



Women of DISTINCTION

HONORING WOMEN IN NEW YORK

Lucina Clarke

Lucina Clarke is Executive Director and Co-founder of My Time Inc. She is a self-care expert, international speaker, and author of *D.I.V.A.S Discovery Journal*.

Co-founded with her husband, Wayne, My Time Inc. is a support center for parents and caregivers of children with autism and developmental disabilities. As My Time Inc. celebrates its 16-year anniversary, its mission to support, empower, educate, uplift, and enlighten parents continues to assist those in the community live the quality of life they deserve.

Ms. Clarke firmly believes her purpose is to serve with compassion, love and understanding and is confident that, by educating and empowering families, we create a society of advocates. She knows that she has been entrusted with the gift of being an instrument for change to the families she serves and embraces. Ms. Clarke strongly believes in loving oneself and believing in who you are, especially parents, and wants them to know that they are valued and are not alone.

For her staunch support and dedication to her community, Ms. Clarke has received numerous citations, awards, recognitions, and proclamations from local officials and her peers.

She is a member of Brookdale Community Hospital Advisory Board, Brookdale Joint Commission Committee, Community Board 18, 69th Precinct Community Council, Canarsie Community Development Inc., and Metropolis Lions Club, where she is always available to serve anyone in need.

One of Ms. Clarke's most cherished awards is The Brooke Russell Astor Award for a New York City Unsung Hero; she was honored with this award during the first year of establishing her business. She has received numerous other awards, from Schneps Media, Power List 2022 in Brooklyn, the Friends of Asha Nketan Committee – for her commitment and perseverance in providing a unique service to families of children with autism, the Woman of Distinction 2018 award, The Powerful Women in Business 2017 award, and various Community Pillar awards.

Ms. Clarke is the proud mother of Keya and Wayne, Jr., and grandmother of Ashton, Eric, Jiro, Charli Ashlyn, Alaina Naomi, and Aniyah.

Ms. Clarke immigrated to the United States from Trinidad and now resides in Canarsie, Brooklyn, with her husband of 35 years, Wayne.

***Lucina Clarke was selected as a
2023 Women of Distinction honoree by Senator Roxanne J. Persaud***

