

Hi! I'm Tanya

I am a Mental Health Support Worker and I enjoy:

- *Going to yoga & spin classes*
 - *Hikes with my puppy*
- *Spending time with friends & painting*

I have enjoyed studying a Master of Arts in Counselling Art Therapy. I am fluent in Spanish, and I now enjoy helping people to live their best life.

Wishing you all the best and I hope to meet you soon.

Tanya C.

