

About the Author

Katelyn is passionate about helping people. Katelyn is a graduate of the Disability Support Professional Program at Nova Scotia Community College and additionally has a Child and Youth Care certificate and a Continuing Care certificate. These achievements have led to her stepping into a new role as a Navigation Support Guide.

Outside of her professional life, Katelyn enjoys practicing yoga, spending quality time with her family and caring for her pets, in addition to writing poetry.



Caring hands, a gentle guide
Where hearts of kindness do reside
Support is given, clear and true
For every need that comes to view

I am there when help is needed most
A steady presence, calm and close
With open ears and a heart that's free
I listen first and then I see

Not by the diagnosis, we define
But by the person, soul, and mind
With empathy I take the time
To understand your rhythm and your rhyme

With every gesture, kind and slow
I help you thrive; I help you grow
Your laughter rings a gentle cheer
Your heart so pure and so sincere

Through every moment, dark or bright
I bring a spark, you bring a light
More than just support or care
I am someone who shows that I'll always be there

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