

Pivot Point Newsletter



Recreation Therapy Month: Supporting Connection for Neurodiverse Families

As we recognize February as [Recreation Therapy Month](#), it's vital to acknowledge the multi-faceted support needed by families raising autistic and neurodiverse children. These families often navigate unique challenges that can impact connection and well-being within the entire family system. Difficulties with communication, varying sensory sensitivities, and individual behavioral expressions can sometimes lead to isolation, strain on relationships, and feelings of disconnection. Recognizing the holistic needs of these families is paramount, underscoring the importance of specialized, comprehensive support systems.

The goal for all families is to experience connection, shared experiences and create memories together and it can feel a world away when one or more members within the unit requires an alternate path to achieve that. It's essential that strategies to support families acknowledge and are designed for every individual's needs, which may include customised supports along with specialized methods in connecting as a cohesive unit. This is why a variety of therapeutic strategies become beneficial.

Professional guidance that includes tailored support, like what is available at [Pivot Point](#), offers options for exploration of individual and family counselling. Professional Behaviour Consultants create support strategies through behaviour skills training that empower all those involved, making real shifts toward well-being and positive family dynamics. These professionals work to help develop essential communication, empathy and understanding, not only for the individuals who have diverse needs but also all family members as well.

Families can gain new tools and techniques that specifically meet them where they are and move toward healthy family patterns, improved wellbeing and an amplified understanding of mutual care for each other. Through thoughtful activities and family sessions that bring forth a collective sense of play, joy and collaborative work towards identified family challenges. Ultimately, this holistic approach to [family wellness](#) nurtures not only the individual family members but also fosters a strengthened network of support where the whole system is working in *harmony to build a future of care and belonging*.

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!

Meet Chloe Doerfling: Chilliwack Regional Manager



Having grown up in Chilliwack and now calling the District of Kent home, Chloe possesses a unique understanding of the local community. Her career spans over five years supporting individuals with diverse needs.

Chloe's genuine desire to make a positive impact has led her to specialize in working directly with families. She understands the complexities of family life and is dedicated to supporting them through all stages, from the challenging times to the joyful and powerful moments.

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

Celebrating Neurodiversity in STEM!

See their potential bloom!



We offer vibrant and supportive programs that empower young people with autism and diverse abilities. Through hands-on activities, like creating delicious pizzas and engaging in STEM projects, we help build crucial life skills and foster a passion for learning. We believe everyone has the ability to thrive.



Pink Shirt Day: Beyond the Surface for Autistic and Neurodiverse Youth

February is a month with powerful calls to action: [Pink Shirt Day](#) (anti-bullying).

Pink Shirt Day, a powerful symbol against bullying, carries profound significance for autistic and neurodiverse teens and youth. Often, bullying stems from a lack of understanding and acceptance of human differences, such as neurodiversities. For our young people, this can manifest not only as overt acts of aggression, but as subtle exclusions, misinterpretations of communication, and a lack of inclusive practices. The impact is substantial, leading to increased anxiety, decreased self-esteem, and a sense of isolation that can significantly impact their mental well-being.

Unfortunately, bullying isn't always limited to unknowing peers. Uninformed adults — teachers, coaches, community leaders, or even family members — can inadvertently contribute to these challenges. Misunderstanding sensory sensitivities, differences in communication styles, or varying social behaviors can lead to negative judgments, unfair disciplinary actions, or exclusion. When those in positions of authority fail to support or accommodate these needs, the impact of this negative behaviour can be even more hurtful.

Pink Shirt Day calls on all of us to actively promote a world that values and celebrates differences including neurodiversity. We need to educate ourselves and others about autism and other neurodevelopmental differences. This also means teaching empathy, advocating for inclusion and providing accommodations, and ensuring all environments, from schools to homes to community spaces, are safe and affirming for every person. We need to hold everyone accountable including ourselves so everyone can contribute to positive change.

This is not just about wearing pink, it's about creating a kinder, more understanding world where each person can thrive.

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