

THE MONTHLY POINT

Pivot Point Newsletter

HELLO MARCH!

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COVID-19 Update

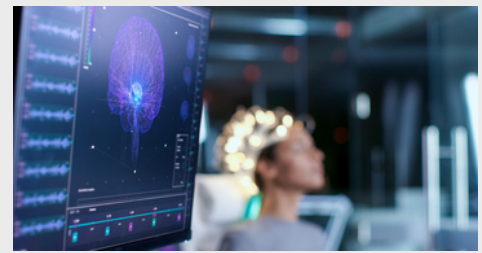
Services to individuals with diverse abilities are an essential service in the province of British Columbia. As such, Pivot Point has measures in place to protect all of our clients and our staff who wish to provide / receive in-person supports. Pivot Point also provides nearly all of our services via on-line methods. View our [Safety Plan](#).

Understanding How the Brain Works

Brain Awareness Week kicks off from March 14th – 20th. And, in celebration of understanding more about how our brain works, we look at some fun facts and some interesting insights to help us understand how the brain can learn to heal itself, with a little help.

Fun Facts to Learn During Brain Awareness Week

- Your brain keeps developing until your late forties.
- New brain connections are formed each time you create a memory.
- Your brain uses one-fifth of the total oxygen in your body.
- The term neurodiversity was coined by sociologist Judy Singer, who is autistic, in 1997.
- People with ADHD are often great problem solvers.
- People with dyslexia are often big picture thinkers who excel at visual processing.
- Autistic people often display traits like great attention to detail, strong focus skills, creativity, and visual learning abilities.
- Neurofeedback training can stimulate the brain to make changes to how it functions helping to optimize its performance.



Did you know that one of the greatest advantages of modern Neurofeedback is that brain training can be very passive? Clients do not need to consciously work at changing thoughts or mental states, the brain simply listens to the feedback it receives through the earbuds, and it learns by building associations with how it is performing.

Many top professionals, athletes, and medical personnel regularly use Neurofeedback for overall brain health and function. For more information, visit our [Neurofeedback Page](#)

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 by completing our [Feedback & Suggestion Form](#). Thank you for your input!

STAFF HIGHLIGHTS

Meet Sandra Haukeland - Chilliwack Regional Manager



Sandra knew from an early age that her life would be centred on helping others.

Her greatest belief is that EVERYONE should be treated with kindness, dignity, and equality.

With a BA in English Literature and Early Childhood Education and many other Educational and Crisis Intervention certifications, Sandra is excited to lead her team of professionals to ensure the individuals and families they support to find their dreams and goals. Encouraging their passions and celebrating their successes.

Welcome to the Pivot Point Family Sandra!

NEWS AND EVENTS

Now Available: **Spring & Summer Day Camps** and Online & In Person Helping Adolescents/Adults Network & Grow (HANG) Group Activities!

Day Camps will run in March, July & August for a full week from 9:00 AM to 3:00 PM. Autism Funding can be applied!

See full details on our [Group Activities Page](#)



CLINICAL CORNER

Neurofeedback: Brain Training
How it Can Improve the Quality of Life

Neurofeedback is a form of training that helps the brain to improve its own performance, especially in relation to states of arousal and the flexibility/resiliency in brain function. Neurofeedback is a gentle, painless, and non-invasive process that results in the brain and central nervous system being better able to return to a more natural, healthy state from other states of imbalance and dysregulation.



Pivot Point's Approach The goal of Neurofeedback is to get the whole brain working as a cohesive and unified entity. This is why our system focuses on improving the overall dynamics of healthy brain functioning rather than on 'site training' individual parts of the brain. This approach harmonizes the brain within itself and avoids overtraining in one specific area or in one specific frequency range relative to others. And just like an experienced orchestral team, once all parts of the brain learn how to communicate and keep pace with each other, beautiful things can happen!

Our approach also involves clearly identifying the underlying desired behaviour targets (increasing "good things" and/or decreasing "bad things"), carefully tracking progress in those observable changes, and integrating home-work and home-supports to help extend learning into home and other natural environments.

Read our [Testimonials](#) to learn what some of our clients have discovered with Neurofeedback.

Do you have questions about our services?

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.