

Hi! I'm Heidi

I am a Mental Health Support Worker and I enjoy:

- *Walking, bike riding, playing sport, going to the gym and exploring*
 - *Going for drives and sightseeing*
 - *Cooking and reading*

I have enjoyed studying a Bachelor of Arts Psychotherapy and I now enjoy helping people to live their best life.

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

Heidi C

