

Kia ora koutou, I'm Anika.



Kia Ora tātou, hello everyone. My name is Anika and I am currently in my final year of a Bachelor of Counselling degree.

As part of the PND team, I bring to you my own experience as a mother to two primary-school age children and my own struggle and experience of raising children while coping (or not!) with post-natal distress.

In counselling, I bring a genuine caring and openness to our relationship. I provide a non-judgemental space in which you can feel safe in the knowledge that whatever you communicate and share will be met with empathy and understanding for what you may be experiencing.

As a counsellor in the early stages of my learning, I am also on a journey, and will work honestly and collaboratively with you toward a point of growth and change that will enable you to have a positive and well supported experience of motherhood, fatherhood, or parenthood.

My fee is \$35 per hour long session.

Noho ora mai,  
Stay well and look after yourself.