

Kia Ora. I'm Jane. I'm a provisionally registered counsellor with PND Wellington.

I have worked in a range of community and people-centred roles. I am also a mother to two children, 12 and 16, and have experienced both post and antenatal distress.

I've benefited enormously from my own experience with counselling, and I hope to be able to offer support for others struggling with PND. I see counselling as providing a supportive place to understand the things that we are struggling with, and examine possibilities for change.

My fee is capped at \$60 per session.

I am available in Johnsonville and Newtown.

