

Hi! I'm Anita Edwards, a Counsellor for PND Wellington. I'm a provisional member of the NZ Association of Counsellors.

I'm a mother of two boys, and step mum to one. I have a BA majoring in Education and a Graduate Diploma in Counselling Practice. I experienced PND with both my children and used PND Wellington's great services.

I believe that ultimately we know ourselves best. I see my role as reflecting back what I am hearing, seeing and sensing to help you sift through your thoughts and experiences to clarify what they mean for you. Beyond this I support you in discovering what you need and how that can be achieved.

My fee is capped at \$40 per hour session.

I am available in Johnsonville and Petone.

