

THE MONTHLY POINT

Pivot Point Newsletter



Happiness Happens Month - Finding Joy in the Small Moments

August is recognized as Happiness Happens Month — a reminder that happiness isn't about achieving a perfect life. Instead, it reflects an ongoing sense of well-being that supports our mental, emotional, and even physical health.

Mental wellness influences how we manage stress, build relationships, make decisions, learn, and participate in everyday life. For children and youth, strong emotional well-being also supports healthy brain development, confidence, social connections, and readiness to learn. When we feel connected, supported, and capable, those positive experiences often extend beyond ourselves, strengthening our families, workplaces, schools, and communities. Investing in well-being isn't simply about feeling happier — it's an important part of living a healthy, meaningful life.

For many individuals, including those who are Autistic or have diverse support needs, happiness and well-being may not always look the way others expect. A successful outing to the grocery store, mastering a new life skill, sharing a laugh with a trusted support worker, trying a new activity, or simply feeling comfortable in a familiar routine can be significant achievements worth celebrating.

Research continues to show that [emotional well-being](#) is strengthened through positive relationships, opportunities for meaningful participation, and environments where individuals feel accepted, respected, and empowered to be themselves. Every meaningful interaction has the potential to build confidence, resilience, and a stronger sense of belonging.

At Pivot Point Family Growth Centre, we know that children and youth thrive when they feel safe, supported, and understood. A strong sense of well-being helps build confidence, strengthen relationships, encourage learning, and develop the resilience needed to navigate life's challenges. Whether it's achieving a personal goal, developing a new skill, or feeling a sense of belonging within their community, every positive experience contributes to healthy development and a brighter future.

For more than 22 years, Pivot Point's team of dedicated professionals and staff have shared their extensive experience in supporting individuals with Autism and Diverse Abilities. [Our services](#) are client-centred, family-oriented, and evidence-based, drawing from Applied Behavior Analysis, Mental Health, Education, Speech Therapy, Occupational Therapy, 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

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!

Community Spotlight: Celebrating Community Impact

[YVR for Kids](#) represents the incredible impact that can happen when a community comes together with compassion and purpose. What began as a way to honour the memory of a child has grown into decades of support for children and families across British Columbia.

We are grateful for their support of [Pivot Point Learning Centres Society](#) and their commitment to creating opportunities that help children and youth with diverse abilities grow, connect, and thrive through meaningful learning experiences..



Photo courtesy of YVR for Kids

Learning Beyond the Classroom

Meaningful learning extends beyond traditional classroom walls. For Autistic and neurodiverse learners, community-based experiences provide opportunities to learn in supportive environments that connect with their strengths, interests, and individual needs.

Through real-world experiences, learners build confidence, develop practical life skills, strengthen independence, and discover new ways to participate and connect within their communities.



Explore more about our [Learning Centres](#) today.

Supporting Individuals Through Change and Loss

While National Grief Awareness Day is observed on August 30, grief is not limited to a single day — or even to the loss of a loved one. Grief is a natural response to change, and individuals may experience it following many different life events, including changes in routines, schools, friendships, employment, health, living situations, or the loss of a cherished pet.

For Autistic individuals and those with diverse support needs, grief may be experienced and expressed differently. Some individuals may have difficulty identifying or communicating their emotions, while others may demonstrate increased anxiety, withdrawal, changes in behaviour, heightened sensory sensitivities, or a stronger need for routine and predictability. These responses are not simply "challenging behaviours" — they may be [meaningful expressions of emotional distress](#).

Supporting someone through grief begins with recognizing that every individual processes loss in their own way and at their own pace. Maintaining familiar routines where possible, providing clear and honest communication, validating emotions without judgment, and offering patience and consistency can help create a sense of safety during periods of uncertainty.

There is no "right" timeline for grieving, and healing rarely follows a straight path. By approaching grief with compassion, curiosity, and individualized support, caregivers, educators, and professionals can help individuals develop healthy coping strategies while honouring their unique experiences.

At Pivot Point Family Growth Centre, we understand that emotional well-being is closely connected to feeling understood, respected, and supported. By recognizing grief as a deeply personal experience, we can better empower individuals and families to navigate life's transitions with resilience, confidence, and hope.

Request a Meeting

Navigating support for a loved one? You don't have to navigate this journey alone. Book your [complimentary consultation](#) with our team today.