

THE MONTHLY POINT

Pivot Point Newsletter



International Self Care Day: July 24, 2023

International Self-Care Day is an annual event that emphasizes the importance of taking care of oneself. Self-care includes physical, mental, and emotional practices that promote overall well-being. It is crucial to prioritize self-care in our daily routine to maintain a healthy and balanced lifestyle. Whether it's exercising, meditating, or simply taking a break from everyday stressors, self-care helps us recharge and manage our emotions effectively.

Self-care is important because it helps to maintain our physical, mental, and emotional well-being. It enables us to recharge, reduce stress, and improve our overall quality of life. By taking care of ourselves, we are better equipped to handle life's challenges and can be more productive and engaged in our daily activities. Neglecting self-care can lead to burnout, exhaustion, and a decline in our health and happiness. Therefore, it is crucial to prioritize self-care and make it a regular part of our routine.

Here are some tips to help you prioritize your self-care:

- Make a list of activities that make you feel recharged and refreshed, such as exercise, meditation, or spending time with loved ones.
- Schedule self-care activities into your daily or weekly routine, just like you would with work or other commitments.
- Set boundaries and learn to say no to things that drain your energy or add unnecessary stress to your life.
- Practice mindfulness and stay present in the moment to reduce anxiety and increase relaxation.

Remember, self-care is not selfish, it is necessary for a healthy and fulfilling life.

Pivot Point is Celebrating 20 Years!

Since September 2003, Pivot Point has been privileged to contribute to the creation of positive change for individuals and families as they navigate diverse challenges on their life's journey.

As we commemorate our 20th birthday this year, we invite you to join us in a province-wide birthday celebration! We extend a warm invitation to all staff members and client families from the past 20 years to come and be part of our regional celebration events.

Visit our [20th Birthday RSVP](#) page to see our province wide locations and to let us know you will be coming.



**Pivot Point's
20th Birthday
SAVE THE DATE**

Wednesday, August 30, 2023, 3-6 pm

We invite all staff and client families from the last 20 years to come and join our regional events!



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

Meet Kylie Fredrickson & Amber Singh

[Kootenay Co-Regional Managers](#) covering Cranbrook, Nelson, Trail and more!



Both Kylie and Amber have been growing their career path here at Pivot Point since 2019 and 2020 respectively. Both bring a passion for making a difference in their community.

After working closely together in the Cranbrook Community Classroom, Amber and Kylie formed a close bond, and an excellent working relationship. In 2023, they decided to jointly apply to become Co-Regional Managers for the Kootenays. Their complimentary skills provide outstanding service and care to our entire region.

Sponsor a Camper- Every Child Deserves a Summer of Fun

With your help we can ensure more children and young adults are able to have positive summer experiences regardless of their family's financial situation. Help make a difference in your community and [Sponsor a Camper!](#)



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

OBH Benefits - The Great Outdoors

Outdoor Behavioural Health therapy (OBH), also known as wilderness therapy, is an increasingly popular form of mental health treatment that takes place in natural settings. This type of therapy offers numerous benefits, including increased self-awareness, improved communication skills, a greater sense of self-reliance, and improved problem-solving abilities.

Being immersed in nature can also reduce stress and anxiety and improve overall mood and well-being. Additionally, outdoor behavioural health therapy can be particularly effective for individuals struggling with addiction, trauma, and other mental health issues.

Spending time outdoors can be a great way to practice self care. Being surrounded by nature can help reduce stress and anxiety, improve mood, and increase feelings of well-being. Engaging in outdoor activities such as hiking, biking, or simply taking a leisurely walk can also provide physical exercise, which has numerous benefits for both physical and mental health.

Additionally, exposure to sunlight can increase vitamin D levels, which can help regulate mood and improve overall health.

For neurodivergent and autistic children and youth, having the opportunity to participate outdoors has numerous positive effects on their overall health and well being.

Summer day camps are designed to take place in fun environments where individuals with similar interests can gather together and engage in great activities. An activity leader guides the group through activities and discussion where individuals practice conversation, sportsmanship, prosocial participation, regulating emotions, negotiation and compromising, and critical thinking.

Summer Day Camps run Monday - Friday from 9:00 AM to 3:00 pm. [Register Today!](#)

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.