

Sabrina Grossi

I am a school social worker with the Sudbury Catholic District School Board. I also work privately as a clinician for the Social Work Consulting Group.

I was born and raised in Greater Sudbury. I'm married with two wonderful children. I most recently finished a Masters degree in Counselling Psychology. I worked in Brain Injury Services for six years before taking the position as a social worker for the local Catholic English board. I attempt to keep active daily. Usually by beginning my day at 4:30 am with a trip to the gym. Whenever possible, I will spend time outdoors. I will spend my time outside running, hiking, snowshoeing, skiing or paddling on the water.

I am motivated to take part in events like Girlsrun that aims to empower women and young girls. I have great respect and admiration for the women of the world who make efforts to keep their minds and bodies healthy. I was a vocal major in high school and participated in many theatrical productions throughout my life.

My work is extremely important to me. I am always striving to enhance my skills as a clinician, and I welcome all opportunities to continue my competency skills. In my work, I attempt to assist students and families adjust to the daily requirements of schooling. I work to bring the perspectives of all parties to the table to ensure everyone's voice is heard. I work with children that have special needs to help them strive in their unique ways. I believe that for me to excel at work, I must also ensure I am living a healthy active lifestyle to that helps to maintain my physical strength and also remain sharp mentally.

I attempt to be active in my community through volunteer work. For example, I was a volunteer in the hospital and with Sudbury's Victim Services. More recently, I participated as a committee member in the planning of my high schools 30th reunion.

I began running about ten years ago after my son was born. In Toronto in 2015, I completed my first 1/2 marathon race. It was a relay with my dear friend, and we came 4th overall.

I have numerous mantras that I live by. A few that I particularly enjoy are Keep It Simple, When You Know Better You Do Better and "To accomplish great things, we must not only act, but also dream; not only plan, but also believe." – Anatole France