)



[www.justineashlee.com](http://www.justineashlee.com)