

NBASW Featured Social Worker Series

DENISE MCCLURE, RSW

Where are you from?



I currently reside in Grand Falls, NB. I was born in Germany on a Canadian Air Force Base and my family returned to Canada when I was 11 months old, so I don't know any German except for what I learned on Hogan's Heroes. We spent some time in Prince Edward Island and Quebec, and moved to Grand Falls in 1972. I lived in Toronto when I got married in 1981, and then came back to Grand Falls in 1985 with a husband and two small children.

How long have you been a social worker?



I am a 'late bloomer', having attained my BSW in 2011, Class of 2012. So I've enjoyed being a social worker for six years now.

Thank you Denise for helping us celebrate the diversity of roles held by NB social workers!



Where do you work? What do you do there?



Currently, I work at the Tobique Valley Community Health Centre in Plaster Rock. I meet with clients one-on-one for counselling, to provide assistance with navigating the medical system, and with seeking funding for medical needs. I also work with an interdisciplinary team, participate in community events that promote physical and mental health, co-facilitate support groups, and give educational presentations. I recently began my private practice, both face-to-face and online, offering counselling for couples, grief, stress and anxiety, depression, life transition such as 'Empty Nest' and retirement, and caregiver burnout.

What is an achievement (professional or personal) that you're proud of?

.....

You mean besides raising a family, right? Honestly, being a 'late bloomer,' I am pretty proud of myself for attending university and attaining a social work degree and being gainfully employed in a position that seems tailor-made specifically for me in an environment that makes me feel like a member of the family. [Taking a breath now.] It took some time, effort, sacrifices, and stepping out of my comfort zone to get here, and I'm finding it all worthwhile. Of course, I couldn't have achieved it without the tremendous amount of support along the way from family, friends, fellow students, professors, university administration staff, and summer employment co-workers.

If you could offer one piece of advice about self-care, what would it be?

.....

Only one? Okay, well... I've learned that time can be your friend but you need to make it so. The cost of not taking time for you can be too high, as I've experienced those consequences. Since then I've learned to 'fill my cup' so that I have something to share with others. Recently, I've learned the value of Mindfulness Based Cognitive Therapy and grounding myself between clients.

What's a fun fact about you that most people don't know?

.....

People who know me know that I can be pretty punny, even with groaners. However, only a select few know that I am a dragon-lover and enjoy writing fiction. But my dragons are nice and only eat fish. But not mermaids, because mermaids are not real. And now you know too.

Why are you proud to be a social worker?

"You know, when my client walks away feeling empowered and self-confident, as well as self-compassionate, it reminds me of why I became a social worker in the first place. It's powerful to witness individuals experience a moment of enlightenment and self-discovery. For me, that's what it's all about."

-Denise McClure, RSW