



## **SOCIAL WORKERS** ARE ESSENTIAL

### **GLORIA ZAVALA**

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

7 years

#### **Please list any degrees, licenses, etc.**

I have a Bachelor of Social Work

#### **Why/How did you get into social work?**

I wanted to be a social worker to help people. My father ran a Christian substance rehab and I saw the difference my dad made. I wanted to make a difference like he did.

#### **What motivates you to do social work?**

Being able to be the voice for other people. I spent 5 years in behavioral health, and many families just needed support, someone to advocate for them, someone to empower them, and just listen. I have been working for Early Intervention for 1 ½ years, and what motivates me as a Support Coordinator is being able to help families navigate services, and letting the families know that they have support and someone to help them advocate for their child.

#### **What advice would you give someone considering social work?**

Set up boundaries and remember self-care. You can't help anybody if you are tired and stressed. Set up boundaries with yourself where work stays at work and home at home. It is easy to take work home with you and it could affect aspects of your home life.