

## *Pivot Point Newsletter*



### **December: A Month of Human Rights and Collective Care**

What do **December 3, 6, 10, and 17** all have in common? Each of these days marks a moment for reflection, awareness, and action on issues that affect our mental health, community cohesion, and resilience. At Pivot Point, we're reminded of our mission to work alongside families and agencies, fostering support networks that lead to lasting impact.

December 3 is the International Day of Persons with Disabilities, a day to champion the rights and potential of those living with disabilities. For Pivot Point, this date underscores our dedication to providing services that empower neurodiverse children, youth, adults, and families - building inclusive environments where everyone feels valued and capable.

On December 6, Canada observes the National Day of Remembrance and Action on Violence Against Women, commemorating lives lost to gender-based violence. Pivot Point honours this day by reinforcing our commitment to safe, supportive spaces for families, while also advocating for respect, understanding, and non-violence.

Human Rights Day on December 10 calls us to reflect on this year's theme, "**Our Rights, Our Future, Right Now**". It's a reminder that human rights are fundamental to well-being and are essential for building healthy, thriving communities.

Finally, Anti-Bullying Day on December 17 brings attention to the ongoing need for kindness, acceptance, and the creation of safe, welcoming spaces. Pivot Point stands against bullying by fostering environments that champion empathy and mutual respect.

Each of these days emphasizes our shared humanity and the importance of community strength. Through partnerships with local agencies, Pivot Point is committed to advancing these values, working together to create a positive, enduring impact for all families we serve.



As we close out the year, we're reminded of the strength that comes from connection, compassion, and shared purpose. This holiday season, may we all find inspiration in the communities we belong to, embracing the spirit of kindness, inclusion, and hope for a brighter future. From all of us at [Pivot Point](#), we wish you and your families a peaceful, joyful Christmas and a New Year filled with unity and 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!

## Staff Spotlight: Kylie Fredrickson - BCBA



Kylie has been a dedicated member of Pivot Point since 2019, contributing across various roles in mental health, education, ABA, and administration. Recently promoted to Behaviour Consultant for the West Kootenays.

Kylie's passion for supporting neurodiverse individuals stems from her grandfather, a lifelong advocate who inspired her career. With a background in mental health, sexual health, and leadership, Kylie brings a wealth of experience and enthusiasm to her new role.

Congratulations, Kylie, on this exciting new chapter!

## Empowering School-Aged Learners

Autistic and neurodiverse learners supported by evidence-based interventions often achieve significant milestones that enhance their independence and confidence. These approaches foster skill-building and meaningful social connections, creating lasting impacts on their overall development. As they thrive in nurturing environments, the benefits extend to their families and communities, reinforcing the value of tailored, supportive strategies.



Unlock your child's potential with personalized support from our [School Age Services Program](#).

## Finding Balance: Support for Caregivers of Neurodiverse Children

Caring for autistic and neurodiverse children is a deeply rewarding journey, but it also comes with unique challenges that can impact caregivers' emotional, physical, and mental well-being. The demands of caregiving can often lead to stress, burnout, and feelings of isolation, particularly if caregivers feel they must manage everything on their own. However, the ripple effects of effective support systems extend far beyond the caregiver, positively influencing the entire family dynamic.

When caregivers access support—be it through respite care, counselling, or specialized training—they gain tools to navigate their roles more effectively. This not only helps them maintain their own balance but also fosters a more harmonious environment at home. Children benefit from parents and caregivers who feel confident and emotionally grounded, and siblings thrive in households where stress is managed, and attention is evenly distributed.

Equally important is the emotional validation that comes with connecting to a community of others who share similar experiences. Knowing they are not alone helps caregivers feel understood and less isolated. Whether through peer support groups, professional counselling, or community programs, these resources remind caregivers that their well-being matters, too.

Reaching out for support is not a sign of weakness; it is a testament to the strength and dedication caregivers bring to their families. By prioritizing their own health and balance, caregivers can sustain the energy and compassion needed to nurture their loved ones. The journey of caregiving is never solitary—there are organizations, programs, and communities ready to provide guidance, care, and understanding.

Are you feeling overwhelmed or unsure where to turn for support? You're not alone. Reach out today for a complimentary consultation by completing our [Explore Mental Health Form](#) below.

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