



THE MONTHLY POINT

Pivot Point Staff Newsletter



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ADMIN UPDATES

Pivot Point Family Growth Centre wishes you and your loved ones a Happy New Year! See you in 2020!

Fun and festive Christmas celebrations swept across across the Province! Victoria and Cowichan celebrated at Cow Cafe West Coast Grill with tasty food and drinks. South Fraser, Vancouver, and Tricities celebrated with appetizers, drinks and dancing at the Taphouse. North Fraser took part in festive games and enjoyed appetizers and mock-tails. Abbotsford held a selfie scavenger hunt, gift exchange and pizza party. Chilliwack played golf at Cultus Lake Golf Club. Thompson Okanagan celebrated with delicious food and drinks at the Noble Pig. Prince George attended the CDC's Kris Kringle Luncheon and held a yummy potluck dinner. Last but not least, Cranbrook gathered for an evening of food and drinks at Don Cherry's Sports Bar and Grill.

Happy New Year!

HIGHLIGHTS

We hope that each staff member feels valued and celebrated as Pivot Point would not be possible without all of the hard work and contributions made by each and every one of you throughout the year. Thank you for all that you do!

Christmas Parties



NEWSLETTER CONTENT SUBMISSIONS

If you would like to participate in writing content, sending in photographs and/or sharing ideas for the staff newsletter, please contact Caroline at marketing@pivotpoint.ca

NEWSLETTER FEEDBACK

Caroline wants to hear from you! Please provide her with your feedback or let her know of specific topics that you would like to see in our newsletters. Please click [HERE](#) to be directed to our survey. Thank you for your input!

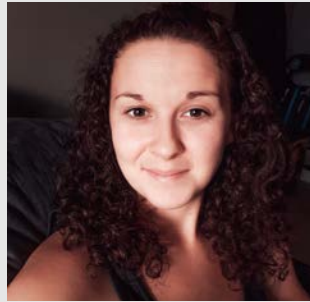
STAFF SPOTLIGHTS

Nicole Diakiw (Pictured left, below)

Nicole Diakiw has been working with Pivot Point's Island team since August 2018. Nicole works as an Educational BI in our Duncan Community Classroom and as a CCW/BI with a variety of other learners. When not at Pivot Point, Nicole is also an involved community member working with other service organizations that support the people of the Cowichan Valley! Her peers say, "We're so fortunate to get to work alongside her everyday! Nicole has a kind spirit, endless patience and is dedicated to providing the highest quality support to everyone she works with!"

Lindsey Leah (Pictured right, below)

Lindsey has been with Pivot Point for just over a year now and has done great things. She works with a few of our most complex adult cases. Her peers say, "I have seen such improvements with her over the past year and am so glad to have her on my team. Lindsey, you are an amazing LSW. Keep up the great work!"



NEWS AND EVENTS

Cheese Sparkles Christmas Party!

The Cheese Sparkles Lunch Group did a wonderful job decorating, preparing food and welcoming guests to their Christmas Party! We had a blast eating yummy foods, playing games together and celebrating the holiday season. Thank you to the Cheese Sparkles, Joni, Steph and Noah for all of your hard work in putting this together.

~ Merry Christmas everyone!



CLINICAL CORNER

Mental Health

1) Neurofeedback is expanding on the mainland! We are growing our team of Neurofeedback Trainers. We use the Zengar NeuroOptimal system to help clients access a variety of benefits from better sleep, mental clarity and focus, to improved emotional regulation, or decreased worry or generalized stress and anxiety. The benefits are vast for this non-invasive, holistic therapy. Please reach out to the Mental Health Program Manager for more details.

2) There is increased Mental Health client capacity in Prince George, Nelson and the Lower Mainland! Family Support Workers and Counsellors are available to help lighten the load. Please reach out if you think you have clients that need support to make meaningful change... from the inside-out!

3) Mental Health Training calls are in full swing. We have been providing training every second month on topics related to our Mental Health Program. SO far we have covered Growth Mindset, Mindfulness and Reducing Self-Harm. If there is a topic that you are curious about, please reach out the Mental Health Program Manager.



Social Media Engagement

We have been increasing our social media presence for the last few months and we would like to keep up this good work. We are asking staff to join our Staff Facebook Page, to ensure that everyone can stay in the loop with our social media content and engagement. Please request to join our Facebook Page "Pivot Point Staff." If you need help joining the Facebook group, please contact Caroline - marketing@pivotpoint.ca. Thank you for all of the great engagement so far!

