

# NBASW Featured Social Worker Series

**SONIA LANTEIGNE, RSW**



**Where are you from?**

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I'm originally from Miscou Island, but I've been living in Moncton for a little over twelve and a half years.

**How long have you been a social worker?**

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I've been a social worker for nearly 15 years. It will be 15 years next May.

**Where do you work?  
What do you do there?**

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I work for Social Development, in Centralized Intake. I'm responsible for taking reports about child protection, adult protection, services to biological parents, and youth engagement services, for the province. My responsibility is to listen to the concerns of the people who contact us and to analyze this information in order to make a decision about whether the Department will get involved with the family and set the priority for intervention.

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

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As well as being passionate about social work, I'm also passionate about hairstyling. I believe I must have been a stylist in a former life, ha ha! I really like to curl hair, dye it, and even cut it sometimes.

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

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

My greatest personal achievement is having decided to become a mother. It's the most important role and work there is, helping a little person grow and become a productive member of society.

As for my greatest professional accomplishment, well, I have a great feeling of accomplishment when people thank me for listening to them and helping them. A simple "thank you" is the most gratifying thing there is, to me, because it tells me that I'm doing a good job.

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

Take care of yourselves. It's important to take the time to recharge your batteries when you work in a caring profession like social work. We are constantly giving 100% when we help others and make a contribution to society, and it's important to care for ourselves, too. In a field like ours, we are faced with difficult situations that can sometimes have an effect on our mental health. It's important to make time for ourselves to recharge our batteries and have healthy minds. If we're not at our best, we won't be as effective at helping people in need.

## Why are you proud to be a social worker?

"I'm proud to be a social worker because I like to try to make a difference in peoples' lives, even if I can just help one person make a positive difference in his or her life. I'm proud to listen to people who are in need and guide them to make different life choices. I'm also proud to be a voice for the most vulnerable members of our society, children and seniors, and to be a person who acts to protect these people. I am quite simply proud to be able to help others."

-Sonia Lanteigne, RSW