

Shintina Garris

Author | Speaker



@Author Shintina Garris



@Author_ShintinaGarris

About Me

"Affirming and Inspiring the greater Woman within" is the slogan that Shintina lives by. Shintina is a survivor of domestic assault, she uses her trials and testimony to light the path for others along the way. After being diagnosed with anxiety and depression in 2019, she decided to journal her thoughts and begin the process of self discovery and self healing. During this time Shintina attended therapy as well as diving deeper into the word of God.

Today Shintina is an overcomer by Faith, using her voice to advocate for Domestic Assault victims and those that may feel hopeless. She has been a featured guest on multiple podcasts telling her story of triumph. Shintina is a community partner with several non profit entities, and closed out 2022 by spotlighting them for the various ways they serve our communities in hopes that those involved would form unique partnerships to expand their reach beyond their capacity.

The Edudzi Foundation which performs mission trips to Ghana to supply essential needs such as food and toiletries to the Ghanaian residents. Natalie's Place offers domestic assault survivor support and has a transitional housing facility located in the Hampton Roads area. Operation Wish List granted the wishes of the children in the area for the 2022 Christmas Holiday, Shintina along side her children helped sort and package gifts to help the organization with its mission. Whether serving locally or sowing abroad Shintina finds joy in helping her community. Shintina hopes to one day launch her own non profit to continue to walk in her purpose.

Shintina has been a featured guest on multiple podcast including The BloomN SZN, Conversations on the Pink Couch with Latonya, and The Vibes Network. She also has an article published in The Black Family Magazines January 2023 edition. Shintina along with the visionary of Words of Wisdom, Cathy Staton and coauthor Latrese B. Carter appeared on Living 757 to promote their work.

Speaking Topics



Domestic Violence

identifying characteristics of potential domestic violence relationship, how to support those dealing with a domestic violence relationship, resources that are available to victims/survivors.



Women's empowerment

The power of encouraging one another, strategies to build lasting positive relationships and ways to network.



Self-love

How to speak positively over yourself and circumstances, using affirmations and words to shape your outlook on life

Connect With Me Today!



757-969-0424



sgarris757@gmail.com



www.shintinagarris.com