

Melissa Wilson

SUPPORT WORKER

"Not every day is a good day, but there is good in every day."



MY BACKGROUND

- I hold a Bachelor of Social work and a Post-Graduate Certificate in Mental Health and Addictions
- I worked as a Social Worker at Community Mental Health for the BOPDHB.
- I have experienced challenges with my personal mental health in my teenage years.
- I have been an in-home Support Worker for 4 years.

I LOVE....

- Music
- Animals
- Nature
- Books
- Yoga
- Poetry

THE ESSENTIAL QUESTIONS!

Question: If you could have a super power what would it be?

- I would love to be able to fly!

Question: If you could live anywhere else in the world where would you live?

- If I could live anywhere, it would be in a small village somewhere, near the ocean!

Question: What is your favourite thing about people?

- My favourite thing about people is their ability to learn, heal and grow.

Question: What is the funniest thing you have ever seen?

- My cat's obsession with chasing water!



MINDFUL SUPPORT
GOOD PEOPLE. POSITIVE SUPPORT