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THE MONTHLY POINT

Pivot Point Newsletter



National Family Caregivers Month

November is National Family Caregivers Month, an opportunity to recognize the important role parents, guardians and caregivers play in supporting the well-being, development and independence of their loved ones.

Every family's journey is different. While some caregivers feel confident navigating their circumstances, others may have questions, concerns or moments when responsibilities feel overwhelming. Neither experience defines a family. What matters is knowing there is someone to turn to for answers, guidance and support when questions or concerns arise.

Sometimes, support begins with a conversation. Having knowledgeable professionals to ask questions, voice concerns and explore available options can help families make informed decisions with greater confidence. Caregivers should feel comfortable seeking guidance without feeling that they must navigate every challenge alone or commit to more support than they want or need.

Supporting an individual also means recognizing the family and caregivers who are part of their everyday life. Our dedication to individuals and families across autism, neurodiversity, diverse abilities and mental health reflects a shared commitment to understanding each person's circumstances, recognizing their strengths and providing individualized, evidence-based support that respects their goals.

Through services that support children, youth, adults and their families, we help individuals and those around them access guidance and support suited to their circumstances. This may involve parent support, mental health services, individualized planning or practical guidance as families navigate their options. The right support looks different for everyone, and families should feel empowered to draw on as much or as little as they find helpful.

Caregiver well-being matters in its own right. When parents, guardians and caregivers have opportunities to ask questions, access resources and address their own concerns, it can strengthen the support surrounding the individual and contribute to the well-being of the wider family.

This National Family Caregivers Month, we recognize caregivers not only for what they do for others, but also for who they are as individuals. Every family deserves access to information, understanding and support that respects their choices and helps them move forward with confidence.

For 23 years, Pivot Point has supported individuals with Autism and Diverse Abilities through compassionate, client-centred and evidence-based services. Connect with our team for a complimentary consultation to explore how we can support you and your family.

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!

Making Quality Mental Health Support More Accessible

Navigating mental health support shouldn't add to your family's stress. Through Pivot Point's Practicum Student Counselling Program, children, youth, adults, and families across British Columbia can access reduced-cost, professional counselling services.



Every student counsellor is guided by the clinical oversight of a Registered Clinical Counsellor (RCC), ensuring high standards of care from intake to goal achievement. With virtual appointments province-wide and in-person sessions at our Kamloops centre, we provide flexible scheduling tailored to your unique circumstances. Explore counselling options with a complimentary consultation.

Supporting Neurodiverse Learners

Finding the right educational fit can make a meaningful difference. Pivot Point Learning's Community Classrooms in Chilliwack and Cloverdale offer a small, supportive alternative for students with Autism, ADHD, dyslexia, or other learning differences who may find traditional classrooms or independent homeschooling challenging. Building on 15 years of experience, we help students build skills, confidence, and thrive. Ready to discover your options or register?



Explore more about our Learning Centres today.

Rehumanizing the Workplace: Why Human Connection Matters

Stress is a normal response to pressure, *but* prolonged stress without recovery impacts concentration, sleep, mood, and mental health. International Stress Awareness Week's 2026 theme, Shaping the Future of Stress and Wellbeing: Rehumanizing the Workplace, highlights prioritizing people over productivity.

Workplace stress develops when demands exceed resources, responsibilities are unclear, employees lack control, or support is missing. Constant communication, interruptions, and difficulty disconnecting compound this pressure, making early identification essential.

Prevention starts with everyday actions: listening actively, clarifying expectations, respecting boundaries, and acknowledging contributions. Managers can mitigate avoidable stress by reviewing workloads, offering flexibility, and fostering environments where concerns can be raised safely.

Cultivating personal resilience involves honoring one's capacity, practicing self-compassion, and intentionally carving out restorative pauses. When professionals treat themselves with the same grace they extend to others, navigating daily friction becomes a sustainable exercise in self-preservation. Recognizing early signs of fatigue allows for timely course correction.

If stress persists, impairs daily functioning, or feels unmanageable, consult a healthcare professional or qualified counsellor early to develop effective strategies and prevent escalation. Embracing vulnerability removes the weight of silent struggle, reaching out for guidance is a courageous and vital step toward healing.

At Pivot Point Family Growth, we know mental health drives overall wellbeing. Rehumanizing the workplace means seeing the person behind the role and leading with empathy. A healthy workplace isn't stress-free; it is one where people are respected and practical steps reduce preventable pressure.

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