

THE MONTHLY POINT

Pivot Point Newsletter



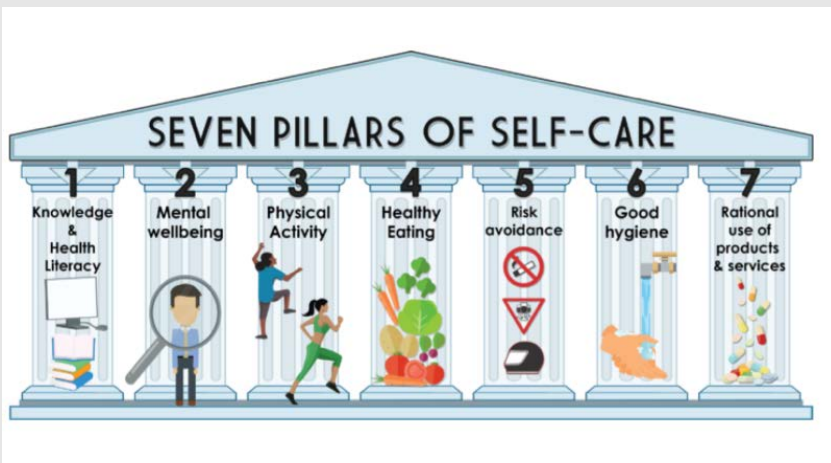
IN THIS ISSUE:

- Admin Updates
- Highlights
- Staff Spotlights
- News and Events
- Clinical Corner

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](#).

International Self-Care Day - July 24

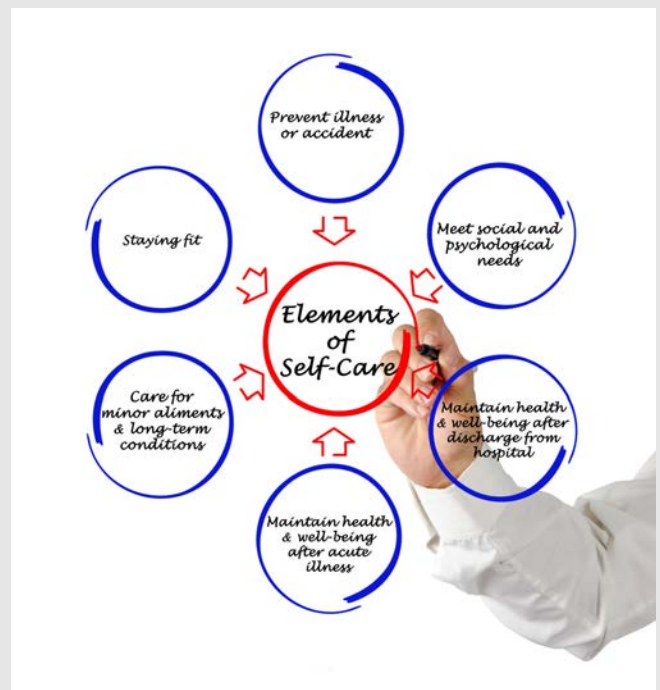


There is no question that the past 16 months has had an impact on our lives. For some, the pandemic shifted their mindset in a positive way. But, unfortunately for many others, [PPSD](#) (Post Pandemic Stress Disorder) will have lingering effects, sidetracking the importance of self care.

It's always been important to look after our health based on knowledge. We know so much more now, with information so easily available to help guide our decisions for what is best for us. Being mindful of the 7 pillars of [self care](#) is a great guideline to get us refocused and on track for a healthier, happier future, post-pandemic.

If you or a loved one is struggling with depression or anxiety, help is always available.

At Pivot Point, our [experienced Counsellors](#) and Neurofeedback trainers can help bring hope and stability back into your life so you can live a happy healthier life!



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

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!

STAFF HIGHLIGHTS

Welcome Terri Pedersen -
Our New South Fraser Regional Manager



Terri was born and raised in rural Saskatchewan and driven by boredom, developed a curiosity for everything incredibly early in life!

After spending a decade in the fashion industry, she earned a Psychology degree and a Learning Specialist Graduate Certificate which celebrated the wonderment and variety of the human brain. Terri drives change and innovation in a variety of fields from Curriculum Development to Risk Management and Organizational Development.

Terri surrounds herself with a variety of people, experiences and ideas; when her journey ends, she wants her memorial to say, 'she lived a life of experience'.

Welcome to the team, Terri!

CLINICAL CORNER

Amber Foster
Complex Care Program Manager

There is a growing awareness in British Columbia about a special group of individuals and families struggling with the most complex health and social needs. These include children and families who, due to their behavioural health and social needs, repeatedly cycle through multiple healthcare, educational, and social service systems without lasting improvements to their overall well-being. Chronically, they remain children and families on the edge.

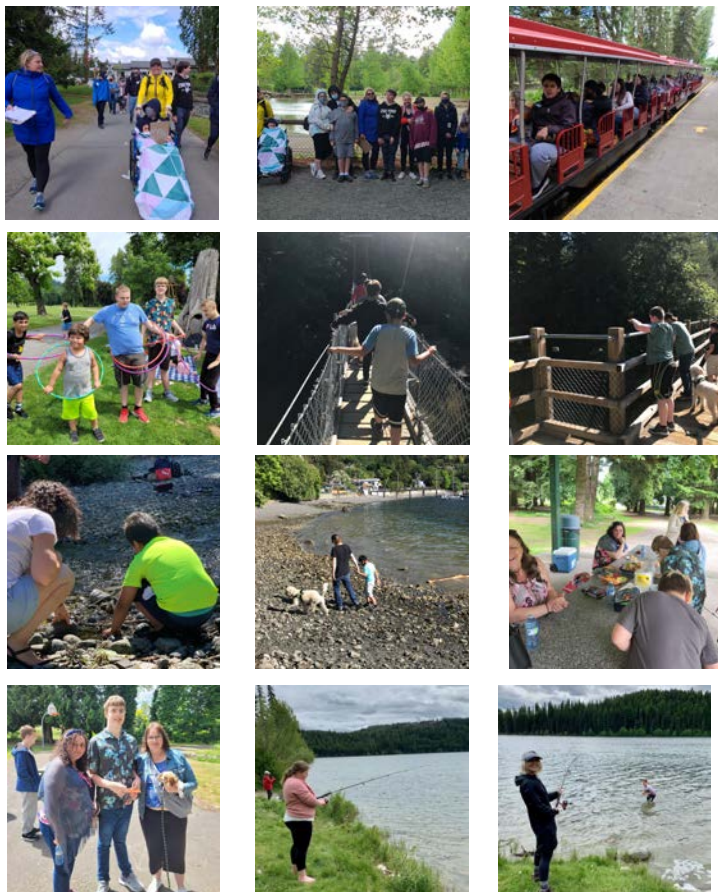
Pivot Point's Complex Care Program was designed around the single goal of providing intensive, highly responsive, clinically relevant services to the families that need it the most SO THAT they can reach a level of stability and relative wellness that lowers their level of need.

To learn more visit:

pivotpoint.ca/our-services/complex-care/

NEWS AND EVENTS

Community Classroom Field Trips



IN THE SPOTLIGHT

We are so immensely proud and blessed to have such a phenomenal team member such as **Graham Cannon** with us here at Pivot Point. Graham is a Lead Instructor at our Duncan Community Classroom.



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