

FOZA Volunteer – Dorothy Watkins
Online Communication Amplifier



Quote: "You don't have to be positive all the time. It's perfectly okay to feel sad, angry, annoyed, frustrated, scared and anxious. Having feelings doesn't make you a negative person. It makes you human."

— *Lori Deschene*

Dorothy Watkins started specializing in Social Media Management at the age of 20.

She used her passion for music and the positive effects it can have on mental health. She enjoys using her time to bring awareness to mental health issues.

Working freelance and working under different music record labels, she got to see firsthand how music can positively affect an individual's mental health. That passion for incorporating mental health awareness into whatever she pursues has led her to studying Personal Training and Nutrition.

Working with FOZA, Dorothy hopes to use her skills to continue advocating for mental health awareness.

Connect with Dorothy:

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