

# The Independent DISCOVERBARRHAVEN.COM

## Tanya Carlton helping clients "take their next steps forward in their lives"



The road to success can be a long and winding one.

Tanya Carlton's road has taken more twists and turns and had more road blocks than she dared to imagine. Yet, the Barrhaven lawyer has faced and overcome every obstacle and change in direction on the way to become a successful practitioner in the community.

"I never would have imagined becoming a lawyer, but everything has worked out very well and I am enjoying working in Barrhaven and being a part of the community," she said.

Carlton opened her practice in Barrhaven in February, 2016. Although her business is not limited to one specific area, her expertise in real estate law has helped her practice grow rapidly this year.

"I changed stream a couple of times before I got into law," she said.

Carlton started out in the medical field and then worked in dentistry and as a high school science and math teacher.

While living in Renfrew, she became actively involved in the community and became a municipal councillor.

"That's where I really became interested in law," she said. "I decided, when I turned 30, that I wanted to go back to school and pursue law as a career."

Carlton went to Ottawa University and graduated. While the next fork in the road in her career took her to a firm in downtown Ottawa where she specialized in working with not-for-profit companies and charities, she was overcoming another major challenge in her life.

"When I was in school at Ottawa U., I was diag-

nosed with lupus," she said. "Early on, I had some struggles with it. It took me an extra year to get through law school, and it has been something that I have had to battle."

Carlton is winning that battle and meeting the challenges of lupus head on. She has become the President of the Board for Lupus Canada and is heavily involved as an advocate for people who suffer from the affliction.

"It is very rewarding work," she said of her role with Lupus Canada. "It is a disease that is hidden to most people, and it is a disease that a lot of people have heard of but don't really know what it is or know much about it. People don't understand it."

Eight of nine people who suffer from lupus are women.

"Lupus is especially misunderstood in the third world," Carlton said. "People are afraid of it, and they are afraid of victims. But it is not a disease to be afraid of."

According to Lupus Canada, the most common type of lupus is SLE (systemic lupus erythematosus). It is a complex and baffling condition that can target any tissue or organ of the body, including skin, muscles, joints, blood and blood vessels, lungs, heart, kidneys, and the brain.

"It affects our lives a lot," she said. "Some people lose their marriages over it. I am one of those people. But you deal with it and work through the challenges."

Carlton, who was recently engaged, has been taking medication for lupus. Some patients get treated with chemo drugs, but she has not had to endure that.

"It's important for people to know that most people with lupus can live a normal life," she said. "There is no known cure for lupus, but diagnosis and treatments are

improving. One of the challenges we face in Ottawa is a shortage of rheumatologists. Sometimes it takes patients nine months to a year to get treated."

Carlton says that people can get through it and be successful, and she is proof of that.

"With my practice, I want to help people," she said. "I am not an ambulance chaser or anything like that. I focus on real estate transactions and wills. I want to help them take the next steps forward in their lives."

With the booming housing market in Barrhaven, Carlton's business has grown steadily since opening last year.

"If I look at my previous experiences, the one thing that has helped me was my work as a high school teacher," she said. "You have to connect with students in order to help them learn. I approach real estate law the same way. I want my clients to know and understand the process, what everything means, and what they can expect. I take the time to explain to them the things they need to know."

Carlton located her office at Kennevale and Cedarview, in the same business park as Burgers and Shakes. She is in the same office building as Braces Haven and Liberal MP Chandra Arya, directly upstairs from Café Cristal.

"It's a great location," she said. "We have a great landlord and a great group of business people here. We are our own little community within the community."

Despite Barrhaven's growth, Carlton has clients from as far away as Arnprior to the west and Limoges to the east. She also works with a lot of families from the Toronto area, who are moving to Barrhaven and Ottawa and purchasing a home. She also works with a lot of new clients purchasing new builds in the



Tanya Carlton specializes in real estate law and wills out of her Barrhaven law office.

community.

"I want people to be comfortable working with me," she said. "I can relate to people from all walks of life."

Maybe Tanya Carlton could have never imagined herself as a lawyer, but she has been very successful in helping local families take the next steps of their lives. And all the while, she has been showing people everywhere that you can overcome the challenges of lupus and be successful in all aspects of your life.

To visit Tanya Carlton's website, go to [www.tllegal.ca](http://www.tllegal.ca).

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Tanya Carlton's law office is located on Kennevale Drive at Cedarview, upstairs from Café Cristal.

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