



Helen Lawrence, Specialized Services Coordinator, started out as Disability Services first home facilitator in 2010. The then small team of 2, has grown to what it is today under Helen's careful and skilled guidance. She is a wonderful leader and has a huge heart and never makes a move without thinking about what is best for the families she serves and her team. Helen is sunshine—always warm and welcoming—like a ray of sun. Helen lives on the same farm she grew up on with her husband Deryk and their dogs... They have three sons: Colton, Dalton and Justys.

#### **Random Fun Facts About Helen:**

**Favourite Food:** My husband Deryk makes the BEST seafood chowder, it is different every time and I love it more and more each time. I also make a sweet chili that is delicious.

**Favourite Music:** I am a lover of ALL music, I love to dance, I love to sing and sometimes I see people and situations in song.

**Hobbies:** I love walking with my besties, writing and watching sunrises and sunsets.

**Where's your favourite place?** My favourite place is our farm. It is where I grew up and now raising our boyz there and reliving my past makes it extra special.

**What's something people would be surprised to know about you?** I never wanted children of my own. My first born was a surprise and I am so grateful for that as being a Mom has been the best surprise of my life!

**What's the biggest lesson you've learned in life?** When you are brave and seek possible, hope shows up. This is where the magic lives.

**What gets you out of bed everyday?** Hope, sunrises and the hope that is discovered in a sunrise. Having a coffee with that sure is delightful too.

**Who do you admire the most?** My team ... never in my career have I ever seen a more dedicated group of people work so collaboratively together. I love hearing the wins, the lessons and the celebrations that they have every day. I am lucky to lead them and I am in awe daily of the heart work that they do. I also admire the families we work with. Having people in your home week after week as we walk through challenges and successes. Our DS Team holds the ladder for families as they reach for the stars. Such a beautiful medley of greatness.

**If you were shipwrecked on a deserted island, what 2 things couldn't you live without (besides food and water)?** Pen and paper ... I love to write and I love time alone. I would want to capture every thought I had as I reflected and experienced

**And lastly, if Netflix made a movie about your life, what would it be called?** There is no way out but through or Don't read Page 53