



My youth group leaders from back home just recently had their eighth child. Her name is Lucia Pellegrini and she is two weeks old. In the picture are Lucia's older siblings: Karina, Kaitlin, Marcello, Quinton, Emma, Gabriella, and Giada. Although the arrival of little Lucia was a huge surprise, the whole family is overjoyed to have her. Having eight children is quite a challenge for young parents Anthony and Kimberly, and both are working full time to support the family. All the children stay home and help take care of one another. In the human service profession, I think family support definitely helps. We've talked in class about how it's very easy to feel overwhelmed with all the work we have to do and it can be very emotionally draining. Having a good support network can make all the difference in the world. Without a support system, it would be easy to fall under the pressure, and your personal life can easily start to mix with your professional life. Family systems can act as a buffer zone. They can help with taking care of what you need to get done so you can have more time to relax and clear your mind of what went on at work if you had a hard day.