

# THE MONTHLY POINT

## *Pivot Point Newsletter*



### **Raising Awareness and Supporting Mental Health in Our Community**

November serves as a poignant reminder of the physical and emotional pain that many individuals and families endure. Through various awareness initiatives, such as National Domestic Violence Awareness Month, National Pain Awareness Week (November 3-9), National Grief and Bereavement Day (November 19), National Child Day (November 20), and the International Day for the Elimination of Violence Against Women (November 25), we are called to reflect on the importance of preserving and nurturing life rather than tearing it down.

At Pivot Point, we are committed to supporting those in our community who face the challenges of pain, grief, violence, and mental health struggles. Whether it's the emotional turmoil of domestic violence, the physical and psychological pain experienced by many, or the grief that often accompanies loss, we understand that the impact on mental health can be profound. Breaking the stigma surrounding mental health struggles is essential, and it starts with family and friends encouraging their loved ones to seek help. By being aware, supportive, and open to conversations around mental health, they can provide the encouragement needed for individuals to feel safe in reaching out for professional care. Mental health is just as important as physical health, and with the right understanding and support, individuals can begin their journey toward healing.

As a CARF-accredited social services agency that has been serving children, youth, and families for over 21 years, we recognize that mental health is health. Addressing these challenges with empathy, understanding, and professional support can lead to healing, growth, and ultimately, thriving communities. By providing safe spaces, therapeutic interventions, and tailored services, we help individuals and families regain control of their lives, achieve their goals, and live the best life possible.

This November, let's work together to raise awareness, foster understanding, and take action to create a community where every individual can flourish. Whether through supporting those facing grief or advocating for the elimination of violence, we believe that with clarity and compassion, we can all contribute to a healthier, safer, and more resilient future.

Pivot Point is a dedicated team of professionals with over 21 years extensive experience in supporting individuals with Autism and Diverse Abilities. [Our services](#) are client-centered, family-oriented, and evidence-based, drawing from Applied Behavior Analysis, Speech Therapy, Occupational Therapy, Family Counselling, Psychiatry, Neurofeedback, and other interventions as needed. All creating Positive Change!

#### **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!

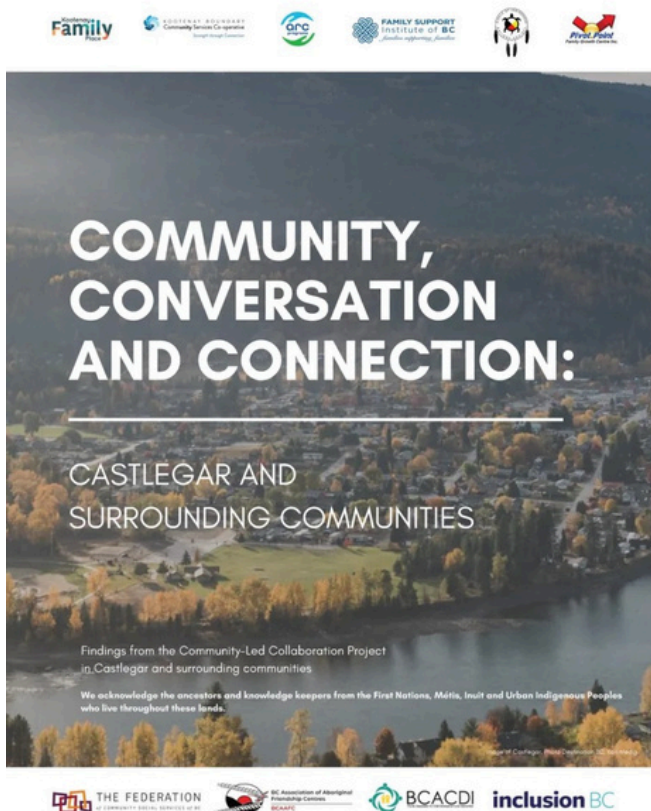
## In the News - Building Inclusive Communities Together: Castlegar Project Report Released

We're thrilled to share the completion of the *Community-Led Collaboration Project* report for Castlegar and surrounding communities! Over the past two years, Pivot Point proudly partnered with Inclusion BC and other dedicated organizations to develop an inclusive, culturally safe, and accessible framework for supporting children and youth with disabilities in B.C.

Special thanks to our project collaborators:

- Kootenay Family Place
- The Federation of Community Social Services of BC
- ARC Programs
- Family Support Institute BC
- Circle of Indigenous Nations Society
- Pivot Point Family Growth Centre Inc.
- BCAAFC
- BC Association of Child Development and Intervention
- Kootenay Boundary Community Services Co-op

Read the full report and join us in fostering meaningful change in our communities!



Meet our Kootenay Regional team and explore our services: [Visit Here](#).

## Exploring Brain Mapping: Insights into Healing and Growth

Brain Mapping is a groundbreaking tool that offers valuable insights into how our brains operate, especially in the context of brain injuries, chronic pain, and the mental health challenges that often follow. For individuals who have experienced domestic violence, the effects of brain trauma can be profound. Similarly, those living with chronic pain often face mental health strains that are directly tied to how their brain is processing signals and stress.

Brain Mapping works hand-in-hand with Neurofeedback Brain Training, offering specific targets and insights for improvement and providing a way to track progress. Understanding your brain's profile opens up opportunities for growth and healing, helping you improve your overall well-being.

Brain Mapping can also help analyze and confirm specific neurological issues you may be facing, such as Traumatic Brain Injury or Concussion, ADHD, Anxiety, Depression, Obsessive-Compulsive Disorder, Schizophrenia, Autism, Epilepsy, Substance Addiction, Dyslexia, Raynaud's Phenomenon, Psychosis, Tinnitus, Sleep Issues, Brain Fog, problems with concentration, Memory Disorders, Brain amplitude (power) and performance, and various related brain chemistry issues. Understanding these underlying conditions through Brain Mapping provides a clearer path for targeted interventions and therapies.

We are proud to be pioneers in bringing Brain Mapping to most communities across the province, and one of the only teams able to bring this service into your home (where possible). Pivot Point is taking appointments for Brain Mapping for dates available from November through February. Don't miss this invaluable opportunity to gain insight into your brain's functioning and take the first step toward a healthier, more empowered future. Visit us at [pivotpoint.ca/brain-map/](https://pivotpoint.ca/brain-map/)

"Getting the brain map was quick and easy. Reading the report was amazing!"

Complete our [Explore Mental Health](#) form for a Complimentary Consultation to learn more.