

Crystal Brunet-Laughlin



Using your words, can you please describe your work? The work my agency does it to help prevent, break and end the cycle of abuse against women and their children. That can take many forms, but that's the premise of my work.

Can you tell me your best story of making a difference at work? I bring hope to people who feel hopeless. I work with women and children who are leaving or fleeing violence. I see pain and suffering everyday that can be physical or emotional and more. Within all that pain, I see so much growth and wisdom and empowerment. I go to work everyday in hopes that someone who has suffered and endured will come to the realization that they are worth more and stand up for themselves. That's how I feel I make a difference at my worksite.

How would you describe your biggest challenge at work? One of the biggest challenges I face on a regular basis is fighting with management who typically have little to no experience doing frontline work and making/changing policies and procedures without knowing the rippling effect that this causes. I also find that there are huge gaps in services that women need to access in order to stay safe are a large challenge in my everyday work.

In your words, what might a typical work day look like? Working in a transition house I could never predict a work day. I could go in and be helping women with their children who have the flu, I could be taking women to the hospital because they have been raped, I could be having tea on the deck just listening to a woman's story. My work day is never the same and I love that.

What's your vision for the future of your job and your sector? My vision for my sector and all working people of BC would be to see the Liberal government stop cutting our essential incredibly NECESSARY services! Violence is happening whether people choose to believe it is or not and cutting funding only leads to unnecessary deaths.

What part of your work do people compliment you on? People often compliment the work I do because its "hard" emotionally. I find it incredibly rewarding to watch a women who is "broken" mentally or emotionally when she first accesses our services to then being strong and powerful by the end of her time with us.

Area [Fraser Valley \(area 4\)](#) [1]

Job Title [Family Support Worker](#) [2]

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