

THE MONTHLY POINT

Pivot Point Newsletter



2025: Seeing Beyond the Invisible

In the dawn of a new year, we have an opportunity to reflect on how we can better support those around us in today's world. The rising awareness of mental health challenges and invisible disabilities, such as Alzheimer's, Autism, and other forms of neurodivergence, highlights the need for continued advocacy and action. January is Alzheimer's Awareness Month, providing an opportunity to bring focus to one of these invisible conditions. These conditions often remain unseen, but their impact on individuals and families is profound and far-reaching.

Understanding and supporting individuals facing mental health and neurological challenges is crucial in creating compassionate communities. We recognize the unique journey of those navigating complex life experiences, particularly during [Alzheimer's Awareness](#) Month. Our mission is to empower individuals and families, helping them build stronger, more meaningful connections and find hope in life's most challenging moments. By fostering empathy, providing resources, and creating supportive networks, we can help people not just cope, but thrive.

Embracing the spirit of January, we reaffirm our commitment to creating a more inclusive and supportive society. This means not only advocating for resources and support but also embracing empathy and education. Together, we can break down the barriers of stigma and misunderstanding, paving the way for meaningful change in the lives of those we serve.

Awareness is the first step in building stronger, more compassionate communities. Every individual has the power to create meaningful change—through professional programs, peer connections, or simply taking the time to learn about diverse challenges. Together, we can foster understanding, support, and resilience. By embracing empathy and connection, we create pathways to a brighter future where everyone can navigate life's complex journeys with dignity and hope.

Stepping into 2025, let's work together to bring awareness, understanding, and empowerment to all those who need it most.

Pivot Point helps to create resiliency in all three levels: Children and adults with Diverse Abilities are recognized as individuals; celebrated for their whole character and potential. Families are embraced as essential in the process of change and the building of success. Community members are welcomed to join with individuals and their families in their quest for health and happiness. Learn more about our [System of Care](#) 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

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: Wendy Blackshaw Humphrey, MA



Meet Wendy Blackshaw Humphrey, MA. Wendy brings a wealth of experience as a counsellor and educator, with a background in art therapy and counselling psychology.

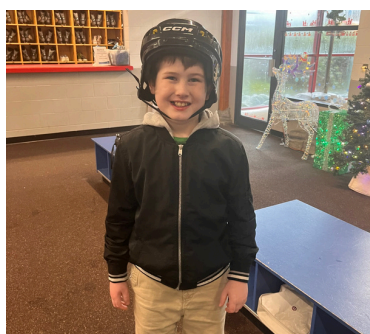
Her passion for empowering others has driven her diverse practicum experiences, including working with foster children, youth offenders, and adults facing mental health challenges. For nearly 4 years, Wendy has been a valued member of the Pivot Point team, making a positive impact as a counsellor and family support worker.

We are grateful to have her dedication and expertise as part of our team.

Our Support in Action

Empowering individuals with autism and diverse abilities to thrive is at the heart of what we do.

From learning and growing in our Learning Centres to exploring the community and enjoying recreational activities, our support services provide opportunities for everyone to reach their full potential.



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

The Heart of Caregiving: Embracing Self-Compassion

Caregiving is a profound journey of love, dedication, and challenge—especially for those supporting individuals with unique needs like neurodiversity. While the commitment to caring for loved ones is noble, it often comes at a significant personal cost. Many caregivers find themselves depleted, experiencing burnout and compassion fatigue, ultimately compromising their ability to provide effective support.

Self-compassion emerges as a critical skill for sustainable caregiving. Pioneering researcher [Dr. Kristin Neff](#) defines this as treating yourself with the same kindness you would offer a dear friend. It involves three key elements: self-kindness, recognizing our shared human experiences, and practicing mindfulness. Practically, self-compassion means creating small, intentional moments of care. This could be a five-minute meditation, journaling your experiences, setting healthy boundaries, or connecting with a support network. These practices aren't selfish—they're essential. By prioritizing your well-being, you become more patient, resilient, and emotionally available for those you love.

The benefits extend beyond individual healing. Caregivers who practice self-compassion often create more understanding, empathetic home environments. They model healthier coping strategies and approach challenges with greater emotional regulation.

Remember, self-compassion is not a luxury, but a necessity. Start with one small step: perhaps a moment of quiet reflection, a kind self-affirmation, or reaching out to a supportive friend.

For more in-depth insights and practical strategies, we invite you to explore our comprehensive blog post: [The Importance of Self-Compassion in Caregiving Roles](#).

Our team is also available for personalized support and guidance. Consider scheduling a [complimentary consultation](#) today.

You deserve care, just as much as those you care for.