

THE MONTHLY POINT

Pivot Point Newsletter

JUNE

IN THIS ISSUE:

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

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 or receive in-person supports. Pivot Point also provides nearly all of our services via on-line methods. View our [Safety Plan here](#).

Brain Health - Matters of Mind, Body & Spirit

June holds several important reminders relating to brain health, including [Brain Injury](#), [Men's Mental Health](#) and [PTSD Awareness](#).

We know the value in keeping physically fit and healthy. We share recipes among family and friends, we support one another by exercising together, gathering socially for various activities, and sharing life's milestones as we journey through life.

However, when our mental health is not at it's peak, all of those healthy aspects of our daily life begin to decline. When overwhelmed by stress, anxiety, and depression the negative impact has a way of taking over to a level that becomes difficult to remember to reach out for support. We would not be complacent with an injured or ill body, so why would we perceive that it's okay to just "live with" an unwell or injured mind? When we advocate for mental health and brain health, we are raising awareness and educating ourselves and others. We can help by [changing the narrative, removing the stigma](#).



It is important to understand that these conditions are common and can affect anyone regardless of gender, race, or background. We can also advocate for more resources and support for those who are struggling with these issues. Additionally, it's important to promote a culture of openness and acceptance where people feel comfortable seeking help and talking about their experiences without fear of judgment or shame.

For 20 years, Pivot Point has been assisting children, teens and adults, as well as couples and families when faced with challenges in their life's journey. 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. Contact us today!

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 Spotlight

South Fraser Regional Assistant, Pat Chadwick (L) and Regional Manager, Terri Pedersen (R)



A special thank you to two of our staff in the South Fraser region. This dynamic duo were on hand at the [LQMA Race for Autism Acceptance](#) on May 21, 2023.



Pivot Point was a proud sponsor for this race that raised \$4,000 for Autism BC.



Summer Day Camps Across the Province

Making memories and making friends. Our 2023 Summer Day Camp schedules are open for registration. Spaces are limited, so sign up your child for a fun packed week of adventure, challenges, crafts, culinary treats and more!

Kids Summer Day Camps



FUN & CREATIVE DAY CAMP ACTIVITIES

Each "Day Camp" style group is themed, for children, youth with similar interests and abilities.

[PivotPoint.ca](#)

Learn more about our [Summer Day Camps](#) and sign up today!

Fathers - The Unsung Advocates

The role a father plays in today's world can vary depending on the individual and their family dynamics. Along with many other benefits, dads provide emotional support, parenting duties, and serve as positive role models for their children. They also contribute to the overall well-being and stability of the family unit.

Parenting an autistic child can be challenging, and it's important for fathers to prioritize their mental health too. Like many parents, it is common for dads to feel overwhelmed, stressed, and isolated. Seeking support from family, friends, or a therapist can be helpful.

Additionally, engaging in self-care activities such as exercise, meditation, or hobbies can help reduce stress and improve overall well-being. It's important to remember that taking care of yourself is crucial in order to provide the best care for your child and family.

It's also important for fathers of autistic children to educate themselves on their child's condition and treatment options. This can involve attending therapy sessions with their child, researching reputable sources, and staying up-to-date on advancements in autism research.

In addition to seeking support and education, fathers can also benefit from connecting with other parents of autistic children. This can be done through local support groups or online communities. [Sharing experiences](#) and advice with other parents who are going through similar challenges can be extremely helpful and validating.

Finally, fathers should remember to celebrate the small victories and progress their child makes, no matter how small they may seem. Recognizing and acknowledging these successes can help maintain a positive attitude and provide motivation to continue advocating for their child's needs.

At Pivot Point, we believe that any family struggling to manage those "conditions of childhood" – whether in a child, teen, or adult – should have access to supports that help them to be at their best!

Do you have questions about our services?

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