

# THE MONTHLY POINT

## Pivot Point Newsletter

# Hello September

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## September is Childhood Cancer Awareness Month

Childhood cancer is a critical and sensitive topic.

A child's cancer diagnosis can have profound emotional and psychological effects on both the child and their family. The news of a cancer diagnosis is a highly distressing and life-altering event that often triggers a range of intense emotions, including shock, fear, disbelief, sadness, anger, guilt, and helplessness. The emotional devastation experienced by the child and their loved ones can be overwhelming and long-lasting.

It's important for families to seek emotional support, both individually and collectively. Pediatric oncology teams often include social workers, psychologists, and counsellors who are trained to provide support to families throughout the treatment journey. Additionally, connecting with support groups and organizations dedicated to childhood cancer can help families share their experiences, learn coping strategies, and find a sense of community with others who understand their struggles.

To support the mental health of the whole family during a child's cancer diagnosis, consider seeking professional help from therapists, counsellors, or support groups specializing in pediatric oncology. Engaging in open conversations, maintaining routines, and finding ways to spend quality time together can also contribute to a healthier family dynamic during this difficult time.

Remember that each family's journey is unique, and there is no one-size-fits-all approach. The key is to support one another, communicate openly, and seek help when needed. Childhood cancer is a daunting challenge, but with the right resources and a strong support system, families can navigate this journey together.

*"Children with cancer can't fight it alone, together we can fight it and win."*

[Prince](#) - Acute Lymphoblastic Leukaemia, Ghana, Africa



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](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!

## Province Wide Celebration

We want to express our heartfelt appreciation for sharing in our 20th Birthday celebrations across the province. It's been an incredible journey, and we couldn't have done it without you!



**PEERS®: Developing Relationship Skills** is currently running ONLINE ... Join from any community!

PEERS® (Program for the Education and Enrichment of Relational Skills) is a social skills intervention program designed at UCLA. The goal of PEERS® is to "improve friendship quality and social skills among people with Autism Spectrum Disorders" (Laugeson et al, 2009). The group of teens and at least one parent gathers to develop and practice their social skills for 1.5 hours each week for 14 weeks. Ages: 13-18  
Families have the option to pay privately or apply AFB funding to this group.



Learn more about [PEERS®: Developing Relationship Skills](#) and sign up today!

## Transitioning Back to School

Preparing a neurodivergent child to return to school routines after summer vacation requires thoughtful planning and consideration to ensure a smooth transition. Neurodivergent students may include those with conditions like autism, ADHD, dyslexia, anxiety disorders, and more.

Here are just a few steps you can take to help your child have a successful start to the school year:

- **Communication:** Start by having open and honest conversations with your child about the upcoming school year. Discuss their feelings, expectations, and any concerns they might have. Understanding their perspective can guide your planning.
- **Visit the School:** If possible, arrange a visit to the school before the academic year begins. Familiarizing your child with the school environment, classrooms, and other areas can help reduce anxiety.
- **Establish a Routine:** Gradually reintroduce school routines a couple of weeks before school starts. This includes setting regular bed times and wake-up times, as well as meal schedules. A consistent routine can help your child adjust more easily.
- **Organize Supplies:** Involve your child in selecting school supplies. Having a say in their materials can make them feel more comfortable and excited about returning to school.

Remember, open communication, empathy, and a willingness to adapt are key components of effectively supporting neurodivergent students as they return to school after summer holidays.

Learn more about our [Educational services and Learning Centres](#)

**Do you have questions about our services?**

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