

Hi! I'm Jo

I am a Mental Health Support Worker and I enjoy:

- *Gardening, cooking, music and yoga*
- *Sightseeing. Going to the beach, galleries, museums and going for drives or walks*
 - *Movies, shopping, having lunch out*
- *I love animals and have interest in animal welfare and conservation*

I have enjoyed studying a Diploma in counselling and have extended experience working as a crisis counselor. I also have a background in nursing.

I now enjoy helping people to live their best life.

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

Jo J

