

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 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](#).

Canadian Mental Health Week: May 2 – 8th

This year marks the 71st annual Canadian Mental Health Association Week. Since the onset of the global pandemic, mental health has come to impact everyone, everywhere in varying degrees. We've all been reminded that we may not know what another person's journey in life might be, the challenges and struggles that other's may be facing.

In a world where we can be almost anything we choose, one phrase we often hear is, "if we can choose to be anything, choose kindness first."

This year the CMHA is reminding us that empathy is a skill that is not just for therapists and counsellors. As humans, we all have the ability to imagine what it might be like for other's, allowing us to "see things through someone else's eyes."

We may not be able to "fix things" for them, but we can be there, listen, and connect with others. Letting them be heard.

[The art of listening in six simple steps](#), provides some great suggestions on how you can be there for family and, friends when all they need is a little empathy and understanding that can go a long way for those that really need just someone to be there in the moment, listening without judgement.

Pivot Point offers a wide range of [Counselling and Mental Health](#) services for young children, teens and adults, as well as for couples and families. Our services can 'stand alone', or they can be fully integrated into other Pivot Point services for individuals or families. With our specialty in the emotional, behavioural, and relational conditions of childhood, adolescence, and adulthood, our experienced Counsellors and Neurofeedback trainers help bring hope and stability back into turbulent lives.



Pivot Point
Family Growth Centre Inc.

UNDERSTANDING SOMEONES FEELINGS

"Seeing the world as others do"

Do it with compassion, or not at all. It makes no difference where you go in life as long as you see it with empathy.

SO, LISTEN MORE, JUDGE LESS

Canadian Mental Health Week: May 2-8, 2022

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 Lorraine Mock - Regional Manager
Richmond, Vancouver & North Shore, Burnaby,
New Westminster & Tri-Cities



Lorraine joined Pivot Point in August of 2020 bringing with her over 4 decades of experience with a focused passion to work with families, enabling them to live their greatest potential.

While the impact of the pandemic has been significant to essential services, she and her team have continued to maintain their passionate dedication in providing the valuable support and programming to not just meet the needs of the people they serve, but to ensure the goals and dreams of every person involved are realized.

Thank you Lorraine for all you do here at Pivot Point!

NEWS AND EVENTS

Now Available: Summer Day Camps and Online Caregiver Support: Rockstar Parent Workgroup!

Summer Day Camps will run in July & August for a full week from 9:00 AM to 3:00 PM & Rockstar Parent will start on June 1st and run for 8 weeks.

Autism Funding can be applied for all groups.

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



CLINICAL CORNER

Care Giver Support

Knowing about a child's conditions and how to help gives Parents and Caregivers the upper hand in supporting their children and teens with Diverse Abilities.

Parents and caregivers should be equipped with the information and skills necessary to become true "clinical experts" of their children. Only then can they participate to their fullest extent towards their child's success.

This is why Pivot Point's Caregiver Supports are so important. Caregiver Support TRAINING provides parents with the background knowledge needed to understand the challenges and barriers their child faces. These are short courses that can be attended 1-1 with a Pivot Point professional, in small groups online, or videos watched at your own pace.

Mental Health Caregiver Support TRAINING topics explore issues like...

- Understanding Anxiety and Depression in children
- Understanding Autism, ADHD, or ODD in children
- Basic Cognitive Behaviour Therapy techniques for children
- Understanding Identity Development and Self Esteem in children
- Building a Growth Mindset for children
- ... and so much more!

Caregiver Support COACHING gives parents the individualised attention and direction they need to master the skills of supporting their child. Coaching sessions can be through 1-1 with a Pivot Point professional or in small video conference groups online.

Coaching is all about empowering parents to feel like they fully understand their own child's unique needs and challenges, and the therapeutic strategies designed specifically for them.

"At Pivot Point, we are working hard to help each parent learn to be the foundation of their child's development towards success and a high quality of life!"

~ Steve Cunningham, Executive Director

Keep an eye on our [Group Activities Page](#) to find upcoming courses!

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.