

THE MONTHLY POINT

Pivot Point Newsletter



hello
December

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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](#).

The Remarkable Affects of Simple Human Kindness

"Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary." – Mr (Fred) Rogers

Once again, we have reached the end of another year. A year where we can rejoin family and friends to celebrate and exchange one of the most meaningful ways of expressing love and caring, such as a hug.

Hugs that say: I care about you; you are valued in my life. Hugs help protect us from illness by boosting our heart health. Hugs help to reduce stress. Hugs make us feel wanted and loved. They make us happier. They help reduce some of our fears.

In the pursuit of serving others, when we share our care and compassion with those we support, we enrich not only the lives of those we serve, but we fulfill our own cup of happiness.

This holiday season we extend to all of those here at Pivot Point and beyond a heartfelt *hug* that helps make your world a little brighter, happier, and healthier.

Best Wishes for a safe and happy New Year!

Every service at Pivot Point is intended to create positive change in the lives of the people we serve, because we believe that every person deserves to live a good life with peace, choice, friends, and success.

We invite you to review our [Stories of Positive Change](#).

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: Amanda Robertson, MA
Counsellor - Region: South Fraser

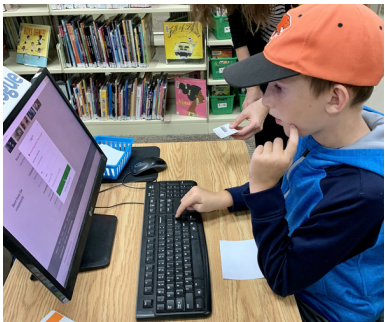


Amanda holds a Masters Degree in Counselling. Her experience through her work and education has focused on working with youth in need of counselling and providing extra support for their families.

Amanda has a strong interest in play therapy and plans on becoming a certified play therapist in the near future. She strives to build a strong positive rapport with her clients and using this as a foundation to support them and then incorporating counselling techniques when needed.

Thank you Amanda for all you do at Pivot Point!

COMMUNITY LEARNING: SCENES FROM OUR STUDENTS AROUND THE PROVINCE



At Pivot Point we are privileged to help bring positive change for children every day, so that they can live their best life for a better future! Learn more about our [Educational Services](#) today!

CLINICAL CORNER

It's the Journey Not the Destination

What happens when your autistic / diverse abilities child ages out?

For many parents and caregivers, planning for the future is left until days before the child becomes an adult! The time to plan should begin in the early teen years. Online PATH and Teen Transition Planning helps families to have a clear plan of direction for success that helps remove many worries and guesswork for a happier family journey to be shared.

Adulthood is a journey to prepare for rather than an achievement itself. Being a happy adult is dependent on safety and security in one's community, and entails appropriate living arrangements, housing, financial support, a reliable income, good general health, a social support system and many other variables that should be carefully planned. Each one can be quite difficult to define as each person has very specific routines, strong preferences, learning needs and behaviours. This is why teaching tolerance, sharing and getting along with others is so important in childhood: These skills set the stage for a successful adulthood.

Financial well-being is another highly important factor in well-being and security. The government of Canada has many programs an individual can qualify for, including the RDSP ([Registered Disability Savings Plan](#)).

It is never too *early* to start planning for your child's future, and Pivot Point's [Transition Planning](#) team can help! We strongly encourage all families to seriously begin some transition planning as soon as their children reach age 13 or 14: Don't wait till 18 or 19!

With sound information and a clear path to follow, individuals and their families stand the best chance of creating their best futures together... starting today.



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.