

Hi! I'm Brigit

I am a Mental Health Support Worker and I enjoy:

Going on walks and exploring, going to cafes, sitting around and chatting, movies and yoga.

In my leisure time I enjoy:

Spending time with my dogs and walking them daily, yoga, Pilates, cooking, reading, movies and spending time with family.

I have enjoyed studying a Certificate IV in Mental Health

I now enjoy helping people to live their best life.

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

Brigit.

