

## Hi! I'm Mayumi Young, a Counsellor for PND Wellington.

I work with PND clients including Japanese and Chinese speaking clients in the Wellington area. I have a Diploma in Counselling Practice (New Zealand). My mother tongue is Japanese and I am fluent in Mandarin (Chinese) and English. I practice Multicultural Counselling and Client-Centred Practice.

I am a mother of two children and have experienced PND. I found it is very important to seek help before it gets worse. My goal is to provide counselling and information about PND in Japanese and Chinese so people have a better understanding of PND and more options for support.

My fee is capped at \$60 per hour session. I am available in Newtown and Wellington City.

