

# THE MONTHLY POINT

## Pivot Point Newsletter



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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](#).

## INTERNATIONAL SELF-CARE DAY JULY 24, 2022

### Life Skills - Should Include Self-Care

The term, self-care may have a radical history that dates back to the 1950's; it's meaning has been sounded like an alarm in recent years. Particularly post pandemic.

It seems all at once the world came to realize that taking time out for self and family, finding some work-life symmetry was not to be considered a luxury, but an important necessity.

Some aspects of our lives have changed post-pandemic for the better. As we start to focus on normalizing a lot of inequities, while embracing those that are different, but not less. Accepting that mental health is health, we hope that the next generations will have our vision for a better, more inclusive and caring society.

While this may sound somewhat idealistic in today's world, we do know that removing the stigma and normalizing the values of self-care as it relates to mental health is a positive winning step for a greater future for all of us!

There are times in our life's journey where we may hit a crossroad and not be sure of our direction. Having the growth mindset towards our self-care can really be helpful when we turn to external support systems. Pivot Point's custom designed [Online PATH - Person Centred Planning](#) tool is a carefully designed group or family process that brings people together to create that shared vision for the future, and then helps to launch that plan into action! In short, it's a great way to plan for the self-care, goals and dreams that can lead to a wonderful life!

Pivot Point also offers a wide range of [Counselling and Mental Health](#) services for young children, teens and adults, as well as for couples and families. 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.

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

## STAFF HIGHLIGHTS

Meet: Kathleen Nesbitt-Daly  
Behaviour Consultant Region: South Fraser



Kathleen graduated with a BA in Psychology in 2018 and has been working in the Mental Health field for the past 4 years. With a focus on special needs.

Kathleen has worked at a day-care supporting children ages 3 months to 12 years with special needs as well as in adult clients' homes, assisting with independent living. Assisting them in behaviour programs to help ensure they have the opportunity to be involved in their communities.

Thank you Kathleen for all you do at Pivot Point!

## SUMMER DAY CAMPS

Summer break is not always easy for youth with diverse abilities. For many it can be a lonely time.

Our Summer Day Camps provide a wonderful opportunity for youth to have positive experiences that allow diverse learners to make real-life connections with their peers and their local communities.

Register your child and / or sponsor a child today!  
[See Details here!](#)



Various Themes  
Available

Full Days:  
Monday - Friday  
Visit: [PivotPoint.ca](http://PivotPoint.ca)



Skilled Group  
Leaders

Social Opportunities  
Fun Activities  
Enriching Experiences



9 Locations  
throughout BC



## CLINICAL CORNER

HANG ~ Helping Adolescents/Adults Network & Grow, by John Wang, BC Practicum

An excerpt from our [blog](#):

Making friends is one of the most important goals for families with children or youth with developmental conditions such as ASD. However, making friends can be challenging!

This is why Pivot Point created our "HANG" styled groups, which stands for Helping Adolescents/Adults Network and Grow. These groups provide opportunities for youth and young adults to develop friendship skills while having fun.

Our HANG styled groups are designed to present fun environments where teen and adult peers with ASD or other Diverse Abilities get together, in-person or online, to network with others who share common interests. The overall learning experiences in our HANG groups are obtained through fun and interactive opportunities where all participants are able to explore social dynamics, learn more about themselves and push their boundaries.

At the core, HANG groups present many small but real-life challenges and choices, that the group must pause to work through together. Rather than following a set curriculum, the leaders guide participants through these real-life discussions, voicing and exploring preferences, validating the feelings and experiences of others, making group decisions and more... that help them practice core friendship skills. Many don't even realize that the group process is helping them learn!

Whether it's a Minecraft online building game, an in-person Dungeons and Dragons group, or any of our other HANG groups, each participant is immersed in their preferred activity where they need to make choices that involve interactions with others. This is where the magic happens, and sportsmanship, friendship, and self-awareness begin to emerge!

Read our full [blog post](#) to learn more about how our HANG Activities help to provide positive outlets for your child.

### Do you have questions about our services?

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.