

# THE MONTHLY POINT

## ***Pivot Point Newsletter***



### **The Strength of Connections: Nurturing Social Wellness**

Social wellness has emerged as a pivotal aspect of our lives, gaining recognition for its profound impact on overall well-being in contemporary times. This facet of wellness underscores the importance of nurturing meaningful relationships, fostering a sense of belonging, and engaging in supportive communities. As we navigate the complexities of modern life, prioritizing social wellness not only enriches individual experiences but also cultivates resilience, empathy, and collective well-being in society at large.

During the Month of July, a time often associated with summer vacations and outdoor activities, the importance of social wellness shines brightly. For autistic and neurodiverse youth, maintaining social wellness during the summer months can be particularly crucial. With the shift away from the structured routines of school, these young individuals may face challenges in adapting to new schedules and social dynamics. However, fostering social connections and engaging in meaningful activities can significantly contribute to their overall mental health and well-being.

Social wellness encompasses the ability to develop and maintain positive relationships, both with oneself and with others. For autistic youth, this can mean finding comfortable ways to interact with peers, understanding social cues, and participating in activities that align with their interests and strengths. Summer months, with its longer days and warmer weather, offers opportunities for outdoor recreation, community events, and creative pursuits that can support social development.

It's essential to recognize that building social skills during these formative years can lay the foundation for a happier and more fulfilling adulthood. Positive experiences in social settings can boost self-confidence, improve communication abilities, and enhance emotional resilience. When autistic individuals find hobbies or interests that resonate with them during the summer, these activities can become lifelong sources of joy and connection.

As they grow older, these positive social experiences and interests can contribute to a more inclusive and supportive adult life. Whether it's through art, nature exploration, sports, or specialized clubs, maintaining social wellness in early on and beyond allows autistic and neurodiverse individuals to build a network of friends and supporters who appreciate their unique perspectives and talents. Ultimately, investing in social wellness during the summer months not only enhances immediate well-being but also sets the stage for a more satisfying and enriched future.

Pivot Point provides a range of group activities, day camps, caregiver groups, and professional training sessions both in person and online throughout the province. For more information and to register, please visit our [Group Activities](#) page 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!

## Exciting Visit to Prince George!



Crystal Thompson and Amber Foster on tour!

In Prince George our staff were honored to have Mayor Simon Yu and Councilman Ron Pollilo join us for a visit. Our students in the Community Classroom were thrilled to present them with welcome cards and give them a tour.

### Group Picture (from left to right):

Jessica Hewitt, *Program Assistant*  
Amber Foster, *Complex Care Program Manager*  
Simon Yu, *Mayor*  
Courtney Wickstrom, *Regional Manager*  
Ron Pollilo, *Councilman*  
Crystal Thompson, *Director of Operations*  
Dr. Christina Worth, *BCBA/Clinical Supervisor*  
Kristen Scott, *Regional Manager*

Thank you to everyone who made this visit so memorable!

## Discover Exciting Summer Activities Around the Province!

Summer activities are heating up in Prince George! Explore new offerings at [Prince George Day Camps](#).



For a full list of activities around the province, visit our [Calendar of Events](#) for Day Camps in your community.

## Navigating Parenting Stress: Giftedness, Autism, and Self-Care

### Parenting Gifted Children Week: July 20th-26th, 2024

Parenting gifted and autistic children presents both joys and challenges, often intertwining to create unique experiences for parents and caregivers. Studies highlight that the complexities of nurturing giftedness and navigating autism spectrum traits can significantly increase parenting stress. As we recognize Parenting Gifted Children Week, it's crucial to acknowledge the emotional toll and support needed for those caring for neurodiverse youth.

Research underscores that parents of gifted children often face heightened stress due to the educational and social-emotional needs their children present. Similarly, parents of autistic children manage distinct challenges, from sensory sensitivities to communication barriers. The intersection of giftedness and autism can amplify these stressors, demanding exceptional caregiving skills and understanding.

Additionally, the importance of self-care cannot be overstated. For parents and caregivers of autistic and neurodiverse youth, taking time for self-care isn't a luxury but a necessity. It allows them to recharge emotionally and physically, reducing burnout and promoting better caregiving. Yet, feelings of guilt often accompany self-care decisions, as parents may worry about neglecting their children's needs.

This awareness encourages support for parents in their self-care journeys, fostering healthier environments for both children and families.

In this "Parenting Gifted Children Week", let's raise awareness not only of the joys and achievements but also the challenges faced by parents and caregivers. Encouraging self-care isn't just about personal well-being; it's a vital component of sustainable caregiving. By supporting parents in their self-care journeys, we can foster healthier environments for both children and families.

[Request a Meeting](#) with a Regional Manager today, for a complimentary consultation.