

# THE MONTHLY POINT

## Pivot Point Newsletter



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### COVID-19 Update

Services to individuals with diverse abilities are an essential service in the province of British Columbia. As such, Pivot Point has measures in place to provide in-person supports to those who wish to start or continue in-person services. Pivot Point has also made every effort to protect all of our clients and our staff. View our [Safety Plan here](#).

### June is Canadian Men's Health Month 2021

"Depression affects millions of men every day; yet many suffer in silence. According to the World Health Organization, men account for [75-80% of suicides](#), with untreated/poorly treated depression being one of the leading risk factors."

(quoted from [Heads Up Guys](#))

Last issue, we touched on the STIGMA associated to Mental Health struggles. That stigma may be even worse if you are male as some men don't talk about their feelings, and many mask them with other behaviors. Most people don't even realize that aggression, excessive alcohol and or substance abuse may be linked to a health crisis and/or depression.

Fortunately, there is a rising trend related to reducing the stigma associated with mental health struggles, as society shifts to normalize the conversation. Many athletes and celebrities are admitting to taking care of their own mental health as part of their physical well being. The more we talk and share, the more aware we become that we are not alone.

There are many resources that are listed on Canadian Men's Health Foundation website, specifically geared to help men protect and strengthen their mental health.

This has been an extraordinary year for many of us, we've learned that we are stronger together, than we are apart.

Pivot Point also offers [Mental Health Counselling](#), to help bring back stability to turbulent lives.



### 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 Rochelle at: [marketing@pivotpoint.ca](mailto:marketing@pivotpoint.ca)

### Newsletter Feedback

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

# COMMUNITY CLASSROOMS FIELD TRIP

Somethin' Extraordinary happened at the zoo . . .



Last week five of our Community Classrooms arranged to embark on a wonderful journey to the Zoo! It's been a long 15 months since some of these students could come together and what a fun day for all!

For many parents of children with diverse abilities, going out anywhere can be a challenge. This field trip not only allowed them to share a fun experience together, but allowed them to see their children happy and connecting with their friends and peers. It also allowed parents to meet other parents and discover that they can network with each for support. This just warms our hearts!

Participating classes from Abbotsford, Mission, Chilliwack - Vedder & Evans, and Agassiz.

## NEWS AND EVENTS

### In Person Summer Day Camps



We are taking registrations for the following 5 locations, with more coming soon! Book your summer fun today!

- [Abbotsford](#)
- [Agassiz](#)
- [Chilliwack](#)
- [Cloverdale](#)
- [Cranbrook](#)

Your child will delight in participating in one of three themes being offered:

**Eco Adventures!** Hiking, adventure/challenge gaming, or exploring, each day will increase their mindfulness in nature . . .

**Gamers & Actors Unite!** Turning age-appropriate adventure series into real life activities, where participants develop a story and act out the plot . . .

**STEAM Challenge!** Inclusive science based hands-on learning opportunities that challenge participants mentally, while inspiring them socially . . .

# CLINICAL CORNER

## Celebrating the End of Another School Year & Looking Forward

*Alisha Neger: Lead Instructor Chilliwack Community Classroom - Vedder Location*

This school year, things were a little closer to "normal" than last year, but the pandemic continued to challenge us to find creative ways to celebrate our students.

The community classrooms looked a lot different with COVID-19 precautions, though these new challenges have allowed us to adapt and rise to the occasion but most importantly, continue to ALWAYS show up for our students.

The last day of school always marks the closing of one door and the opening of another. I want to thank each child and their families for all the warmth, the memories, and the learning that we have shared throughout this year as we continue to fight the pandemic.

We are looking forward to welcoming new families to our community classrooms for the 2021/2022 school year ahead. We wish you a Happy and Healthy Summer!



Our [Community Classroom](#) students have grown and developed in positivity this past year! We are all so proud and privileged to have shared in their journey!



Need Assistance about our services, [Request a Meeting](#), and one of our Regional Mangers in your area will connect with you for a free consultation.