

# THE MONTHLY POINT

## Pivot Point Newsletter



# MAY

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

### Mental Health - More Than Just a State of Mind

Two important subjects this May acknowledge Mental Health Week: May 1 - 7 followed by National Child & Youth Mental Health Day on May 7th.

Recognizing the significant value of mental health in young people is crucial in promoting their overall well-being. We provide resources and support to help them cope with stress, anxiety, and other mental health challenges they may face. By addressing mental health needs early, we can help prevent potential long-term consequences and promote a healthier future.



However, Counselling at Pivot Point is unlike “traditional Counselling” anywhere else. It all starts with listening to their stories, and trying to understand the needs and goals of each person in the family. Then we can start to unravel complexities and create a clear path forward for the individuals and their family to pursue.

Some of those paths include skill building related to social communication, relationships, frustration tolerance, anxiety / depression, or executive functioning. For others, connecting with others through Pivot Point’s many learning or experiential groups can be helpful.

But what really sets us apart from others is our “Counselling through consultation” approach. This means that our Clinical Counsellors can set up the Mental Health Care Plan... but then oversee and monitor how our local Family Support Workers deliver that plan through their 1-1 support. In this way, our local Family Support Workers work as Mental Health experts, with clinical supervision, all at a much lower cost. Our Neurofeedback Brain Mapping and Brain Training services are also available to help identify and train improvements in brain functioning.

Visit our [Mental Health](#) page for more information or complete our [Explore Mental Health](#) form to have our Mental Health team call you for a brief chat to see if we are a good fit!

#### 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 SPOTLIGHT

Shannon Moorhead - Regional Manager for the Thompson Region, including Kamloops, Barriere, Salmon Arm & Merritt



Welcome to the Pivot Point family  
Shannon!

During her career, Shannon's primary focus was towards mental health and inclusive employment. This led her to spearhead numerous programs for adults with diverse abilities including a Customized Employment program. She is passionate about assisting others on their personal journey and selflessly empowers others to embrace their own self discovery.

## Learning Centres Province Wide Meet & Greet: How We Make the Grade

This May 18th we are holding multiple Meet & Greets across the province to showcase and share what it looks and feels like to be a student in our community classrooms.

See the list of [Learning Centres](#) that will be open on May 18th. They are unique, just as our learners are unique with individual needs.

Providing hands on learning, and not just books. We incorporate learning such as real-life skills, social skills, and spending time in the community. Our aim is to be a place where diverse learners can get their needs met, where they can feel confident and thrive.



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 [Learning Centres](#) today!

## LMQA AUTISM RACE



The [Langley Quarter Midget Association](#) is a non-profit organization that specializes in car racing for kids 5 - 16 years old. This sport centers around small competition cars scaled down to one-fourth the size of midget race cars . . .

The sport is nationwide with regional and national championship races held each year. Funds raised this year will be going to a youth racer who had all of their gear and car stolen.

Pivot Point is proud to be a Sponsor. and share in this fantastic event happening May 21, 9 am to 7 pm, Autism Awareness Race - (Club Race #3 Autism Awareness Race).

Join us as we cheer and celebrate on race day and make it a fun family day. Stop by our booth, meet some of our staff that provide support services in the South Fraser region. We will be on hand between 11:00 am and 3:00 pm offering face painting fun, and lots of smiles!

We can't wait to share the fun for such a good cause!



## Do you have questions about our services?

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