



# 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!



**MINDFULL SUPPORT**  
GOOD PEOPLE. POSITIVE SUPPORT