Facilitator: Mary Jane Neitz

Residence: Donaldston, PE

Occupation: Counselling Therapist

Areas of Expertise: Trauma, anxiety, relationships

About Mary Jane: Mary Jane is a therapist and social worker with over 25 years supporting children, youth, people in addiction recovery, and clients navigating social assistance and accessibility services.
She has worked with NGOs, government, and health authorities in Alberta and Prince Edward Island.
After earning a Master of Counselling Psychology, Mary Jane became a school counsellor and private clinician.
Mary Jane builds strong therapeutic relationships and tailors her approach to meet clients where they are using EMDR, IFS, CBT, and DBT.



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