About Me

I have been working as a therapist in the kells area for over 15 years. My background is in mental health, women’s issues, suicide prevention and community development. Previously I founded the Kell’s People’s Resource Centre’s counselling service which became a model for other counselling services. I was clinical director of the service for 12 years.

I am passionate about supporting adolescents. I have experience supporting adolescents with a wide range of issues and behaviours. I work alongside parents, caregivers, schools etc. and have facilitated workshops in schools to support adolescent’s wellbeing.

I have extensive knowledge and experience supporting adults. I have worked alongside parents in the community offering parenting support programs and one to one parenting support. I facilitated hugely popular mindfulness classes for many years in the Resource Centre.