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~ With Gratitude ~

Thank you to neurodiverse youth, families and community partners who share their knowledge, experience, and resources used to create these monthly lists. The range of topics covered are based on the intersectionality presented by neurodiverse youth in their transition planning processes and those areas families have highlighted as useful in keeping them in a position to offer ongoing support.

If you have resources you'd like to share feel free to email it to me at [julian.wilson@gov.bc.ca](mailto:julian.wilson@gov.bc.ca).  
Wishing you happy planning folks!

## 1.0 Art, Theatre, Singing, Dance & Recreational Programs

BCEdAccess – Patricia’s Minecraft Social Group | View Online: [SOCIAL GROUPS – BCEdAccess](#)

These sessions, hosted by skilled facilitator Patricia, will engage participants in their interests and offer a safe, neurodivergent and disability affirming space to play Minecraft with new friends.

Canucks Autism Network – Intro to Improv | Monday October 5, 2023 from 4 to 6 PM | View Online: [Improv for Autistic Folks Tickets, Thu, Oct 5, 2023 at 4:00 PM | Eventbrite](#)

This intro to improv class is designed for Autistic folks who are 16 years or older. It is best suited to participants who like to learn and engage in a group setting and who can remain on task with limited support. Participants must be able to use the bathroom independently. This class is offered as part of an exciting partnership between Blind Tiger Comedy and Canucks Autism Network (CAN), and CAN support workers will be on hand for each class.

Cineplex – Sensory-Friendly Screenings | View Online: [Cineplex.com | Sensory-Friendly Screenings](#)

This program provides a sensory-friendly environment for individuals with autism spectrum disorders and their families to view newly released films in a lights up, sound down environment in theatres across the country.

Screenings take place every 4-6 weeks on Saturday mornings.

City of Burnaby – Fall Activity Registration Opens September 7, 2023 | View Online: [Activities & Registration | City of Burnaby](#)

Fall activity registration will open at 10 am for Burnaby residents on Thursday, September 7 for recreation activities, followed by arts and heritage, swimming, and skating activities on September 8, 14 and 15 respectively. Check out the [fall activity guide](#) to plan the fun activities you want to enjoy this fall.

City of Burnaby – World Rivers Day | September 24 | View Online: [World Rivers Day | City of Burnaby](#)

Head to the Burnaby Village Museum on Sunday, September 24 for World Rivers Day and learn about our local waterways and restoration efforts to protect these environments in this free, family-friendly event.

City of Burnaby – Public Art Maps in Burnaby | View Online: [Public Art in Burnaby \(arcgis.com\)](#)

Our new and improved public art map charts projects created by artists from around the world that you can now find all over Burnaby. This map also gives all kinds of details about each art piece. Take your very own self-guided tour of Burnaby's beautiful public art today!

City of New Westminster – 2023 Fall Winer New West Craft Application | View Online: [New West Craft Application Form - Arts Council of New Westminster \(artscouncilnewwest.org\)](#)

New West Craft is a handmade market hosted by the Arts New West. New West Craft is open to designers, makers, crafters, artists, and small shop owners who offer a selection of unique and diverse goods. New West Craft aims to provide a welcoming environment for crafters, artisans, and makers to share their work with the community. New West Craft is an intimate and community-focused market and is a great place to



connect with new and existing customers and network with other local makers and small business owners.

City of New Westminister – Life Drawing Drop in with Janet Wang (All Ages) | Saturday September 9, 2023 from 1 to 4 PM | View Online: [Life Drawing Drop In with Janet Wang \(All Ages\) \(newwestcity.ca\)](#)

Bring your sketchbooks and favourite drawing materials for a lovely chat and draw in the garden with Irving House Artist in Residence, Janet Wang. Drop-in for an hour, see Janet experiment with the poses and setups with our model, or simply come in to have a cup of tea. Session location on site will be weather dependent.

City of New Westminister – Movie by the River Event | Friday September 8, 2023 at 6 PM | View Online: [Movie by the River \(newwestcity.ca\)](#)

Tomorrow, Sept. 8, grab a blanket, snacks and beverages and get ready to enjoy a movie under the stars at Westminister Pier Park. Arrive early to get a spot on the festival lawn and enjoy some New West film trivia and family-friendly activities. At dusk, a movie selected by the community will project on a large screen for you to enjoy.

Community Parks and Recreation – Fall Program & Recreation Pass Info | View Online: See Links Below by Community

Using the links below find community-based parks and recreation activities for the Fall months:

1. City of Burnaby – Recreation & Shadbolt Centre for the Arts - <https://www.burnaby.ca/our-city/whats-new/sign-up-for-enewsletters> | Fall Activity Guide - [Fall-Activity-Guide.pdf \(burnaby.ca\)](#)
2. City of Coquitlam – Parks, Recreation and Culture E-News - <https://www.coquitlam.ca/767/Parks-Recreation-Culture-E-News> | Fall Program guide - [Coquitlam Program Guide for Winter 2023](#)

3. City of Maple Ridge – E-Newsletters - [Stay Connected with Your City | Maple Ridge, BC](#) | Fall Program Guide - [FALL Program Guide 2023 \(cld.bz\)](#)
4. City of New West – Parks & Recreation Newsletter - <https://www.newwestcity.ca/signup> | Fall Active Living Guide - [2023 Fall Active Living Guide \(flippingbook.com\)](#)

Communities also have subsidized programs that usually those on fixed incomes, like PWD Benefits, can access to support their participation in parks and recreation programs. The links below take you to community based financial support info:

1. City of Burnaby – Recreation Credit Program – [Recreation Credit Program | City of Burnaby](#)
2. City of Coquitlam – Financial Assistance for Recreation Program - [Financial Assistance for Recreation | Coquitlam, BC](#)
3. City of Maple Ridge – Access Pass Program - [Financial Access | Maple Ridge, BC](#)
4. City of New Westminster – Active Pass Program - [Access & Inclusion | City of New Westminster \(newwestcity.ca\)](#)

North Burnaby Community Fair | Thursday September 14 from 4 to 7 PM | View Online: [www.weareburnaby.com](http://www.weareburnaby.com)

At Cameron Park in Burnaby, join us for the North Burnaby Community Fair directly behind the Cameron Library at the Cameron Recreation Centre. The fair will feature interactive games, an imagination playground, family yoga, line dancing and much more.

posAbilities' 19th Annual INCLUSION Art Show & Sale | October 12 from 10:30 AM to 7:30 PM | View Online: [posAbilities' 19th Annual INCLUSION Art Show & Sale Tickets, Thu, 12 Oct 2023 at 10:30 AM | Eventbrite](#)

posAbilities and Open Door Group is proud to present its 19th Annual INCLUSION Art Show & Sale on October 12 from 10:30am-7:30pm at Heritage Hall (3102 Main Street, Vancouver).

October is Community Inclusion month in BC, and we welcome you to join us for BC's largest disability art show! This year, the show features:

- 200+ artists with diverse abilities
- Paintings, pottery, glasswork, photography and more!
- Live art demonstrations
- Admission is by donation, and everyone is welcome. The venue is fully accessible and ASL interpretation is provided.

For more information, please visit: [www.inclusionartshow.com](http://www.inclusionartshow.com)

[Renfrew Ravine Moon Festival](#) | September 9 to 29, 2023 | View Online: [2023 Renfrew Ravine Moon Festival](#) | [Still Moon Arts Society](#)

Still Moon Arts Society proudly presents the 21st annual Renfrew Ravine Moon Festival! This year's theme is 'Water's Wisdom'.

A fusion of art, nature, and community, this month-long festival celebrates the Harvest Moon, Autumn Equinox, Still Creek, local art, and the diverse cultural traditions of the Renfrew-Collingwood neighbourhood.

[Science World – Sensory-Friendly Mornings](#) | October 21 from 8 to 11 AM | View Online: [Sensory-Friendly Mornings - Science World](#)

Sensory-Friendly Mornings are inclusive events for individuals and families with neurodiverse or accessibility needs. Guests can explore our exhibits and galleries in a comfortable, welcoming and less crowded environment. Wherever possible, exhibits will have adjusted operations and lowered volume levels from 8–11am. Volume levels and exhibit operations will return to their usual settings at 11am. Guests are welcome to stay and explore Science World as long as they wish.

Vancouver Aquarium – Sensory Friendly Hours | September 24 | View Online: [Sensory Friendly Hours | Vancouver Aquarium \(vanaqua.org\)](#)

The Vancouver Aquarium hosts Sensory Friendly hours to welcome neurodiverse individuals, their families and caregivers as they enjoy the Aquarium. Light and audio levels will be reduced around the aquarium during Sensory Friendly Hours from 9:30am to 12pm.

Vancouver Outsider Arts Festival | October 12, 2023 from 5:30 to 8 PM | View Online: [Events/Workshops 2023 - Vancouver Outsider Arts Festival \(voaf.ca\)](#)

Join us to celebrate the opening of the 7th Annual [Vancouver Outsider Arts Festival](#) – an event that’s free and open to the community, inviting everyone to come together and celebrate this year’s exceptional artists (including the Neurodivergent Artist Collective)!

VIFF – Relaxed Screenings – CatVideoFest2023 | September 24 at 11 AM | View Online: [Relaxed Screenings | Vancouver International Film Festival \(viff.org\)](#)

Relaxed screenings are open to ANYONE who would benefit from a less restrictive and sensory-friendly experience including (but not limited to) people living with dementia; Autistic people; people with learning difficulties; people with a sensory or communication disorder; parents with young babies; and anyone who feels they would benefit from a more supportive and inclusive experience.

## 2.0 Community-Based Developmental & Social Programs

Burnaby Public Library – Home Library and Accessible Services | View Online: [Home Delivery & Accessible Services - Burnaby Public Library \(bpl.bc.ca\)](#)

BPL offers free services to patrons with perceptual disabilities and to those who cannot visit the library due to health or limited ability. Monday to Friday, 9am to 4:30pm.

Call 604-436-5400 or email [eref@bpl.bc.ca](mailto:eref@bpl.bc.ca) for information, reading recommendations, help with technology, getting a library card and more.

Canucks Autism Network – Virtual Monthly Youth and Adult Programs | September 19, 2023 | View Online: [CAN - Programs \(canucksautismprograms.ca\)](https://canucksautismprograms.ca)

Our Monthly Virtual Youth and Adult Program provide online, 1-day opportunities for autistic participants to try a different activity while connecting with others.

Watch a movie with peers then discuss what you've watched on Zoom! A movie is voted on by group each month. Participants must have a Netflix account.

Down Syndrome Resource Foundation – 2023/24 Educational and Recreation Program Spots | View Online: [Group Programs - Down Syndrome Resource Foundation \(dsrf.org\)](https://dsrf.org)

There are just a few spots left for anyone who wants to get in on the fun and learning. We currently have space available in [Money Math + Budgeting](#), [GROW \(Gaining Relationships and Occupational Wins\)](#), [Speaking Out](#), and [Taekwondo](#). Register now before classes fill up!

Find Support BC | View Online: [Find Support BC](#)

CLBC has supported the Family Support Institute to create a province-wide database of local community resources and activities that are current, and that people have indicated are helpful. It provides an easy to use, useful list of what is available in your hometown. In November 2018, non-disability resources will be added to the current disability resources it includes.

[Kinsight – Parent/Caregiver Transition to Adulthood Network Event](#) | Thursday  
September 21 from 6:30 to 8:30 PM (in person) | [View Online:](#)

This event is intended for parents/caregivers of youth 15 and over who are beginning to think about life after high school. Please join the Family and Individual Support Program (FISP) for a casual evening meet and greet at Kinsight's new location at the Tri-Cities Children's Centre. Come meet the FISP staff in person and network and connect with other parents and caregivers.

[Kinsight – Youth Leadership Group](#) | Thursday September 21 and 28 from 6 to 8 PM |  
[View Online: Youth Leadership Group: September 21st & 28th, 2023 \(constantcontact.com\)](#)

Join us for a series of Youth Leadership events offered to youth between the ages of 14 and 19, happening twice monthly from September to December. Each month, the group will meet for an initial session at the Tri-Cities Children's Centre to plan an outing related to things that matter to them. The second session of each month will be heading out into the community to complete the event planned in the first session.

### 3.0 Education (Post-Secondary) Resources & Supports

[Announcement – Province of BC Invests in Community Adult Literacy Programs \(CALP\)](#) |  
[View Online: CALP Recipients.pdf \(gov.bc.ca\)](#)

People looking to improve their lives through improved reading, writing, math and digital skills will benefit from increased access to free adult literacy programs throughout B.C.

These community-based, adult, family and Indigenous literacy programs help people gain skills in basic literacy, numeracy, life skills and employment preparation. The programs are delivered by trained volunteers and include one-on-one tutoring and small-group classes.

BC Ed Access – Parent Support | View Online: [BCEdAccess – Collective action for equitable education.](#)

BCEdAccess Society is a registered charitable organization serving families of students with disabilities and complex learners all over the province of British Columbia. Our parent peer support group has over 5,000 community members, and we provide information and support for individual families, educators, and organizations about the human right to equitable access to education, as well as advocating to government for systemic change.

Burnaby Public Library – English Conversation Circle | View Online: [English Conversation Circle - Burnaby Public Library \(bpl.bc.ca\)](#)

Practice your English and meet people in a friendly, relaxed setting. A librarian will lead a discussion on a variety of everyday topics. Some knowledge of English is recommended. For ages 18 and over.

Dan’s Legacy – Intro to Cook | View Online: [Intro To Cook Dan's Legacy \(danslegacy.com\)](#)

“Intro to Cook” is a 3-month program for youth and young adults with barriers to post-secondary educational or trades training opportunities. Outcomes for the students include gaining meaningful employment, building self-esteem, and maintaining their mental health stability. Students are taught by professional chefs in a commercial kitchen and have access to support from Dan’s Legacy’s team of therapists, social workers and outreach workers. Graduates are eligible for paid practicum learning opportunities in a professional environment.

Pacific Immigrant Resources Society – Community English Classes | View Online: [Join Our Free English Classes for Immigrant & Refugee Women \(pirs.bc.ca\)](#)

We welcome newcomer women with various English Levels (beginner to pre-intermediate). We are here to help you improve your English for everyday

conversations, be a part of a multicultural community, gain confidence and learn more about Canada!

PICS – Intercultural Digital Hospitality Skills Accelerator Training | Fraser Valley Cohort Runs October 3 to December 1, 2023 | View Online: [Intercultural Digital Hospitality Skills Accelerator Training \(freetrainings.ca\)](https://www.freetrainings.ca)

Intercultural Digital Hospitality Skills Accelerator Training provides 6 weeks of hybrid learning and 3 weeks of practicum training in foundational and functional digital skills to individuals seeking employment opportunities or transitioning to employment in digital hospitality industry across four regions in BC; Metro Vancouver/Coast, Fraser Valley, Thompson-Okanagan and Vancouver Island.

StepsForward – Student Openings for Fall 2024 | Applications Open Sept 5 to Dec 1, 2023 | View Online: [Student Openings - WWW.BC-IPSE.ORG](https://www.bc-ipse.org)

Applications are now open based on Student openings for Fall 2024 as part of StepsForward's Inclusive Post-Secondary Education program. The application period runs September 5<sup>th</sup> and closes on December 1<sup>st</sup> this year.

#### 4.0 Employment & Volunteer Opportunities & Job Skill Training Programs

Enabling Accessibility Fund – Youth Accessibility Leader | Applications Open to October 10, 2023 | View Online: [Engaging youth leaders to encourage organizations to apply for funding under the Youth Innovation Component of the Enabling Accessibility Fund - Canada.ca](https://www.canada.ca/en/employment-social-development/services/youth-accessibility-leader.html)

Employment and Social Development Canada is calling for young Canadians to help make Canada more accessible. The [Enabling Accessibility Fund \(EAF\)](https://www.canada.ca/en/employment-social-development/services/youth-accessibility-leader.html) is looking for dynamic youth who want to demonstrate leadership and a commitment to their communities by applying to become a Youth Accessibility Leader (YAL). The unique role of a YAL is to help identify accessibility barriers within their communities, and then partner with local organizations to help secure up to \$10,000 in accessibility project funding to address the barriers in community spaces and workplaces.



Examples of previously funded Youth Innovation projects include:

- installation of automatic door openers
- purchase of a tandem bike for persons with visual disabilities
- construction of accessible garden beds
- purchase of para-hockey sledges
- installation of an FM hearing loop system
- purchase of all-terrain beach wheelchairs and Mobi-mats
- installation of an audio-visual fire alarm system
- purchase of noise-cancelling headphones
- modifying a website to make it accessible for persons with disabilities
- purchase of a pool wheelchair
- installation of the Dragon Naturally Speaking speech recognition software
- purchase of a braille keyboard

Fraser River Indigenous Society – Call Out for Volunteers | View Online: [Truth & Reconciliation Day Volunteers - Fraser River Indigenous Society - Ridge Meadows College \(sd42.ca\)](#)

Fraser River Indigenous Society has put a call out for Volunteers!

Support the Truth & Reconciliation Day on September 30th, at Memorial Peace Park in Maple Ridge - 11930 224 St, Maple Ridge.

Please email: [uwijeratne@plea.bc.ca](mailto:uwijeratne@plea.bc.ca) to register.

ISS of BC – Digital Literacy Tutor Training (Online) | View Online: [ISS of BC's Digital Literacy Tutor Training - Inclusion BC](#)

The Immigrant Services Society of BC, recognized for their proven digital literacy training for newcomers, has developed online Digital Literacy Tutor Training for the community living sector. This training includes proven materials and successful strategies for teaching digital skills, including learning videos and practice activities for learners (see sample video here – [Be Organized Part 1: Create and use folders](#)).

The training provides all teaching materials and prepares employment service provider staff to teach individuals during support hours how to use technology step-by-step and at the learners' pace.

Support Worker Central – Job Board | View Online: [Home - Support Worker Central](#)

A job board connecting people with disabilities and support staff. Support Worker Central is a free job board that connects people with disabilities and support staff across British Columbia.

The job board enables people with disabilities and their families to hire their own support staff, while providing job opportunities for people, with or without experience, looking to support someone with a disability.

WorkBC – Resources for People with Disabilities | View Online: [People with Disabilities | WorkBC](#)

Discover job options and services designed to support people with disabilities and build your career here:

- Pursue post-secondary education.
- Get funding or assistive adaptations for your education.
- Gain the work experience, job skills and technologies you need to do the job.
- Create or expand your own business.

## 5.0 Financial, Food Security, Housing & Living Supports

BC Food Banks – Find a Food Bank Directory | View Online: [Find a Food Bank | Food Banks BC](#)

To find a member food bank in your community click on the map for the locations or check by city.

No food bank in your community? Check with the nearest location to you. Sometimes our rural members have additional depots in nearby communities too.

Burnaby Rent Bank | View Online: [Burnaby Rent Bank – Lower Mainland Purpose Society for Youth and Families](#)

The Burnaby Rent Bank offers low-fee, no-interest, short-term loans to low to moderate-income individuals and families that live in Burnaby and are at risk of eviction or essential utility disconnection due to a temporary and unexpected financial crisis. This helps to increase housing stability and prevent homelessness across the City.

City of Burnaby – Food Security Program Listing | View Online: [Food Security | City of Burnaby](#)

We are working with stakeholders like organizations providing support for food-insecure people, people managing and growing in community gardens, and advocates for social policy changes.

City of New Westminster – Community Resources | View Online: See Links Below by Topic

The City of New Westminster provides a range of quick access resource lists including:

- [CNW Extreme Heat Preparedness](#) (Current)
- [Food Resource Calendar and Survival Resource Guide](#) (CNW) (Current)
- [Community Health Resources](#) (Feb 2023)
- [Key Information and Resources for Tenants](#) (CNW) (Sept 2022)
- [Nuisance Activity: Reducing/Reporting/ Resources](#) (CNW)

Down Syndrome Resource Foundation Article – Practical Preparations for the Aging Caregiver | View Online: [Practical Preparations for the Aging Caregiver - Down Syndrome Resource Foundation \(dsrf.org\)](#)

We all require varying levels of support throughout our lives, and this is especially true for individuals with Down syndrome. Eventually for all of us, the question becomes: who will look after your loved one once you're no longer able to?

Fraser Health – Free and Low-Cost Food Directory (Updated Annually) | View Online: [Free and low-cost food directory - Fraser Health Authority](#)

Search for programs in your community from the attached link. Note, please call before visiting to ensure times and services have not changed. We update this list yearly.

Listings provided include the communities of:

- Abbotsford
- Agassiz & Harrison Hot Spring
- Burnaby
- Chilliwack
- Delta
- Hope & Boston Bar
- Langley & Aldergrove
- Maple Ridge and Pitt Meadows
- Mission

- New Westminster
- Surrey
- Tri-Cities

Key To Home – Inclusive Housing Options Tools | View Online: [Tools for Individuals and Families - Key to Home \(keytohomebc.ca\)](https://keytohomebc.ca)

The resources below provide helpful information for individuals and families exploring inclusive housing options. You can click each of the links provided to open an information sheet about that topic.

Pacific Immigrant Resources Society – Food Access Program | View Online: [Food Access Program: Free Food for Immigrants & Refugees \(pirs.bc.ca\)](https://pirs.bc.ca)

Food Access Program provides nutritious food for immigrant and refugee families. We distribute weekly healthy food hampers and care packages to families in need through various locations including Journey Home in Burnaby.

Primary Care Network – Burnaby Community Fridge Locations | View Online: [Burnaby Community Fridge - Burnaby Primary Care Networks \(burnabypcn.ca\)](https://burnabypcn.ca)

The Community Fridge program provides food in a safe, low barrier and non-judgmental way. It provides a place for people in our neighbourhoods to give and take, to reduce waste and to build our food security in Burnaby. Fridge locations include:

- Tian-Jin Temple Fridge & Pantry  
Where: Tian-Jin Temple, [3426 Smith Avenue](https://www.google.com/maps/place/3426+Smith+Avenue)  
Hours of Access: Every day, 24 hours/day
- Parish of St. Timothy Fridge  
Where: Parish of St. Timothy, [4550 Kitchener St](https://www.google.com/maps/place/4550+Kitchener+St)  
Hours of Access: Every day, 24 hours/day

- SFU Fridge  
Where: SFU Burnaby, [MBC, Floor 0/7000 level, 8888 University Drive](#)  
Hours of Access: Monday-Friday, 7 a.m. – 9 p.m., subject to SFU campus holiday hours and closures.
- BCIT Fridge  
Where: BCIT Burnaby, [Building SE2, Floor 2, 3700 Willingdon Ave](#)  
Hours of Access: Subject to BCIT's regular campus hours and holiday hours and closures.

## 6.0 Health (Physical/Sexual) & Mental Wellness – Mainstream

Announcement – Province of BC – See a Pharmacist for Minor Ailments or Contraception | View Online: [See a pharmacist for minor ailments or contraception - Province of British Columbia \(gov.bc.ca\)](#)

B.C. residents can now use an online booking system to schedule an appointment to see a pharmacist for minor ailments or contraceptives. Pharmacists are able to provide treatment for [21 minor ailments](#).

Autism Funding – How Can it Be Spent | View Online: [Autism funding - Province of British Columbia \(gov.bc.ca\)](#)

Parents can use [up to 20% of your autism funding](#) (for kids and youth 6 to 18 that would be up to \$1,200 a calendar year) to assist with the cost of purchasing equipment and supplies, [training](#), or [travel](#) to support your child's therapy goals.

BC Wildfire Service- Travel in BC | View Online: [BC Wildfire Service \(gov.bc.ca\)](#)

If you are planning on traveling in BC, please do so safely and responsibly. Many fires still burn in British Columbia, so know before you go by checking the [BC Wildfire Map](#), [DriveBC](#), and [EmergencyInfoBC](#). [Be prepared](#) by carrying emergency provisions with you and listen to the direction of local communities.

No matter where in BC you are, all British Columbians are encouraged to take steps now to prepare for an emergency:

1. Have an [emergency grab-and-go bag](#) ready for you, your family, and your pets.
2. Have an [emergency plan](#) in place for your household.
3. Pre-register online for [Emergency Support Services](#).

[Burnaby Hospice Society – Young Adult Grief Support Group](#) | Recurring last Tuesday of Every Month from 6:30 to 8 PM | For More Info: Call 604-520-5087 or email [info@burnabyhospice.org](mailto:info@burnabyhospice.org)

This free, professionally facilitated support group will provide a safe space for young adults to share their grief experiences with peers.

For Burnaby residents aged 18 to 35 who have experienced a loss more than six months ago. The group will run from September 2023 to May 2024 and meetings will be in-person. Pre-registration is required – please note that space is limited.

[Burnaby Family Life – Various Parenting Groups](#) | View Online: [Family Life Education — Burnaby Family Life - A place to go a place to grow](#)

BFL is currently preparing to offer:

- Immigrant Women's Support Group
- Parenting for Immigrants
- Calm and Confident Parenting
- Modern & Effective Parenting (for parents of pre-teens and teens)
- Fatherhood, a journey
- Understanding your anger (anger management for men)
- Support & Peer Group for Parents of 2SLGBTQIA+ Children/Youth

## Developmental Disabilities Mental Health Services – 2023/24 Groups for Folks with Intellectual Disabilities

DDMHS has announced their 2023/24 line up of groups. All groups will be facilitated by at least two DDMHS professionals. The locations for groups will be:

- Dealing with Feelings of Anxiety or Depression | Maple Ridge (RMACL), Ladner (DCLS), Abbotsford (TBA), Zoom
- Keeping Up with Feelings of Anxiety or Depression | Maple Ridge (RMACL)
- Healthy Relationships and Sexual Health | Ladner (DCLS), Vancouver (DDA)
- Grief and Loss | Surrey/Delta (Milieu), Chilliwack (TBA)

To be eligible for the groups youth must be 19 and older, and have a mild intellectual disability (IQ 50 to 70).

EcoWisdom – Nature Wellbeing Program | September 23, 2023 | For More Info Email [anwp@ecowisdom.ca](mailto:anwp@ecowisdom.ca)

EcoWisdom Forest Preserve is hosting a FREE Accessible Nature Wellbeing Program (ANWP) through Shinrin Yoku (Forest Bathing), meant to enhance relaxation and social connection.

They work to accommodate differences in ability, and resources are provided to support people not well enough to attend the entire session. EcoWisdom's programs are most suitable for people living with physical limitations associated with disability or chronic illnesses, as well as those experiencing social isolation, pain, and fatigue for any reason. Hosted by EcoWisdom Forest Preserve and Technology for Living in collaboration with the Individualized Funding Resource Centre.

Family Smart – BC Parent Peer Support Worker | View Online: [BC Parent Peer Support - FamilySmart](#)

We know how important you are, and that you might need some support too. We are



also parents of kids with mental health challenges. We are here for you, and we want to help.

We provide emotional support, information, resources, and help in navigating services for parents & caregivers of a child, youth, or young adult with a mental health and/or substance use challenge.

Fraser Health – Overdose Prevention and Response | View Online: [Overdose prevention and response - Fraser Health Authority](#)

Drug overdose emergency information and resources are available online and will be updated regularly. For more information about the emergency and Fraser Health's response.

Kids Help Phone – Wildfire in Canada Mental Wellness Supports | View Online: [Current wildfires in Canada: How to get mental health support - Kids Help Phone](#)

Are you experiencing distress from the current wildfires in Canada? Kids Help Phone offers 24/7, free, confidential, bilingual e-mental health and wellness support to anyone affected by extreme weather in Canada. However you're feeling, wherever you are, you're not alone.

Mental Health and Substance Use Service Map | View Online: [Mental Health and Substance Use Service Map - Province of British Columbia \(gov.bc.ca\)](#)

The Mental Health and Substance Use Service Map provides listings for all mental health and substance use services provided by the provincial government, provincial health authorities, and non-profit agencies across British Columbia.

You can use the search bar on the page or click on the map to find a service provider near you.

Purpose Society & PLEA Community Services – Transgender Support Group | Every 2nd and 4th Tuesday from 6:30 to 8:30 PM | View Online: [TransSupport - PLEA Community Services](#)

Join in a facilitated information sharing discussion group for youth 13-24 years, their parents, and caregivers. All transgender, non-binary, and gender-questioning youth are welcome.

Every 2nd and 4th Tuesday of the month from 6:30-8:30PM. Location will be shared during registration for privacy purposes. Registration required! Send in your information by email or text: [transsupport@plea.bc.ca](mailto:transsupport@plea.bc.ca) | 604-996-8169

Real Talk – Connecting Queer Communities | September 21 from 6 to 8:30 PM | View Online: [CQC Queer Movie Night #3 - Real Talk \(real-talk.org\)](#)

[Connecting Queer Communities](#) (CQC) is a social and support group for 2SLGBTQIA+ folks with learning disabilities. Every 4-6 weeks we run a movie night where folks get together over a meal and watch movies & TV series with 2SLGBTQIA+ themes.

Real Talk – Classic Pizza Party | September 26 from 11 AM to 1 PM | View Online: [Classic Pizza Party - Real Talk \(real-talk.org\)](#)

Adults with cognitive disabilities get together to talk with a Certified Sexual Health Educator about dating, love, relationships & sex.

Come join John and Ashley on Tuesday, September 26th from 11am – 1pm for an in-person Real Talk Classic Pizza Party. This event will be in-person at [336 Columbia Street, New Westminster](#). It's just across from the Columbia Expo Line Skytrain Station.

Real Talk – LGBTQ Zoom Hangout | September 13 from 2 to 4 PM | View Online: [Real Talk LGBTQ Zoom Hangout - Real Talk \(real-talk.org\)](#)

2SLGBTQIA+ people with learning disabilities have conversations with a Certified Sexual Health Educator about dating, love, relationships, and sex.

Renfrew Park’s Chronic Conditions Self-Management Training Program | September 18 to October 30 from 1 to 3:30 PM | View Online: [Activity detail | Vancouver Recreation \(activecommunities.com\)](#)

Renfrew Park Community Centre is offering a FREE 6 session workshop this fall on how to manage different aspects of health and improve practical skills such as goal setting, decision making, and problem solving. Caregivers welcome! Presented by Self-Management BC, University of Victoria, and the BC Ministry of Health. Registration is required.

Toward the Heart – Naloxone Distribution Site Finder | View Online: [Find a harm Reduction Site | Toward the Heart](#)

Webpage allows you based on community to locate the closest locations for Naloxone kits.

What are Personal Pronouns and Why do they Matter? | View Online: [What Are Pronouns? Why Do They Matter? — Pronouns.org Resources on Personal Pronouns](#)

In English, whether we realize it or not, people frequently refer to us using pronouns when speaking about us. Often, when speaking of a singular human in the third person, these pronouns have a gender implied -- such as “he” to refer to a man/boy or “she” to refer to a woman/girl. These associations are not always accurate or helpful.

This article explores why and provides ways to honor people’s pronouns further.

YMCA – On Demand Wellness Videos | View Online: [On Demand Wellness — YMCA at Home \(ymcahome.ca\)](https://www.ymcahome.ca)

Discover a wide range of wellness programs including simple and relaxing guided meditations, tips for managing anxiety and stress, and practical strategies for reducing your risk of developing Type 2 Diabetes. You can also learn how to cultivate your leadership skills.

## 7.0 Indigenous Programs, Events & Supports Resources

Come Toward the Fire- Indigenous Festival | View Online: [Come Toward the Fire | Indigenous Festival](https://www.cometowardthefire.ca)

A family-friendly Indigenous-led festival in advance of the National Day for Truth & Reconciliation. This year's festival will include music performances, workshops, film screenings, food vendors, an Indigenous artisan market, and more. All festival events are FREE for Indigenous community members. Everyone is welcome!

Spirit of the Children – ALL ABOUT THE ᓄᓐᓴᓐᓴᓐᓴᓐᓴᓐᓴᓐᓴᓐ YOUTH HUB | View Online: [Youth – Spirit of the Children Society \(sotcs.ca\)](https://www.sotcs.ca)

Our youth programs are filled with a variety of activities in a fun, safe, and supportive environment. Such activities include games, arts and crafts, movie nights, cultural teachings, and Summer outdoor gatherings. Want to catch the latest news? Then give our Youth Hub a follow on [Facebook](https://www.facebook.com/sotcs.ca) and engage with us!

## 8.0 Intercultural Learning Events & Resources

Burnaby Neighborhood House – Complimentary Lantern Making Workshop for Mid-Autumn Festival (Ages 8 to 17) | September 19 from 5 to 7 PM | For more information contact [youngexplorers@chinesepc.com](mailto:youngexplorers@chinesepc.com) or Xin Rui at [xinruil@burnabynh.ca](mailto:xinruil@burnabynh.ca)

The Mid-Autumn Festival is also known as the Moon Festival or Mooncake Festival. It is a traditional festival celebrated in Chinese culture. On this day, people light lanterns that symbolize driving out darkness and bringing hope to the coming year. Together with the Chinese Community Policing Centre, we invite children & youth to come to join in this special mid-autumn-themed workshop.

City of New Westminster – Voices of our Children: National Day for Truth and Reconciliation Teaching Pow Wow | Saturday September 30, 2023 from 12 noon to 4 PM | View Online: [National Day for Truth and Reconciliation Teaching Pow Wow: Voices of our Children | City of New Westminster \(newwestcity.ca\)](#)

As a part of the City's [A Year of Truth](#), the City of New Westminster is proud to follow the leadership of [Spirit of the Children Society](#) at this co-hosted event. Additional support comes from the [City of Burnaby](#) and [First Nations Health Authority](#).

Metis Finger Weaving and Sash Lesson | Wednesday September 13 at 6 PM | Tommy Douglas Library | View Online: [Métis Finger Weaving and Sash Lesson - Burnaby Public Library \(bpl.bc.ca\)](#)

The Métis sash has a long and important place in the history of the Métis people.

Join Indigenous educator Lorelei Lyons in this hands-on workshop to learn the history of the sash, the reasons for the colours and the many historical and contemporary uses for it. Participants will learn the basic finger weaving technique and create a small sash to take home.

Orange Shirt Society – Reading List for the National Day for Truth and Reconciliation |  
View Online: [Resources – Orange Shirt Society \(orangeshirtday.org\)](https://www.orangeshirtday.org/resources)

Please browse our selection of resources and ideas to help you with understanding and planning Orange Shirt Day, the Residential School System of Canada, and much more.

Royal Architectural Institute of Canada- National Day for Truth and Reconciliation: Part 1 – History and Context | September 26 from 10 to 11:30 AM PST | View Online: [National Day for Truth and Reconciliation: Part 1 - History and Context | Royal Architectural Institute of Canada \(raic.org\)](https://www.raic.org/national-day-for-truth-and-reconciliation-part-1-history-and-context)

Join us in the first of two webinars commemorating the 2023 National Day for Truth and Reconciliation.

The RAIC is grateful for and honours the generosity of the members of the RAIC Truth and Reconciliation Task Force and Indigenous Task Force. The RAIC is committed to continued action along this journey together.

Similkameen-syilx weaving: A Path to Health and Wellbeing with Wendy Hawkes | September 14 at 10 AM | View Online: [September 14th, 2023 – Similkameen-syilx weaving: A Path to Health and Wellbeing with Wendy Hawkes | UBC Learning Circle](https://www.ubc.ca/learning-circle/similkameen-syilx-weaving)

Plants are truly the world's first teachers. Not so long ago, weaving plant fibres made the difference between human beings surviving or thriving, sometimes even between life or death. Today weaving is a path to the health and well-being of mind, body and spirit. This webinar will feature a filmed gathering process filmed on the land, followed by a questions and answers period.

UBC REDI Program – Reading List for the National Day for Truth and Reconciliation | [View Online: REDI's Reading list for the National Day for Truth and Reconciliation - Respectful Environments, Equity, Diversity & Inclusion \(ubc.ca\)](#)

The National Day for Truth and Reconciliation is observed annually on September 30th to honour Residential School Survivors and their families, and to remember those who did not make it. The date was chosen because it is the time of year in which children were taken from their homes. We invite you to listen with open ears to the stories of survivors and their families. Browse through REDI's recommended readings in preparation for the National Day for Truth and Reconciliation.

UBC REDI Program – We Welcome the Children Back Home | September 20 from 12 noon to 3:30 PM | [View Online: We Welcome The Children Back Home: The Burden of Sorrow and Survival of the Indian Residential School Experience in Canada - Respectful Environments, Equity, Diversity & Inclusion \(ubc.ca\)](#)

Join us virtually on Wednesday, September 20th, 2023 from 12:00 pm – 3:30 pm (PST), for “We Welcome The Children Back Home: The Burden of Sorrow and Survival of the Indian Residential School Experience in Canada.” This Indigenous Speaker Series session brings together a panel of survivors of the Indian Residential School experience in Canada.

## 9.0 Legal, Advocacy & Rights-Based Supports

Advocate for Service Quality | [View Online: Advocate for Service Quality - Province of British Columbia \(gov.bc.ca\)](#)

The Office of the Advocate for Service Quality (OASQ) helps government better support:

- Adults with a developmental disability (this includes Autism Spectrum Disorder and Fetal Alcohol Spectrum Disorder)
- Teens with a developmental disability who are almost an adult
- Teens with special needs

- Family members and others who support a person with a developmental disability
- The OASQ may act as a neutral third party with you, your family and service providers. We'll help solve problems and find solutions to concerns and complaints.

BC Office of the Human Rights Commissioner | View Online: [Home - BC's Office of the Human Rights Commissioner \(bchumanrights.ca\)](https://www.bchumanrights.ca)

The BCOHRC is there to address the root causes of inequality, discrimination and injustice in B.C. by shifting laws, policies, practices and cultures. We do this work through education, research, advocacy, inquiry and monitoring.

Disability Law Clinic | View Online: [Disability Law Clinic | DABC \(disabilityalliancebc.org\)](https://disabilityalliancebc.org)

The DLC provides a Summary Advice and Referral Service which is a free, confidential legal service, directly to persons with disabilities from across BC, on certain disability-related areas of law

Family Justice Access Centre – Burnaby / New Westminster | View Online: [Family Justice - Province of British Columbia \(gov.bc.ca\)](https://www.gov.bc.ca/familyjustice)

Provides information and assistance to families about Family Justice issues, such as separation and divorce, parenting arrangement, and calculation of child and spousal support. Interpreters can be arranged upon request. All services, including mediation and assistance with court process, are FREE and confidential.

Inclusion BC – Advocacy Program | View Online: [Advocacy - Programs & Services - Inclusion BC](https://www.inclusionbc.ca)

Inclusion BC provides free advocacy support to families of children and youth with disabilities and diverse learning needs, adults with intellectual and developmental



disabilities, and their families. This could mean connecting you with resources in your community, offering information, creating a plan, and supporting you to advocate for the services you need.

Member of Legislative Assembly (MLA) | View Online:

<https://www.leg.bc.ca/Pages/BCLASS-Search-Community.aspx?PlaceFirstLetter=A&>

MLAs will often return to their communities to learn about the issues and concerns that their residents may have and work on their behalf to help.

Nidus – Youth Transition Supports for Representation Agreements | View Online: [| Nidus Personal Planning Resource Centre and Registry](#)

Nidus offers youth transition support to those needing assistance with decision-making in one or more areas due to a disability at birth or acquired during childhood that has affected their mental capability in the short term or ongoing basis.

Ombudsperson of BC | View Online: [Office of the Ombudsperson | Province of British Columbia \(bcombudsperson.ca\)](#)

As BC's independent voice for fairness and accountability, we work to make sure public sector organizations are treating people fairly and following the rules. We listen to and investigate complaints about local and provincial public sector organizations as well as investigate reports of serious wrongdoing in the provincial government.

Square Peg Society | View Online: [Welcome - Square Peg Society](#)

We know that ASD individuals want to live as independent adults, in communities where they feel respected and included. We assist ASD adults in achieving this goal, by building confidence, pride, and skills, within our community, and by increasing inclusion, engagement, and participation, within our community and with society at large.

## 10.0 Miscellaneous Resources

- None this month.

## 11.0 Monthly Days of Observance – September 2023

The following is a list of various days that might be of significance for community members during the month of September. Each title is an active link where you can learn a bit more about the initiative:

- Sept. 1 to 30 | Disability Employment Awareness Month | [Disability Employment Awareness Month](#) & [BC Business Article Aug 2023](#)
- Sept. 1 to 30 | FASD Prevention and Support Month | [FASD Prevention and Support Month](#) & [FASD Article by SickKids Staff](#)
- Sept 10 | World Suicide Prevention Day | [World Suicide Prevention Day](#)
- Sept. 18-24 | International Week of Deaf People | [International Week of Deaf People](#)
- Sept. 21 | International Day of Peace | [International Day of Peace](#)
- Sept. 23 | Celebrate Bisexuality Day | [Celebrate Bisexuality Day](#)
- Sept. 23 | International Day of Sign Languages | [International Day of Sign Languages](#)
- Sept. 24-30 | Gender Equality Week | [Gender Equality Week](#)
- Sept. 30 | National Day for Truth and Reconciliation | [National Day for Truth and Reconciliation](#) | [Orange Shirt Day](#)

## 12.0 Newcomer Programs and Resources

Burnaby Neighborhood House – Canadian Workplace Culture Workshop | Saturday September 16 from 11:30 AM to 1:30 PM | To Register Contact Ileri Rojo at [Irerir@burnabynh.ca](mailto:Irerir@burnabynh.ca) or call 504-431-0400

Would you like to know what is expected from an employee/Employer in Canada? Get tips on how to get better at the local workplace. Identify Government agencies that support workers. Solve your questions on this matter.

Pacific Immigrant Resources Society- Trauma-Informed English Classes for Immigrant and Refugee Women | September 18 to December 18 on Mondays from 1 to 2:30 PM | View Online: [Join Our Free English Classes for Immigrant & Refugee Women \(pirs.bc.ca\)](https://pirs.bc.ca)

We welcome newcomer women with various English Levels (beginner to pre-intermediate). We are here to help you improve your English for everyday conversations, be a part of a multicultural community, gain confidence and learn more about Canada!

Pacific Immigrant Resources Society – Moving Forward English Classes for Immigrant and Refugee Women | September 27 to December 6 on Wednesdays from 1 to 2:30 PM | View Online: [Free Intermediate English Classes for Newcomer Women \(pirs.bc.ca\)](https://pirs.bc.ca)

Moving Forward is an Intermediate English program. We welcome immigrant or refugee women who speak lower Intermediate English and are ready to start exploring their options: continuing education, networking, volunteering and career opportunities.

Pacific Immigrant Resources Society – Multilingual Outreach Support Workers | View Online: [One-On-One Support for Immigrant & Refugee Women in Canada \(pirs.bc.ca\)](https://pirs.bc.ca)

For immigrant and refugee women, our Outreach Workers are here to give you one-on-one support and help you adjust to your new life in Canada. We're compassionate professionals who are ready to connect you with the resources and services you need to thrive.

YMCA BC – Newcomer Services | View Online: [Newcomer Services Programs | YMCA BC - Greater Vancouver Region](#)

YMCA offers a range of services to newcomers such as:

- Connect2Work;
- Conversation Club;
- Canadian Citizenship Preparation;
- Canadian Fitness Connection;
- Self-employment for Newcomers;
- Social and Educational Events; and
- Conversations for Life.

Y Mind for Newcomers | Info Sessions September 27 and October 4 at 6 PM | View Online: [www.gv.ymca.ca/mental-wellness](http://www.gv.ymca.ca/mental-wellness)

Are you new to Canada? Between the ages of 18 and 30? Are you feeling stressed? Y Mind for Newcomers is a FREE program that will help you to come with stress and settle into your new community. Participants will meet new people, access resources, and receive a free YMCA gym membership.

## 13.0 Podcast, Webinars, Video & Print Resources

3.21 Canada's Down Syndrome Magazine – The Back to School Issue | View Online: [321-fall2023.pdf \(dsrf.org\)](#)

In this issue, you'll hear from every member of the team: teachers, parents, and of course, the students themselves. Educators will find creative approaches to advancing inclusion in the classroom and effectively supporting learners with Down syndrome.

BRI Research Rounds Webinar – We are sexual too: Supporting the intimate lives of youth with disabilities through partnership and knowledge mobilization | Tuesday September 12, 2023 from 12 Noon to 1 PM EST | View Online: [BRI Research Rounds | Holland Bloorview](#)

Youth with disabilities can have the same sexual desires as their nondisabled peers, yet tailored education and representation of youth with disabilities is woefully lacking. This talk reviews the systematic development of a body of research around sexuality and disability, and how this is being mobilized through partnerships across Canada to better support youth with disabilities to make choices about their intimate lives.

Burnaby Primary Care Networks – Doc Talks – Disability Support Series | Various Dates | View Online: [BDFP - DocTalks Fall 2023 Poster white.pdf - All Documents \(sharepoint.com\)](#)

Through the Burnaby PCN hosted in partnership with Curiko the 2023 Fall Series of Doc Talks will include:

1. Friday September 15 | 12 noon to 1 PM | A-Typical: Learning How to Support Complex Kids - <https://burnabypcn.ca/doctalks-a-typical-learning-how-to-support-complex-kids/>
2. Friday September 29 | 12 noon to 1 PM | How to Support Ageing Adults with Disabilities and When? - <https://burnabypcn.ca/doctalks-how-to-support-ageing-adults-with-disabilities/>
3. Friday October 13 | 12 noon to 1 PM | Navigating Medical and Social Support for Disabilities - <https://burnabypcn.ca/doctalks-navigating-medical-and-social-support-for-disabilities/>

Canada Revenue Agency – 2023 Webinars & Recordings | View Online: [Upcoming events - Canada.ca](#)

Canada Revenue Agency is pleased to continue to host live monthly webinars on MS Teams. There is no registration required for our MS Teams presentations, you will just click the link below. MS Teams has built in closed captioning. To turn on this feature

click on the 3 dots “...” beside reactions in the top menu bar and select “Turn on live captions”, the captions will show up along the bottom of your screen.

Most webinars are recorded and available for viewing and include transcripts.

Children’s Healthcare Canada Webinar – Child and Youth Mental Health: Parental Concerns About Children’s Learning, Development and Mental Health | [View Online: Webinars - Children's Healthcare Canada \(childrenshealthcarecanada.ca\)](#)

In this webinar, Dr. Katelyn Bryant, Psychologist and Assistant Director of the Mary J. Wright Child and Youth Development Clinic, will speak to her experiences and research that give insight into how parent concerns can be untangled, understood, and used to help busy practitioners narrow down likely possibilities and deliver targeted service offerings.

CLBC Announcement – CLBC Releases New Plan to Improve Accessibility | [View Online: Community Living BC releases new plan to improve accessibility - Community Living BC](#)

Community Living BC is releasing its [2023-2026 Accessibility Plan](#). It sets out important goals with 30 steps that will be completed over three years. CLBC is also launching a public feedback mechanism to help it continue to improve.

CMHA BC Division – Coping With Natural Disaster Stress | [View Online: Coping with natural disaster stress - CMHA British Columbia](#)

Natural disasters are very devastating and can have a tremendous impact on our mental well-being. In the past week, wildfires have spread across several communities in BC, most especially the Okanagan region. To support victims and those impacted in any way by the disaster, the Canadian Mental Health Association of British Columbia has put together a list of things residents can do to help them cope with natural disaster stress.

Crisis Trauma Resource Institute (CTRI) Counselling Insights Podcasts | View Online: [Podcasts - Crisis & Trauma Resource Institute \(ctrinstitute.com\)](https://ctrinstitute.com)

Crisis and Trauma Research Institute provides a wide array of resources for people across Canada. Listen to their podcast episodes on Counselling Insights Podcasts. Some episodes include Seriously Therapeutic Play: Listening With More Than Our Ears; Illustrating Vicarious Trauma - The importance of Art and Play; De-escalating Potentially Violent Situations. To check out CTRI's podcast and other free resources, please click [HERE](#).

CTRI- 10 Strategies for Dealing with Passive-Aggressive People | View Online: [10 Strategies For Dealing With Passive-Aggressive People - Crisis & Trauma Resource Institute \(ctrinstitute.com\)](https://ctrinstitute.com)

Have you encountered passive-aggressive people? Dealing with passive-aggressiveness can be uncomfortable and awkward. Jody Lambert, CTRI Trainer, offers a number of ways that might help in dealing with passive-aggressive people. In her blog, Lambert emphasizes 10 strategies people may use when interacting with others who resort to passive-aggressive forms of communication.

Disability Without Poverty Webinar – From #WheresTheBill? To #BudgetTheBenefit | Monday September 11, 2023 from 9 to 10 AM PST | View Online: [From Wheres The Bill? to Budget The Benefit \(hubspotpagebuilder.com\)](https://hubspotpagebuilder.com)

On June 22, Bill C-22 became law. Where do we go from here? Join Disability Without Poverty to get the latest scoop. We want to update you on the current status of regulations, the question of budgeting for the benefit, and an update from DWP.

Developmental Disabilities Association Documentary – Doing the Impossible | [View Online: iNDIEFLIX - Stream great independent movies and series online](#)

We are happy to announce that our award-winning documentary, Doing the Impossible - The Story of the Developmental Disabilities Association is now available on iNDIEFLIX. Congratulations to our Executive Producer Alanna Hendren and Filmmaker David Ozier.

Echo Webinar Session – Essential Conversations: Talking to Parents Whose Seriously Ill Adult Child Cannot Speak for Themselves | Thursday September 21 at 1 PM PST | [View Online: Meeting Registration - Zoom](#)

This ECHO session is FREE online, and open to BC Health care providers who are current facilitators of the Serious Illness Conversation guide or are interested in learning more about the Serious Illness Conversation and applying it in your care setting.

Family Support Institute Webinar – Leaving High School, What’s Next | Wednesday September 20 from 6:30 to 8:30 PM | [View Online: Meeting Registration - Zoom](#)

This workshop is designed to help families understand how to prepare for their child’s transition from high school into a full life in the community. Drawing on the experiences of many parents and professionals, we will discuss roles and responsibilities, the planning process, planning tools and available resources and services.

Family Support Institute Webinar – CLBC Eligibility | Wednesday September 27, 2023 from 10 to 11:30 AM | [View Online: Meeting Registration - Zoom](#)

Join Anja Cole from CLBC to learn about CLBC eligibility criteria and process on September 27th.



Family Support Institute Webinar – Building Your Team | Tuesday October 3, 20223 from 6:30 to 8 PM | View Online: [Meeting Registration - Zoom](#)

In this session we will explore:

- Who is who (Resource teachers, learning support, EAs, OTs SLPs?)
- Allies and relationships (you and your family members, librarians, custodians, former teachers, and other parents)
- Building relationships
- Understanding your communication style, your strengths, and where you may need support (are you a peacemaker, an advocate, do you find it uncomfortable to speak up, are you good at writing letters, do you enjoy in-person talks or would rather do things in writing?)

Family Support Institute Webinar – Application to PWD My Self Serve | Wednesday October 11, 2023 from 10 to 11:30 AM | View Online: [Meeting Registration - Zoom](#)

Join representatives from SDPR's Youth Transition Applications team to learn about Supporting Youth transitioning to Disability Assistance: When to apply, how to initiate an application, and what to expect during the eligibility assessment.

Family Support Institute Webinar – Navigating Supports & IEPs | Tuesday October 17, 2023 from 6:30 to 8 PM | View Online: [Meeting Registration - Zoom](#)

In this session, we will explore:

- Timeline of IEPs, when and how often to meet
- Ministry of Education designations
- Smart vs Competency Based IEPs
- Language Adaptations and Modifications
- Dogwood vs Evergreen

Family Support Institute Webinar – Bumps in the Road: Problem Solving | Tuesday October 24, 2023 from 6:30 to 8 PM | View Online: [Meeting Registration - Zoom](#)

In this session, we will be exploring:

- Documenting and addressing issues proactively
- Communication preparing for a meeting bringing someone with you, mapping out what you want to discuss, and being mindful and honest of the emotions behind the issues.
- What is the chain of command?
- Outside resources and supports IBC, FSI BCedAccess, PACs, and PIEs
- Social media - help, and pitfalls

Family Support Institute of BC – Workshop Listing | View Online: [Get Informed - Family Support Institute \(familysupportbc.com\)](#)

Workshops designed for both families and professionals. Written and delivered by trained families. Diverse topics and lengths available. To schedule or book a workshop you can contact the FSI Training Coordinator Sylvia.

Homelessness Learning Hub – Where Are All My Relations? Stories of Indigenous Homelessness in BC | View Online: [Where Are All My Relations? Stories of Indigenous Homelessness in B.C - Homelessness Learning Hub](#)

Where Are All My Relations? Stories of Indigenous Homelessness in B.C. is an eleven-episode series that explores Indigenous homelessness rooted in Indigenous worldviews and experiences. The series provides a broader understanding of Indigenous homelessness in British Columbia. Each episode features the personal stories of people from different Indigenous communities and organizations in B.C. that support Indigenous-led solutions to Indigenous homelessness.

Inclusion BC – Challenging Misconceptions Series: Andrea’s Story | View Online: [Film: Andrea's Story - Blog - Inclusion BC](#)

As a part of our ongoing [Challenging Misconceptions](#) campaign, the Inclusion BC team has been traveling BC to feature stories of people with disabilities navigating a world that is too often not designed with their needs in mind but are nevertheless finding ways to thrive through ingenuity, determination, and the support of their communities.

Kinsight – Path to Transition Webcast | View Online: [Paths to Transition Think Ahead then Plan Back Webcast - YouTube](#)

This collaborative webcast with School District 43 provides information about the steps you and your youth's high school can take to best prepare you & your youth for life after high school comes to an end.

Kinsight PWD Application Benefit Video Series | View Online – See various links below

Watch our series of webcasts on PWD Benefits. Topics covered include an overview of PWD Benefits; the application process; and completing a monthly report. These include:

- PWD Benefits – The Basics: What They Are & When to Apply - [PWD Benefits - The Basics: What They Are & When to Apply \(final\) - YouTube](#)
- PWD Application – Step 1: Creating a My Self Serve Account - [PWD Application - Step 1: Creating a My Self Serve Account - YouTube](#)
- PWD Application – Step 2: Completing the online Application – [PWD Application - Step 2: Completing the Online Application - YouTube](#)
- PWD Application – Step 3: Completing the Disability Designation Application – [PWD Application - Step 3: Completing the Disability Designation Application - YouTube](#)
- PWD Monthly Reporting - [PWD Monthly Reporting - YouTube](#)

Plan Institute Webinar – Ask an Expert: DTC and other Disability Tax Supports | October 23 from 10 to 11 AM | View Online: [Ask an Expert - DTC and other Disability Tax Supports \(constantcontact.com\)](https://constantcontact.com)

Join us virtually on Monday, October 23 from 10-11AM PST for the first "Ask an Expert" event which will focus on questions related to the disability tax credit (DTC) and other disability related tax benefits, credits, and considerations.

We will be joined by two experts from Disability Alliance BC (DABC) and the BC Aboriginal Network on Disability Society (BCANDS) to answer as many of your questions as we can.

Plan Institute Webinar – Ask an Expert: RDSP and other Financial Planning Tools | October 30 from 10 to 11 AM | View Online: [Ask an Expert - RDSP and other Financial Planning Tools \(constantcontact.com\)](https://constantcontact.com)

As you may know, October is RDSP Awareness month. Help us spread the word about the RDSP by talking to your friends and family, and using the hashtag #RDSPawareness on social media!

Join us virtually on Monday, October 30 from 10-11AM PST for the second "Ask an Expert" event which will focus on questions related to the registered disability saving plan (RDSP) and other financial planning tools for people with disabilities.

We will be joined by two experts from Plan Institute (PI) and the BC Aboriginal Network on Disability Society (BCANDS) to answer as many of your questions as we can.

PLAN Institute – Webinar & Training List | View Online: [Webinars & Training - Plan Institute](#)

Education initiatives designed for individuals, families, and organizations in the areas of:

- RDSP Webinars: Level 1: September 19, October 17, November 14 and December 7
- RDSP Webinars: Level 2: September 26, October 24, November 21, and December 12
- Wills, Trusts & Estate Planning: October 12, and November 12
- Personal Support Network Facilitation: October 2 to November 12
- Caregivers Retreat – October 13 to 15 at Tigh-Na-Mara Resort in Parksville BC
- Thinking Like a Movement Retreat (on hold)
- Facing the Future Together (on hold)

Pride at Work Canada Webinar – Rendez-Vous: Women x Non-Binary Digital Connect | Tuesday October 3, 2023 from 12 noon to 1:30 EDT | View Online: [Rendez-Vous: Women x Non-Binary Digital Connect \[EN\] - Pride At Work Canada](#)

Pride at Work Canada has been bringing women and non-binary\* professionals and job seekers together for years. As many women and non-binary people don't feel safe in many professional networking spaces, [Rendez-Vous: Women x Non-Binary Digital Connect](#) creates a unique opportunity for women and non-binary people to make professional connections in a casual and comfortable setting – from anywhere!

Pro Pride Keynote – Seeking Safety and Acceptance: The Plight of LGBTQIA+ Refugees and Immigrants Escaping War and Persecution | October 25, 2023 from 12 noon to 1 PM ET | View Online: [Keynote ProPride Session: Seeking Safety and Acceptance \[free\] - Pride At Work Canada](#)

The presentation will explore the unique vulnerabilities experienced by LGBTQIA+ refugees and immigrants during their journey and resettlement, such as the risk of violence, discrimination, and exploitation. It will also highlight the legal and social barriers when they seek asylum and integration in their host countries.

## [Social Media Groups to Consider for Community News](#) | Online Search Required

Various communities contain Facebook groups to share useful news about programs and services by community. Some of those shared by other neurodivergent youth and families include:

- New Westminster Moms Group (NWMG)
- Tri-Cities Moms Group
- Burnaby Community Group
- Maple Ridge Parents

[Square Peg Society – Parents Speaking with Parents \(Zoom Chat\)](#) | September 11 from 7:15 to 8:30 PM | View Online: [Parents Speaking with Parents: Talk on Zoom - Square Peg Society](#)

Parents, are you interested in meeting to exchange ideas & experiences? Time to catch up! Please join us – we want to hear what’s new (or not!) in your life, and how you & your family have fared over the summer....

[Square Peg Society – Let’s Talk](#) | September 12 from 7 to 8:30 PM | View Online: [Let’s talk! - Square Peg Society](#)

A Monthly online conversation group for Autistic adults, 18+ years. Many autistic people have spent much of their lives feeling “different”. This group is an evening to share our past experiences & present realities – similar or different, and to celebrate our uniqueness together as we build strength & resilience for our futures.

Square Peg Society – Online Social Conversation Group for Autistic Women | September 18 from 7 to 8:30 PM | View Online: [Online Social Conversation Group for Autistic Women - Square Peg Society](#)

An online social conversation group for Autistic women, 18+ years old This group is for Autistic women to share our past experiences & present realities – similar or different, and to celebrate our uniqueness together as we build strength & resilience for our futures. Hosted by Cheryse Bonamis, an experienced facilitator and a good listener, who is looking forward to engaging with other autistic women.

Square Peg Society – Neuro-Diverse Affirming Travel | September 22 from 10:30 AM to 12 Noon | View Online: [Neuro-Diverse Affirming Travel - Square Peg Society](#)

Did you have a good travel experience this summer? Are there things that you would like to know or do differently in preparing for your next trip? Are there ways that you would like to be treated differently, or services that you would like to be offered to you that weren't, on your future trips? If you have specific issues that you would like Ange to address, email her in advance of the meeting at: [afaminoff@tpi.ca](mailto:afaminoff@tpi.ca).

Square Peg Society – Skill Building Recorded Workshop – Money In Excel | View Online: [SPS Skill Building Workshop, Money in Excel - YouTube](#)

This is the Zoom recording of a SPS workshop. It has two goals – to learn the basics of Excel through building a personal Income and Expenses budget. The instructor is Doug Keller, BBA, an Excel Expert.

The Conference Board of Canada – Future Skills Centre Podcast – Neurodiversity | View Online: [Neurodiversity - The Conference Board of Canada](#)

In this episode, experts in neurodiversity in the workplace join us to discuss the immense potential of neurodiverse individuals in professional settings. Our guests share practical strategies and valuable insights for employers looking to create supportive

environments for neurodiverse employees—from implementing accommodations for all to fostering inclusive company cultures.

UBC Sauder School of Business Seminar Series – Justice, Equity, Diversity, Decolonization, & Inclusion (JEDDI) | Various Dates | View Online: [JEDDI Seminar Series | UBC Sauder School of Business](#)

Seminar Dates & Topics for 2023-2024:

- Fri., Sept. 22: Gender Inequality at Work with Mabel Abraham (Columbia University)
- Fri., Jan. 19: The Geography of Inequality with Rebecca Diamond (Stanford University)
- Fri., Feb. 2: Non-Standard Work with Catherine Connelly (McMaster University)
- Fri., Mar. 1: Consumer & Societal Wellbeing with Maura Scott (Florida State University)
- Fri., Apr. 19: Storytelling MMIWG2S & Extraction with Shelley Price (University of Victoria)

## 14.0 Surveys, Feedback & Engagement Opportunities

AdvoCon 2023 – 9th Annual Advocacy Conference | October 19 to 22 | View Online: [#AdvoCon2023 EarlyBird Tickets Now Available! – BCEdAccess](#)

AdvoCon is an annual education advocacy conference organized by the BCEdAccess Society, a grassroots, BC nonprofit society and Canadian charitable organization, founded in 2014. We are parents and guardians of students with disabilities and diverse abilities from all over the province. Our focus is action for equitable access to education, and we are led by the population we serve – disabled people, BIPOC, 2SLGBTQ+, and other people in protected classes under human rights.



Child Health Hub in Transition to Adult Healthcare – Transition to Adulthood Pop-Up Event | December 2 to 3, 2023 | View Online: [D.E. Systems - Transitions Pop Up | MyConference Suite](#)

This event aims to bring together youth, families, trainees, researchers, clinicians, and policy/decision makers to celebrate the best of what we are learning, and doing, to help young people to develop fully, even when they are challenged by health conditions. For those unable to join in-person, aspects of the event will be made available in a virtual format.

City of Burnaby – Feedback on Outdoor Aquatic Facilities in Burnaby | View Online: [Outdoor Aquatic Services and Facilities Strategy | Your Voice | City of Burnaby](#)

We're seeking input from residents to help shape the future development of outdoor pools, wading pools, and spray parks as part of a comprehensive study on outdoor aquatic amenities across the community.

City of Burnaby – Provide Feedback to Create the Burnaby 2050 Community Plan | September 21 from 6:30 to 8:30 PM and September 23 from 6:30 to 8:30 PM | View Online: [Burnaby's Official Community Plan Project | City of Burnaby](#)

We're creating a new Burnaby's Official Community Plan (OCP) to set the long-term vision for managing the city's growth. Burnaby 2050 is a multi-year process that involves engaging community members in dialogue about the future of Burnaby.

Support is available by request to help make this event accessible for all community members (e.g. child minding, ASL interpretation, transit subsidy). Please let us know through the registration process.

[Disability Alliance of BC – Accessibility Project Grants | Info Session Weds September 6 from 2 to 3 PM | Application Deadline September 15, 2023 | View Online: Accessibility Projects Grants | DABC \(disabilityalliancebc.org\)](#)

As part of the province's goal to improve accessibility for people with disabilities in BC, Disability Alliance BC was selected by the Ministry of Social Development and Poverty Reduction (MSDPR) to distribute funding to community based "Accessibility Projects" beginning in 2018. Since then, over 70 projects have been funded. This year the grants have reopened again with a total of \$450,000 available to BC-based not-for-profit organizations to receive an up to a \$40,000 grant.

To sign up for the info session please email [ap@disabilityalliancebc.org](mailto:ap@disabilityalliancebc.org).

[Government of BC- Help Share Your Experience to Address System Racism in BC & Fill Gaps in B.C. Government Services | View Online: Help fill gaps in B.C. government services - Addressing Systemic Racism in B.C.](#)

Everyone deserves access to strong public services. By taking the [BC Demographic Survey](#), you can help address systemic racism in B.C. and make public services more equitable and inclusive.

It only takes 15 minutes.

[Government of BC- Share Your input on How BC Should Address Racism | View Online: Home - Anti-racism legislation \(gov.bc.ca\)](#)

The province aims to introduce the new legislation in 2024 which will hold government accountable to address systemic racism uncovered through government data collection, and to provide supports for those who have been negatively impacted. That's why in June we opened an online questionnaire to hear from people of all backgrounds on how they think government should address racism in B.C.

Your feedback is anonymous and will help us make our province work better for everyone.

The questionnaire will take between 7–12 minutes to complete and is available in 15 languages.

Government of Canada – Feedback Requested on Canada’s Standard on Employment’s Accessibility Standards | Feedback Deadline is October 17, 2023 | View Online: [CAN-ASC-1.1 Standard on employment: Public Review Draft - Accessibility Standards Canada](#)

This standard is currently open for public review. You can submit your feedback on CAN-ASC-1.1 Standard on employment: Public Review Draft.

Institute for Public Education BC – Hopes and Dreams Survey | View Online: [Hopes and Dreams – IPE/BC \(instituteforpubliceducation.org\)](#)

What are your hopes and dreams for public education in BC? What do you think BC public schools need? What would an equitable, inclusive, and diverse public education system be like?

“Our Hopes and Dreams for Public Education” is a project of the Institute for Public Education IPE/BC. We will facilitate a community-based discussion and collect data from you that is collated, analyzed, and shared across the province to inform public policy and decision-making.

The Walrus Talks Webinar – Equitable Housing | Thursday October 26, 2023 at 7 PM | View Online: [The Walrus Talks Equitable Housing Tickets, Thu, 26 Oct 2023 at 7:00 PM | Eventbrite](#)

At The Walrus Talks Equitable Housing, seven leaders will answer a range of questions that we have all been asking ourselves: How are underserved communities, newcomers, and aging populations particularly impacted by Canada’s lack of affordable

housing? How do urbanization, gentrification, and generational wealth come into play? And how can community engagement and advocacy; innovative social and sustainable housing; and responsible building become the solutions that enable the change we need?

## 15.0 Youth in & from Government Care

AgedOut.com – How to Get your MCFD File | View Online: [How to get your MCFD file | Aged Out –](#)

To receive your file from the Ministry of Children and Family Services (MCFD) you need to submit a Personal Freedom of Information Request. Your MCFD file will have information regarding your time in care in British Columbia.

AgedOut.com – New Mental Health Quest Launched | View Online: [Aged Out | Empowering youth in and from government care in BC -](#)

Taking care of ourselves matters; that's why we have created a NEW Mental Health Quest that will help you thrive!

Federation of BC Youth in Care Networks – Dream Fund Applications Open | Deadline October 6, 2023 | View Online: [Dream Fund | Federation of BC Youth in Care Networks \(fbcyicn.ca\)](#)

Our Dream Fund supports young people in and from care to pursue their careers and achieve their goals through education and skill building. The Dream Fund includes two different bursaries that are distributed three times a year: in October, February, and July.

Federation of BC Youth in Care – Youth Retreat | Application Deadline September 25, 2023 | View Online: [Event Management \(powerappsportals.com\)](https://powerappsportals.com)

Youth Retreat #82 is happening in Mission, BC from Friday, November 3–Sunday, November 5. The application deadline is on Monday, September 25 at 3:00 PM.

[Youth Retreats](#) are three-day, two-night camps where you can meet other young people from care, have FUN, and have your voice heard!

Ministry of Children & Family Development – Caregiver Webpages | View Online: [Caring for children and youth in B.C. - Province of British Columbia \(gov.bc.ca\)](https://www2.gov.bc.ca/gov/content/child_fam_dev/caregiver_webpages)

Current and prospective caregivers can find information about support options, updated rates, and related standards. Not only does it support caregivers, it also promotes general awareness of what it means to be a caregiver in B.C.