

Hi! I'm Cristina

I am a Psychosocial Recovery Coach and I enjoy:

- *Walks & exploring, music, going for a drive and yoga.*
 - *Hiking and animal care.*
- *Spending time with family and self-care massages.*

I have enjoyed studying a Certificate IV in Mental Health. I am fluent in Spanish & English. I now enjoy helping people to live their best life.

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

Cristina R.

