

In what ways did Lotus House support you during your time as a guest?

The Lotus House provided me with the time and space to start therapy. I hadn't recognized how much I needed a break and a chance to rest with family support. This organization not only assists those who have stumbled but also provides preventative services and reassures them to continue.

What was life like after your time with Lotus House?

It was during the pandemic so there was an adjustment dealing with the changes. Getting back into the work field wasn't easy but I made the best of it, continuing to freelance until I had more stability- all things I was able to continue to do while at the Lotus House.



Laytoya

Lotus House Alumna
Owner of 9 Sound
Silent Disco

Can you tell us more about the business you started?

The ideas and start of this business began at the Lotus House. I was given the time to seek therapeutic treatments and explore holistic alternatives. From there, I was able to invest in my first 50 headsets and now I'm operating full time.

What are some of your future goals?

Some of my future aspirations involve gaining more experience with non profits, schools and care centers. Ultimately I aim to offer my own silent disco wellness program, designed by me to underserved communities, youth, veterans and seniors. Enrolling at FIU to study rehabilitation and recreational therapy may be in my future as well.