

BIO

Kimberly Y. Griffin AAS, BS, MPH, QMHP

A Virginia Beach resident, whose childhood and adult years were settled in the Bronx New York. Kimberly's a Mental health professional, publisher, author, advocate for depression, motivational speaker, and founder of a nonprofit. She's the wife to Warren A. Griffin, mother of 3 sons, and grandmother of two.

In 2019 Kimberly loss three loved ones that caused a huge amount of heartache. The death of both her parents and the sudden loss of her 27-year-old son, due to depression. Using her testimony to deliver a vision, by changing the lives of others that suffer from depression was part of her mission;

Bully Magazine was created, with the dedicated help from her husband.

Publishing 7 issues, of motivational stories with the communities, reaching global readers on their digital platform and gaining feedback as the beautiful dream team; they'll continue to keep pushing as they heal hearts.