

WORKING WITH ME MEANS CHOOSING TO GET YOURSELF **BACK ON TRACK**

Our social workers, human relations officers and social work technicians are there for you.



SOCIAL WORK INVOLVES:

- ■ ■ *a diversified practice ranging from individual support services to group facilitation, from counselling to case management, and from assessment to referral*
- ■ ■ *working with adults and young people who are in distress or socially excluded, individuals with declining independence, families in difficulty and persons struggling with addiction, and co-ordinating services to assist them*
- ■ ■ *using a systemic approach to help individuals get back on track with those around them (e.g., spouse, family and community)*
- ■ ■ *professional support based on values of sharing, respect and justice*

"In the face of life's hardships – bereavement, illness, a separation, losing a job – it's not rare for people to lose their footing. Through listening and counselling, social work practitioners make it easier for them to get through the crisis."

*A human relations officer
General psycho-social services*

"My role is to find solutions to problems that respect the individuals' dignity and autonomy. For them to be more satisfied with their lives, I have to rebuild their confidence in their abilities and in some cases, help them recognize their limits."

*A social worker
Mental health program*

"The relationship of trust that I establish with young people helps me pinpoint their needs, direct them to the right resources and prevent crises."

A social work technician - Family, child and youth services

"After assessing an elderly person's degree of loss of independence using the proper assessment tools, I apply for services so that person can continue to live at home safely."

*A social worker / case manager
Program on age-related loss of independence*

"Social work also means defending people's rights and their capacity to make decisions by and for themselves."

A social worker - Physical health program