

~ 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!

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

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[Acting A-Typical – Workshops](#) | Sunday December 10, 2023 | Youth 13 to 18 from 3:45 to 6:15 PM | Youth 18 and over from 6:45 to 9:45 PM | Location: 191 E 10th Ave, Vancouver | View Online: [Acting Atypical Workshop – Mitch and Murray Productions](#)

In this one-day workshop, participants explore the world of acting with veteran acting coach Aaron Craven. In a supportive and sensory-friendly environment, Aaron guides students through an introductory look at acting, the differences between acting on camera and stage, and much more. The class includes some fun and interactive improv work, some scripted work in front of the camera and a spirited conversation between participants and Aaron about the wonderful world of acting.

[Anvil Centre New Westminster – Various Events – Arts, Dance & Technology](#) | View Online: [Changing the Conversation – Anvil Centre](#)

Click on the three lines at the top right of the webpage to see a monthly events calendar with information about art, drawing, technology, and dance events for the month listed in New West's Anvil Centre.

[Autism Community Training – Recreation & Travel Passes for People with Disabilities](#) | View Online: [Recreation & Travel Passes for People with Disabilities - ACT - Autism Community Training \(actcommunity.ca\)](#)

Listed are a number of organizations who offer discounts for the individuals who are permanently and severely disabled or their attendant. This includes:

- BC Ferries
- SkyTrain, SeaBus, and West Coast Express
- Greyhound and Via Rail Canada
- BC Camping at BC Parks

- BC Fishing Licence – non-tidal angling license for lakes, streams and rivers

Access 2 Card – Discounts | View Online: [Access2 - Easter Seals Canada Access 2 Entertainment Program \(access2card.ca\)](https://www.access2card.ca)

The [Access 2 Card](https://www.access2card.ca) grants free admission to select venues. Persons with a permanent disability who require a support person when attending a movie or other attraction are eligible to apply for this card. There are no age restrictions.

The Access 2 Card is accepted at entertainment venues and cinemas across Canada, including Cineplex Entertainment, Empire Theatres, Landmark Cinemas and AMC Theatres, as well as select local museums, science centres, theme parks, recreational facilities and more.

Air Canada – Assistance Services | View Online: [Our accessibility services \(aircanada.com\)](https://www.aircanada.com)

For folks with disabilities, in addition to the services we provide on Air Canada operated flights, which are outlined in each dedicated section, upon request, we are also pleased to offer a range of services to make your journey better. View the link for the list of assistance services provided.

Artist Helping Artists | View Online: [Artists Helping Artists | Burnaby BC | AHA Burnaby](https://www.ahaburnaby.com)

An inclusive community-based artists cooperative that provides artists with space, affordable materials, and the opportunity to pursue their aspirations concerning artistic expression.

AutismBC – Calendar of Events | View Online: [Events from November 23 – October 24 – AutismBC](#)

AutismBC offers a range of connections during the month of December including:

- December 10 at 8 AM | AutismBC Goes to Science World
- December 13 at 1 PM | AutismBC Meets: Families / Caregivers of Adults on the Spectrum
- December 13 at 4:30 PM | AutismBC Meets: Getting Together on the Spectrum
- December 19 at 4 PM | Autism BC Socials: Introduction to Minecraft

BC Ferries – Discounted Passenger Fares | View Online: [Accessibility | BC Ferries](#)

We offer discounts for passengers with a BC Ferries Accessible Fare Identification (AFI) card or a CNIB card. You can present your AFI or CNIB card to the ticket agent when you arrive at the terminal to receive your discount.

Burnaby, Coquitlam, Maple Ridge and New Westminister – Recreation Credit Program | View Online: Links listed below

The following identifies the key links to access recreation credit and access pass programs in various communities:

- City of Burnaby – Recreation Credit Program – [Recreation Credit Program | City of Burnaby](#) | Activity Guide List - [Activities & Registration | City of Burnaby](#)
- City of Coquitlam – Financial Assistance for Recreation Program - [Financial Assistance for Recreation | Coquitlam, BC](#) | Program Guide List - [Program Guide | Coquitlam, BC](#)
- City of Maple Ridge – Access Pass Program - [Financial Access | Maple Ridge, BC](#) | Program Guide List - [Parks, Recreation & Culture Program Guide |](#)

[Maple Ridge, BC](#)

- City of New Westminster – Active Pass Program - [Access & Inclusion | City of New Westminster \(newwestcity.ca\)](#) | Active Living Guide List - [Active Living Guide - New Westminster Parks and Recreation | City of New Westminster \(newwestcity.ca\)](#)

Canucks Autism Network – Last Chance for Winter Programs | View Online: [Registration Portal - Canucks Autism Network](#)

Last chance to register for these exciting programs!

- Mental Health & Wellness:
  - Healthy Relationships, Sexuality & Autism | Starts February 8, 2024 | [Healthy Relationships, Sexuality & Autism | Winter 2024- Intake Form - Formstack](#)
  - Intro to Meal Prep (virtual) | Starts January 14, 2024 | [Intro to Meal Prep - Formstack](#)
- Employment: CAN-STEP | Starts January 15, 2024 | [CAN-STEP Application Form - Formstack](#)

City of Burnaby – Event- Heritage Christmas | Now open until January 5, 2024 | View Online: [Heritage Christmas | Burnaby Village Museum](#)

Come experience Heritage Christmas presented by Concord Pacific at Burnaby Village Museum. Enjoy the special atmosphere of festive lights and the traditional decorations. Wander the museum's 10-acre venue and take in all the seasonal entertainment, demonstrations and activities.

City of Burnaby – Event Page – Holidays 2023 | View Online: [Holiday Fun | City of Burnaby](#)

The City of Burnaby invites you to celebrate the holiday season with our special activities, programs and outdoor attractions created for you and your family and friends to enjoy time together during this magical time of year.

City of Coquitlam – Lafarge Lights | Starting Friday December 1, 2023 | View Online: [Park Spark | Coquitlam, BC](#)

Light seekers who join us throughout the season can enjoy free Light Brigade activities at the Park Spark tent at the Town Centre Park Community Plaza. This season stop by Town Centre Community Plaza every Friday, Saturday and Sunday night from 5:30pm to 8:30pm.

City of Coquitlam – Santa Family Skate | Sunday December 10, 2023 | View Online: [Recreation Registration | Coquitlam, BC](#)

Lace up those skates and get ready for some festive family fun! Join us for a magical drop-in Family Skate with Santa at Poirier Sport and Leisure Complex (633 Poirier Street). To learn more, visit the link and click Register for Programs. In the keyword search bar, type the course ID# 142602, or call 604-927-4386.

City of New Westminster – Youth Services Youth Skate (11 to 18 years old) | December 9, 2023 at 8:15 PM | Moody Park Arena | View Online: [Youth Skate Dates: October - December \(newwestyouth.ca\)](#)

Join Youth Services for a cool night of skating, prizes, music, and more! [Register online](#) in advance or pay cash at the door. Drop-in fee \$2, including skate rental.

City of New Westminister – Youth Services Calendar of Events | View Online: [Youth Services | New Westminister | New West Youth Services](#)

New Westminister Youth Services is dedicated to providing comprehensive support to youth socially, physically, and culturally through an extensive range of programs, services, and partnerships.

City of New Westminister – Wishing Tree Lighting Ceremony | December 1, 2023 from 5 to 8 PM | Moody Park New Westminister | View Online: [Wishing Tree Lighting Ceremony | City of New Westminister \(newwestcity.ca\)](#)

Celebrate the opening of Shine Bright New West, with a lighting ceremony for the Wishing Tree in Moody Park! This event is open to all, and will have opening gestures, free giveaways, warm beverages, fire pits, and live entertainment.

Community Living Society- PotteryWorks | View Online: [About \(potteryworks.ca\)](#)

PotteryWorks is a studio/gallery space located in New Westminister that is supported by the Community Living Society. A collective of talented painters, potters and jewelers create original works of art for exhibition and sale.

Other programs offered include:

- Snap Photography Club – Held every Tuesday afternoon at the studio. Photographers meet up and go out into the community to take photos.
- Various pottery classes and workshops

Easter Seals – Summer Camps Info | View Online: [Easter Seals BC/Yukon Summer Camps - Easter Seals BC and Yukon \(eastersealsbcy.ca\)](#)

Registration for Camp 2024 opens February 5, 2024. Our programs are structured to ensure safety and enjoyment, with sensitivity to each child's social and learning style. Staff are trained to provide nurturing care that assists campers with having

fun-filled experiences, and encourages development in life skills, self-confidence and independence.

[Foundry Langley – Holiday Dinner](#) | December 11, 2023 at 5 PM | 20616 Eastleigh Crescent, Langley BC

Enjoy a delicious meal, Starbucks holiday cider and treats! Come fill your stocking with makeup, shampoo, conditioner, and body wash, socks, hats and gloves, restaurant and grocery gift cards – limited supplies available.

[Foundry Ridge Meadows – Free Drop-In Art Sessions Tuesdays](#) | Location: Unit 2, 22932 Lougheed Hwy, Maple Ridge.

Foundry Ridge Meadows offers free drop-in art sessions on Tuesdays!

[Foundry Ridge Meadows – Social and Services Calendars](#) | View Online: [Ridge Meadows - Foundry - \(foundrybc.ca\)](#)

Learn more about the opportunities in Maple Ridge / Ridge Meadows to drop in and access counselling, peer support, and options for sexual health. All information about drop-in art sessions, the social crew and games social information is also listed – just scroll to the bottom of the page for the information.

[Home Sharing Support Society of BC – Event – Connect & Collaborate](#) | Wednesday December 13 from 10 to 11:30 AM | View Online: [Networking – A Holiday Special for the Home Sharing Community – HSSBC \(homesharingbc.ca\)](#)

Join us for an exclusive treat:

- [Holiday Networking](#): An opportunity to connect, engage, and celebrate the season within the home sharing community.

- Exclusive Screening: A critically acclaimed short film centered around Disability will be premiered, followed by an engaging discussion with the award-winning Film Producer.
- Discussion on Home Sharing and Disability Care: Explore the intersection of home sharing and disability care in a collaborative dialogue.
- Special Giveaway: Participate in our session for a chance to win an exciting surprise during the session!

KidsHelpPhone – Feel Out Loud Community Creator Space | View Online: [Feel Out Loud Community Creator Space - Kids Help Phone](#)

Here, youth can discover real-life accounts from other young people and / or Feel Out Loud by sharing their own creative content. You can read or write a story, view or design an image and / or watch or record a video.

Kindred Tracings – Virtual Exhibit Tour | Open Now Until January 21, 2024 | View Online: [Kindred Tracings | City of Burnaby](#)

Kindred Tracings brings together the work of 4 contemporary artists who apply strategies of abstraction to give shape, substance, and colour to the experience—and failures—of language. By dismantling and then reconstructing language, each of the exhibiting artists affirm the ancestral connections and traditions they've inherited.

Kinsight – Family & Youth Holiday Social | Youth 7 to 19 | Wednesday December 6 from 6 to 8 PM | Location: #101 – 2312 St. Johns Street, Port Moody | Registration Required | View Online: [TCCC Family & Youth Holiday Social Registration 2023 \(constantcontact.com\)](#)

This fun-filled event is for families of children and youth aged 7 – 19. Join us to see some old friends, meet some new people, and kick off the holiday season with a light dinner, festive activities and fun! Please note that all attending guests must be registered.



Municipality Event Pages – Burnaby, Coquitlam Maple Ridge, New Westminister, Ridge Meadows & Vancouver | [View Online: Use Links Below by City](#)

There are lots of public events going on in our communities this holiday season. You can always reach out to the organizers and ask if they have “sensory days and times” or “sensory kits,” to make activities more accessible and inclusive. Here is a list of the online community event pages by city:

- City of Burnaby – [Events | City of Burnaby](#)
- City of Coquitlam - [Festivals & Special Events | Coquitlam, BC](#)
- City of Maple Ridge – [Calendar • Maple Ridge, BC • CivicEngage](#)
- City of New Westminister – [Event Calendar | City of New Westminister \(newwestcity.ca\)](#) | Holiday Shine Bright 2023 Events List: [Shine Bright 2023 | City of New Westminister \(newwestcity.ca\)](#)
- City of Pitt Meadows – [Events | City of Pitt Meadows](#)
- City of Vancouver – [Vancouver Calendar of Events | Event listings in December \(destinationvancouver.com\)](#)

Musical Therapy Association of BC | [View Online: Physical Disabilities - Music Therapy Association of BC \(mtabc.com\)](#)

Welcome to the official site of the Music Therapy Association of British Columbia (MTABC). Here you will find information about our organization and resources for the public, certified music therapists, and students.

[PLAN – Planned Lifetime Advocacy Network – Event – Come for Coffee in Burnaby](#) | Saturday December 9 from 10:30 AM to 12 Noon | Location: McGill Library, Burnaby | [View Online: Come for Coffee - Planned Lifetime Advocacy Network](#)

All are welcome at this monthly gathering, and we hope you will join in for a casual time for conversations and connections. [Please click here to RSVP and let us know that you are coming!](#)

posAbilities – Online Art Show & Sale | December 1 to 10, 2023 | View Online: [Inclusion Art Show | Browse the work of over 100 artists with diverse abilities.](#)

posAbilities proudly presents the INCLUSION Online Art Show & Sale – BC’s largest disability art show. Featuring hundreds of paintings, pottery, photography, glasswork and more from artists from across Metro Vancouver. Celebrate inclusion through the arts with us.

Richmond Centre for Disability | The Singing Club | View Online: [Richmond Centre for Disability \(rcdrichmond.org\)](#)

The Singing Club meets at a new time on Thursday afternoon from 1:30-2:30 PM. Come out and have fun, meet some new friends and exercise your vocal cords. This is a free activity.

Sarah McLachlan School of Music | View Online: [Programs — Sarah McLachlan School of Music \(sarahschoolofmusic.com\)](#)

There are a range of programs available to youth at the Elementary and high school levels including Music Discovery with Support, Turntablism, Electronic Music, singing groups, Samba Afro Drum Troupe, Marimba Band, Musical Theatre and specific programming through the Canucks Autism Network and much more.

Science World – Sensory Friendly Mornings | Sunday December 10, 2023 at 8 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.

Self-Advocate Movie Night Viewing – Online – BCSALN | Friday December 8, 2023 at 7:30 PM | View Online: [The Freedom Tour – People First of Canada](#) | To RSVP Email: [salNBC19@gmail.com](mailto:salNBC19@gmail.com) to get a Zoom Movie Link

[BC Self Advocates Leadership Network Society](#) is hosting a zoom viewing of “Freedom Tour”, a documentary created by People First of Canada. It features 16 stories of self-advocates and friends travelling across the prairie provinces to raise awareness about life in an institution. This powerful film is a reminder to remember the lessons of history and that every person matters. \*Please note this movie contains sensitive content\*

Shadbolt Centre – Explorations Dance Performance | Saturday December 9, 2023 at 2 PM | View Online: [Shadbolt Centre for the Arts | Description - Explorations 2023](#)

Explorations is an informal performance of works in progress by the Shadbolt’s resident dance companies: Youth in Motion and the Continuum Dance Company. Join us on Saturday, December 9 at 2 pm to witness some artistic movement and flair.

Theater Terrific | View Online: [Classes | Theatreterrific](#)

Theatre Terrific pioneers’ inclusive opportunities for artists of all abilities to develop performance skills and collaborate in the production of theatrical works.

This World’s Ours – Family Music Therapy Class | For School Aged Kids (5 to 18 years old) | Location: Vancouver | View Online: [This World's Ours Centre Corp. - Activities : Family Music Therapy Class \(amilia.com\)](#)

Music Therapy with Winson. Bring your family together and experience music together. This is a time to forget about technology and connect through music, experimenting with new instruments and song. Goals and objectives are assessed for each individual according to their strengths and which areas need strengthening. Some examples of goals music can address are:

- Eye Contact
- Joint attention
- Sensory Integration
- Fine and gross motor control
- Verbal non-verbal and picture exchange communication
- Social awareness and skills
- Self-regulation
- Relaxation and calm-down strategies
- Impulse control

Vancouver Adaptive Sports – Student Registration Info | View Online: [Students – VASS](#)

Get ready for two incredible showings of this film! The first is our classic evening screening, a yearly tradition. This time, it's on a Saturday night, November 4th, and tickets include a complimentary lift pass to Mt Seymour, making it an unbeatable deal.

WestJet – Guests with Special Needs | View Online: [Guests with special needs | WestJet official site](#)

We're dedicated to providing an excellent guest experience to everyone that chooses to travel with us. As such, we want to ensure our promises and the services we offer to our guests with special needs are readily available. We have gathered everything you need to know about travelling with a disability in this section.

[Winter Troutfest Event](#) | Sunday December 17 from 12:30 to 3:30 PM | Location: Trout Lake Community Centre Gym | View Online: [Activity detail | Vancouver Recreation \(activecommunities.com\)](#)

Trout Lake Community Centre Association in partnership with the Vancouver Park Board is holding this FREE community event to celebrate the wonders of winter! There will be crafts, gym and public skating. There will be a limited number of skates and helmets available to rent for free.

## 2.0 Community-Based Developmental & Social Programs

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[CQC's Queer Prom in New West](#) | Friday December 8, 2023 from 7 to 9 PM |  
Location: 336 Columbia St., New Westminster (by Columbia Expo Skytrain Station)  
| View Online: [CQC Queer Prom - Fri Dec 8, 7 - 9pm - Real Talk \(real-talk.org\)](#)

[Connecting Queer Communities](#) will be hosting their first Queer Prom! This prom is a celebration for people with cognitive disabilities and neurodiversity, and is open to 2SLGBTQIA+, curious, questioning, and allies. You can dress as fancy or casual as you'd like. There will be a dance floor, DJ'd music, a photo booth, drinks and snacks. Admission is FREE!

If you need ASL interpretation or help with transportation, please email [kelsey@real-talk.org](mailto:kelsey@real-talk.org).

[Down Syndrome Resource Foundation – Down Syndrome Academy & App](#) | View Online: [DSRF's Down Syndrome Academy - Down Syndrome Resource Foundation](#)

Last month, the Down Syndrome Resource Foundation introduced the [Down Syndrome Academy](#), an online education portal offering self-paced multimedia courses on a variety of topics related to Down syndrome, along with a private Down syndrome community. The Down Syndrome Academy app is now available for free download from both the [Apple](#) and [Google Play](#) stores.

FamilySmart – Workshop- Supporting Your Family After a Mental Health Crisis: Help for the Hard Times | Various Dates | View Online: [Help for the Hard Times Workshop - FamilySmart](#)

Are you a parent or caregiver of a child or youth who has been a patient in a psychiatric unit or had an ER visit due to their mental health? Help for the Hard Times workshops are hosted online and facilitated by parents with lived experience. We offer the Help for the Hard Times workshop 4 times each month. Please let us know which option works best for your schedule.

FamilySmart – Parent Peer Support | View Online: [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. Our Peer Support services are free. No waitlist. We get it.

Family Support Institute – Family Support | View Online: [Family Support - Family Support Institute \(familysupportbc.com\)](#) | Call: 1-800-441-5403

The Family Support Institute of BC (FSI) supports families who have a family member with a disability by connecting them to trained volunteers referred to as “Resource Parents/Peers” (RPs) .

This provincial network supports families by sharing experiences, expertise, and guidance. All RPs have a family member with a disability.

Family Support Institute – Calendar for Connection | View Online: [Calendar for Connection - Family Support Institute \(familysupportbc.com\)](https://familysupportbc.com)

Looking for ways to meet new people and stay socially connected? Did you know we have a Calendar for Connection? This calendar was created to help people with diverse abilities know about different fun and inclusive opportunities to connect with others. Events updated often!

Kinsight – In-Person Workshop - Now & Next for Teens! | Tuesday January 2 to Friday January 5 from 11 AM to 1 PM Daily | Location: Tri-Cities Children’s Centre, Port Moody | View Online: [Now and Next Youth Leadership Workshop Series - January 2024 \(constantcontact.com\)](https://constantcontact.com)

Looking for a fun and productive way to spend the holidays? This series of 4 sessions will help teens ages 14-19 create a new vision for themselves, learn to use unique goal setting tools, develop leadership and advocacy skills, and connect with other young people in their community. This is a free program with snacks and drinks included.

Kinsight – In-Person – Youth Leadership Group | Thursdays from 6:30 to 8:30 PM starting January 18th | Location Tri-Cities Children’s Centre, Port Moody | View Online: [Youth Leadership Group: January 18th & 25th, 2024 \(constantcontact.com\)](https://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. Please note that this registration is for both the January 18th & 25th, sessions from 6:30-8:30 PM.

Language Therapy 4-in-1 App I View Online:

<https://apps.apple.com/us/app/language-therapy-4-in-1/id525278822>

This app is intended to help people who have had a stroke and have difficulty speaking, but it can really be used by anyone who has trouble speaking, understanding, reading, or writing in English. It is designed to be very simple to use for people with disabilities.

NeilSquire – Creative Employment Options | View Online: [Creative Employment Options - Neil Squire Society](#)

Do You Have a Disability? Let Us Help You Get Job Ready and Land the Job You Want - We're looking for people just like you to join our Creative Employment Options program. We'll help you develop the skills needed to achieve your employment goals. Our program is unique, comprehensive, and most importantly, focused on you.

PLAN – Planned Lifetime Advocacy Network – Events Calendar | View Online: [Events for December 2023 – Planned Lifetime Advocacy Network](#)

Stay on top of a range of opportunities for youth and families to connect with advocates and supporters in the disability community including:

- **Family Network** – The Family Network monthly meetings are a way to connect with other family members to learn, share and have some laughs along the way. The monthly Zoom meetings are co-hosted by Shelley Nessman and Claire Inkster.
- **Staying Connected Weekly Zoom Call** - You're invited to gather with long-time and new friends, learn about current advocacy opportunities, connect with others during fun sharing activities, and exchange ideas. Please join the conversation, either by video or phone, and visit with other families looking to connect with families like YOU!



Queer ASL – January to March 2024 Classes – Registration Open | View Online: [Register for a Class! \(queerasl.com\)](https://queerasl.com)

We had some class spots open up (and one brand new 104 Storytelling PWD class for the first time ever) due to things shuffling around behind the scenes so we wanted reach out and give everyone a head's up about this!

Taking Care of Caregivers Counselling Support | View Online: [Cat Main Counselling /Caregivers](https://catmaincounselling.ca/Caregivers)

A counselling practice, delivered by Registered Clinical Counsellor Cat Main, devoted to the support & nourishment of Caregivers, across British Columbia.

Registry of Autism Service Providers | View Online: [Registry of Autism Service Providers \(RASP\) - Province of British Columbia \(gov.bc.ca\)](https://gov.bc.ca/registry-of-autism-service-providers)

The Registry of Autism Service Providers (RASP) is a list of professionals who have the experience and education to offer programs for children with autism.

TalkPath Therapy | View Online: <https://therapy.aphasia.com/>

This is a free website (not an app) that you can log into using a phone. It is also designed for people who have had a stroke, with similar activities as Language Therapy 4-in-1 app and can really be used by anyone who has trouble speaking, understanding, reading, or writing in English to develop their language skills.

This World's Ours Centre | View Online: [This World's Ours Centre | children with disabilities | Vancouver, BC, Canada \(thisworldsours.com\)](https://thisworldsours.com)

This World's Ours is an inclusive centre in Vancouver providing a safe, social space and a variety of programs for neurodiverse children and families. ALL children are welcome to attend. We offer programs for ALL children, after-school club, adult programming, family programming, day camps, birthday parties, workshops, and

access to a variety of service providers that can support your child and/or family. We offer the following therapy: Art Therapy, Behavior Consulting, Counselling, Life Coaching, Music Therapy, Occupational Therapy, Physiotherapy, and Speech & Language Pathology.

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

B.C. provides a broad spectrum of resources for people with disabilities. Get the latest information on resources relevant to you.

Youth Alliance for Intersectional Justice | View Online: [Social Programs \(yaij.org\)](#)

We are a Black youth-led collective of Black and racialized neurodiverse youth, adults (with and without disabilities), and allies. Our mission is to create and support Afro-centered safe spaces in which Black and racialized neurodiverse youth can navigate the education, technology, and entrepreneurial systems through meaningful, engaging and community supported youth led projects, programs and research.

- Art Program
- Music Workshops
- Healthy Relationships
- Understanding Your Rights
- Go Karting

Youth Assistive Technology – Video Introducing Possibilities | View Online: [Home - Technology for Living with Disabilities](#)

This page offers a series of videos sharing the impact of using technology to support those with disabilities to live with independence. The page also offers a link to a peer support group who share their knowledge and lived experience to support others.

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

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BC Refugee Hub English Conversation Circles by Communities | View Online: [\(Updated\) Free English Conversation Circles – A Comprehensive Listing – BC Refugee Hub](#)

English Conversation Circles are a free resource for all refugees and newcomers to take advantage of to practice their English skills, make social connections and learn about Canadian culture. For those eligible for LINC, this is a great supplemental resource and for those not eligible for LINC.

BC Technology for Learning Society – Computer for Success Canada Affiliate | View Online: [Receive \(canada.ca\)](#)

Computers for Schools plus (CFS+) is not just for schools! We provide digital devices and accessories to:

- Schools
- Low-income Canadians
- Not-for-profit organizations
- Indigenous communities

To obtain digital devices and accessories, please contact your local CFS+ Affiliate which in BC is BC Tech ([BC Technology For Learning \(reusetechbc.ca\)](#)). Since their inception in 1994, they have distributed over 180,000 computers and other devices for schools, non-profits and low-income families.

[Burnaby Neighbourhood House – English Conversation Classes | Open Enrollment – Classes Wednesdays and Saturdays](#)

Our classes are for people who would like to learn/improve their English skills. These volunteer led EAL classes are available throughout the year for beginner to intermediate level students and a fun way to practice conversation, make new friends, and try learning!

Schedules are outlined below:

- Wednesdays | 1:00 pm – 2:00 pm | Online — Click [here](#) to register.
- Saturdays | 10:30am – 11:30am | Online – Click [here](#) to register.

If you have any questions about the online class, please call 604-396-7307 or email [literacy@burnabynh.ca](mailto:literacy@burnabynh.ca). We can also help you learn to understand Zoom, just let us know!

Canada Student Loans Program – Severe Permanent Disability Benefit | View Online: [Severe and Permanent Disability Benefit – What this benefit offers - Canada.ca](#)

Get information on this federal program to support people with a severe permanent disability.

Canucks Family Education Centre | January to June 2024 | View Online: [CFEC Burnaby \(Edmonds & Maywood\) English Class Preregistration \(google.com\)](#)

Canucks Family Education Centre (CFEC) in partnership with Burnaby Community & Continuing Education (BCCE), will be offering free English Foundations and English 11 and 12 classes for adults (refugee claimants, convention refugees, permanent residents, and Canadian citizens).

Douglas College- VEST Program Info Session Registration | December 12<sup>th</sup> and 15<sup>th</sup> 2023 – Classroom N2203 North Building | View Online: <https://www.douglascollege.ca/programs-courses/explore-programs-courses/faculties/applied-community-studies/vocational-education-and-skills-training>

Douglas College will be hosting an information session on December 12<sup>th</sup> and 15<sup>th</sup> at the Douglas College New Westminster campus from 10:00am to 11:30am. For more information and to reserve a spot please contact Davi Bachra at [bachrad@douglascollege.ca](mailto:bachrad@douglascollege.ca).

Douglas College offers Vocational Education and Skills Training (VEST) programs to people with disabilities or barriers to education and employment. Under Skills Training stream students learn industry specific skills in the following areas: Electronic and General Assembly, Food Services, Retail and Business Services, Customer Service and Cashier Training. The program offers work experience.

**Additional dates may be available the week December 11<sup>th</sup> based on demand received by Davi.**

Douglas College – Voice Employment Program for BIPOC individuals with Disabilities | View Online: [VOICE Employment Program | Douglas College](#)

Our mission is to enhance economic participation and foster independence for BIPOC persons with disabilities while promoting inclusive work environments that embrace diversity and accessibility. Through comprehensive hands-on support and training, we strive to bridge the gap between employers, BIPOC employees with disabilities, and their support networks.

Kwantlen Polytechnic University – List of Upcoming Info Sessions | View Online: [KPU Information Sessions | Kwantlen Polytechnic University](#)

The above link shares information related to upcoming information sessions including for Diverse-Ability programs at KPU.

Kwantlen Polytechnic University – Opportunities for Diverse Learners | View Online: [Faculty of Academic & Career Preparation | KPU.ca - Kwantlen Polytechnic University](#) | Download the Latest Diverse-Abilities handout: [Click here to view the handout!](#)

Want to learn more about the exciting opportunities KPU's [Faculty of Academic and Career Preparation](#) has to offer diverse learners? Check out our new Diverse-

abilities at KPU handout to learn more about our [Literacy Communities](#), [Employment & Community Studies](#) program, and the [Including All Citizens Pathway](#).

Literacy Now Burnaby – List of Literacy Programs in Burnaby | View Online: [Home - Literacy Now Burnaby](#) | Burnaby Literacy Map Available Here: [Literacy Now Map - Google My Maps](#)

Literacy Now Burnaby is dedicated to working in partnership with community groups and organizations to build and enhance literacy services, programs, and networks in Burnaby. On our website, we host an up-to-date Literacy Map where you can find locations of organizations offering literacy programs in Burnaby, including English classes, teaching computer skills, Strong Start for children, library services, employment counselling, and more.

NeilSquire – Computer Comfort Program | View Online: [Computer Comfort - Neil Squire Society](#)

Computer Comfort provides the perfect starting point to develop those computer skills. If you have a disability, we provide one-on-one computer tutoring at no cost in a supportive, comfortable environment; [a refurbished donated computer for the home](#), if needed; and ongoing technical support.

NeilSquire – Digital Jumpstart | View Online: [Digital Jumpstart - Neil Squire Society](#)

Digital Jumpstart is a free online program that helps people with disabilities improve their digital literacy, so they have the confidence to take their next steps – join a job placement or readiness program, return to school, join the workforce, or simply become more confident using a computer.

Purpose Society (New Westminster Location) – Digital Inclusion Project | View Online: [Digital Inclusion Project at Purpose Society](#)

The Digital Inclusion Project is a collaborative partnership between the Lower Mainland Purpose Society, Douglas College, and other local organizations working together to close the digital divide across New Westminster by providing key resources, devices, and individualized support through:

- One-on-one digital support
- Access to the internet
- Access to devices

SD42 – Skilled Trades and Career Programs | View Online:

[Skilled Trades and Career Programs – School District 42 \(sd42.ca\)](#)

There are 2 options related to this program stream including:

One the Career and Technical (CTC) Programs - The following CTC Programs are available:

- 1) Automotive Service Tech.- [For Info or to Apply](#)
- 2) Carpentry Level I – [For Info or to Apply](#)
- 3) Construction Carpentry – [For Info or to Apply](#)
- 4) Culinary Arts – [For Info or to Apply](#)
- 5) Plumbing – [For Info or to Apply](#)
- 6) Metal Fabrication – [For Info or to Apply](#)
- 7) Electrician Level I – [For Info or to Apply](#)
- 8) Hairstylist Cosmetology – [For Info or to Apply](#)
- 9) Landscape Horticulture – [For Info or to Apply](#)

Second, the Youth Work in Trades program provides skill development through practical, hands-on work experience. Students that are 15 or older can enroll in this program – they must also formally register with the Industry Training Authority as Youth Apprentices – which can be done via the District coordinator.

YWCA – Survive to Thrive Employment Program | Continuous Enrollment | View Online: [Survive to Thrive | YWCA Metro Vancouver \(ywcavan.org\)](#) | Registration: [Info-Session & Registration - Referral Sign-up - Survive to Thrive \(office.com\)](#)

YWCA Survive to Thrive Employment Program is a FREE 12-week program that assists survivors of violence and/or abuse to prepare for employment and further education in order to thrive in community, work and life. This form and the information in it are provided in confidence.

VIU – Co-operative Entrepreneur Training Program | View Online: [Co-operative Entrepreneur Training program | VIU ACP](#)

The Co-operative Entrepreneur Training program (CETP) gives you the support you need to learn the essentials of running your own business. CETP supports people with diverse abilities to achieve their business dreams through business planning, securing funding, mentorship and building community support.

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

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ACCESS Training Programs – ICBC & Piping Foundations | Deadline January 3, 2024 | View Online: [ACCESS - Aboriginal Community Career Employment Services Society - Training Opportunities \(accessfutures.com\)](#)

ACCESS currently has two program enrolments open until January 3, 2024 for Indigenous Peoples – Status, Non-Status, Metis and Inuit:

- Become an ICBC Claims Contact Representative
- Piping Foundations Program



Aunt Leah's – Volunteer Opportunities | View Online: [Volunteer With Us | Aunt Leah's Place \(auntleahs.org\)](#)

Volunteers are critical to the success of our programs and to the lives of the young people we help. There are many ways you can make a difference. If you are interested in volunteering with us, please contact our Volunteer Coordinator, Hope Rayson at [hrayson@auntleahs.org](mailto:hrayson@auntleahs.org). Volunteer opportunities include:

- Thrift Store
- Donation Centre
- Tree Lots (Seasonal)
- Other

BC Centre for Ability – Adult Employment Supports | View Online: [Adult Employment Services - BC Centre For Ability | BCCFA \(bc-cfa.org\)](#)

The BC Centre for Ability believes that every person with a disability is a valued member of the community. Employment can be key to realizing that value. Not only is it important for living with dignity and respect, organizations and workplace teams benefit when everyone is included and participates to their ability.

Canadian Mental Health Association Vancouver Fraser – Volunteer Opportunities | View Online: [Volunteering - Help shape the future! - CMHA Vancouver-Fraser](#)

Volunteers can participate on our CMHA-VF Board or an advisory committee, engage in annual fundraising events or promote our community outreach and education programs encompassing youth, adults, and seniors. Current opportunities include the Treasure Chest Thrift Store in New Westminster.

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

Dan's Legacy is looking for youth ages 18-26 interested in training to work in commercial kitchens. The 3-month program runs Monday-Friday, 1:30pm to 5:30pm, at 641 Columbia St. in New Westminster.

Maple Ridge / Pitt Meadows – Supported Volunteer Program | View Online: [Supported Volunteer Program | Community Service Program | Community Services Maple Ridge & Pitt Meadows \(comservice.bc.ca\)](https://comservice.bc.ca)

All participants must be referred by Community Living British Columbia, be 19 years of age or older, and reside in Maple Ridge or Pitt Meadows. Potential clients must have the ability to function independently or with the aid of a support person, carry out assigned tasks, follow schedules, and keep appointments.

Pathfinder Youth Society Programs | View Online: [Programs – Pathfinder Youth Centre Soc \(pathfinderyouthsociety.org\)](https://pathfinderyouthsociety.org)

The cornerstone of Pathfinder's success lies in its comprehensive life and employment training programs, which are complemented by the provision of vital mentorship to vulnerable youth. This includes the:

- Bean Around Books – Café based work experience
- Employment Beginnings - This program helps youth build their self-confidence and self-esteem while gaining viable skills that could lead to full-time employment

BC People First - Looking for LGBTQIA2S+ Working Group Members | View Online: [Membership | BC People First](#)

People First of Canada is a national organization representing people with intellectual and developmental disabilities. If you are a People First member and you identify as being LGBTQIA2S+, you are invited to apply for their new working group that meets monthly. For more information or to join the group, please send an email to [monica@peoplefirstofcanada.ca](mailto:monica@peoplefirstofcanada.ca).

Triangle Community Resources – Futures for Youth Program | View Online: [Futures for Youth Program - Triangle Community Resources \(triangleresources.com\)](#)

The Futures for Youth R.I.T.E. (Reaching Independence Through Employment) Program provides a supportive environment for young Canadians aged 15 to 30 to learn life and employability skills. Youth will be provided with a living allowance during the 6 week workshop series and other supports as needed while gaining the confidence, skills and experience necessary to be successful in employment.

Volunteer Burnaby – Supported Volunteering – Special Needs Access Program | View Online: [Supported Volunteering – Special Needs Access Program - Volunteer Burnaby](#)

Based on our values, we introduced in 1993 the Special needs Access Program (SNAP) today supported by Community Living BC. Our program supports people with mild to moderate developmental disabilities by helping them find meaningful volunteer positions within their community.

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

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Access RDSP Program | View Online: [Access RDSP - Plan Institute](#)

Access RDSP is a province-wide partnership between Plan Institute, Disability Alliance BC (DABC), and BC Aboriginal Network on Disability Society (BCANDS). Through the Access RDSP program, we provide free support to help people access the Registered Disability Savings Plan (RDSP). Our goal is to reduce barriers, spread awareness, and support people with disabilities across the country to save for their future.

Autism Information Services BC | View Online: [Autism spectrum disorder - Province of British Columbia \(gov.bc.ca\)](#) | Call 1-844-878-4700

Autism Support Specialists can provide you with information about next steps. They have time to chat about your needs and provide guidance at any stage. Call or email.

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.

BC Technology for Learning Society – Tech for Home Program | View Online: [Tech for Home | BC Tech for Learning \(reusetechbc.ca\)](#)

Request educational technology for low-income households, students, and individuals on income assistance.

Burnaby Community Services- Burnaby Christmas Bureau | Registration Window: December 1 to 9, 2023 for Low Income Families | View Online: [www.bbyeservices.ca/Christmas](http://www.bbyeservices.ca/Christmas)

The Burnaby Christmas Bureau provides Christmas cheer to people with low income and living in Burnaby through our Toy Room and Seniors Hamper Program.

Canada Revenue Agency- Disability Tax Credit (DTC) | View Online: [How to apply - Disability tax credit \(DTC\) - Canada.ca](#).

You can call 1-800-959-8281 or for TTY 1-800-665-0354 to confirm the current status of your DTC (active or expired) . As of June 2023, the Disability Tax Credit application process is now fully digital (completion of the T2201 Form, Disability Tax Certificate). Applicants can now complete Part A of the application form online using "My Account." Once this is done, the applicant receives a reference number to give to their medical practitioner who will use it to complete Part B of the form which must be certified and submitted by the medical practitioner.

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 Burnaby – Public Alerting System – Downloadable App | View Online: [Alertable: Public Alerting System | City of Burnaby](#)

Don't miss an emergency alert from the City of Burnaby. Stay aware and plan ahead—Burnaby is now on the Alertable notification network. These notifications allow the City to inform subscribed users of actions to take during critical emergencies.

The Alertable app is free and can be downloaded from your mobile phone, tablet, computer or smart speaker. You can sign up for email, text (SMS) and phone call notifications. Choose the notification option, or combination of options, that is right for you.

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)

Community Living BC – Burnaby Welcome Workshop Registration Open | Space is Limited – Registration Required | Location: Douglas College New Westminster | View Online: [Attend the CLBC Welcome Workshop series - Community Living BC](#) | To Register: [clbcburnaby@gov.bc.ca](mailto:clbcburnaby@gov.bc.ca) or call 604-660-2100

These four workshops are led by a CLBC staff person, an individual served by CLBC and a family member, and give you detailed information about ways to build a good adult life.

Meet other families and individuals and find out about resources in your local community. You will also find out what steps are needed if you are interested in receiving services funded by CLBC. Come Enjoy a relaxed atmosphere, clear answers, food and beverages, and fun, hands-on activities with take-home information.

[Don't Go Hungry – A Food Support Program | Saturday Distribution | View Online: Home | Don't Go Hungry: A Food Support Program \(dontgohungry.ca\)](#)

Our program is for anyone in New Westminister and Burnaby who needs food support. We provide free grocery hampers every Saturday at four locations for anyone in need:

- 1) At Trinity Presbyterian Church West End (formerly St. Aidan's) (1320 Seventh Ave), we serve the West End community of New Westminister from 12:30 to 1:30 PM.
- 2) At the Queensborough Community Center (920 Ewen Ave.) (through the back doors) we serve the Queensborough community from 12:45 - 1:15 PM
- 3) At Trinity Presbyterian Church Sapperton (formerly Knox) (403 Columbia St. E), we serve the Sapperton area of New Westminister from 1:00-1:30 PM
- 4) At Trinity Presbyterian Church Edmonds (formerly Gordon) (7457 Edmonds St.), we serve the South End of Burnaby from 12:30 - 2:00 PM. Registration is required at this site.

[EmergencyMapBC – Cooling and Warming Centres List | View Online: EmergencyMapBC \(arcgis.com\)](#)

This map is overseen by EmergencyInfoBC and serves as a general reference for current public safety conditions during emergencies. The portal is used to share:

- Cooling centres and spaces in response to hot weather events
- Warming centres and spaces in response to cold weather events

- Emergency Support Services reception centres during evacuations

Focus Disability Network Society | View Online: [Learning & Networking | Focus Disability Network Society](#)

Offers bi-monthly learning and networking sessions, held in the Fraser Valley, and boasts a roster of highly qualified experts presenting on topics to increase your knowledge.

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

Government of Canada – Find a tax clinic | View Online: [Find a tax clinic \(cra-arc.gc.ca\)](#)

Community organizations are hosting free virtual tax clinics. Volunteers may be able to complete and file your taxes for free, by video conference or by phone. Our directory will regularly be updated to include these clinics.



If you're planning to go to an in-person free tax clinic, please check our directory and call the clinic before you go.

HandyDART | View Online: [BC Transit - Register | handyDART | BC Transit](#) |  
Application Form Link: <https://www.bctransit.com/documents/1529721190548> |  
Simplified For Instructions Link: [Click Here](#)

HandyDART is a door-to-door, public ride service that uses specially equipped vehicles designed to carry passengers with disabilities who are unable to use regular public transit without assistance. The driver will come to your home, help you board on the vehicle, and get you to the door of your destination safely.

Please note that HandyPASS is a separate benefit and useful in that it allows an attendant riding with a youth to ride for free on a fixed route bus. It also allows for participation in the taxi saver program.

Indigenous Housing Fund – Request For Proposals Open | Deadline April 30, 2024 |  
View Online: [Indigenous Housing Fund – Request for Proposals \(RFP\) and Submission Process | BC Housing](#)

The Province is taking action to build homes for Indigenous people in our province. We're working hard with our partners to make housing better in all communities. BC Housing is inviting Indigenous non-profit housing providers, First Nations or Indigenous governments and non-profit housing providers or private housing developers who wish to partner with Indigenous housing providers, First Nations or Indigenous governments.

Plan Institute – Webinars and Training Page | View Online: [Webinars & Training - Plan Institute](#)

Educational initiatives designed for individuals, families and organizations including:

- **RDSP Webinars – Levels 1 & 2** - Learn about the RDSP; a matched savings plan specifically for people with disabilities.
- **Wills, Trusts & Estate Planning** - This webinar provides in-depth information about will and estate planning specific to the needs of someone with a disability.
- **Personal Support Network Facilitation** - Learn how to build personal support networks around those who are socially isolated.
- **Caregivers Retreat** - This special weekend retreat is designed to support and nourish family caregivers.

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

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](#)  
Hours of Access: Every day, 24 hours/day
- Parish of St. Timothy Fridge  
Where: Parish of St. Timothy, [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.

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

The Purpose Rent Banks in Burnaby and New Westminister 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.

Ridge Meadows Association for Community Living (RMACL) – Family Support & Parent Programs | View Online: [» Family Support \(rmacl.org\)](#)

The Family Support and Parent Programs include:

**It's All About Connections** – support group for parents of children with extra support needs. This group meets monthly during the day at the [RMACL offices](#). Onsite caregiving may be available for preschool-aged children.

**The Ridge Meadows Autism Information and Support Group** is for parents of children diagnosed with Autism or other developmental disabilities and is held the last Tuesday of the month at our office.

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

Support Worker Central is a free, province-wide job board created for people with disabilities and their families who hire their own support staff. The site also shares [guidance on hiring staff](#), your legal obligations, necessary paperwork, and other valuable information needed when becoming an employer. There are currently over 500 profiles of people looking for work on SWC.

Telus – Internet for Good – Accessible to those on PWD & Youth Aging Out of Care | View Online: [Connecting for Good Programs | TELUS](#)

Available in BC, the TELUS Internet for Good offers low-cost, high-speed Internet to qualified low-income families and seniors, youth aging out of care and people with disabilities in need.\*

Tetra – netCle Device (for computers & laptops) | View Online: [netClé - TetraGear Inc.](#)

netClé (pronounced net-clay) is a unique customizable device that makes computers and laptops more user-friendly for people with mobility limitations, allowing them to stay connected and maintain their independence.

The device consists of a small hub and a variety of connectable sensors, switches, and input devices that allow users to perform many of the functions of a computer mouse and keyboard with a touch from a single digit or limb!

The 123 of RDSPs- Article | View Online: [The 123s about RDSPs! | Aged Out -](#)

A quick summary and overview of the Registered Disability Savings Plan.

The Outreach Resource Centre – 2023 Christmas Connect | Thursday December 14 at 9 AM | Location: 7135 Walker, Burnaby | View Online: [Our Events - Society to End Homelessness \(burnabyhomeless.org\)](#)

Opportunities to meet with Progressive Housing Outreach Workers, Nurse Practitioner, Foot Care Nurse, Hair Cuts, Flu Shots if available, Comfort Kits, Donated Clothing, and access to free Wi-Fi by Burnaby Public Library all morning.

Photos with Santa will occur at 10:30 AM

UGTS – Food Delivery Program | View Online: [Food Hamper | Unique Get Together \(uniquegettogethersociety.com\)](#)

We deliver free food hampers to doorsteps, helping racialized and marginalized communities, including those with disabilities, seniors, and families with barriers to traditional food banks. Our unique program tailors hampers to dietary, cultural, and youth needs. Currently, we serve over 100 families in need every week, from North to South Vancouver, Burnaby, New Westminister, and Surrey.

## 6.0 Health & Mental Wellness

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BCAAFC & UBC Learning Circle – List of Online Chat Supports | View Online: Various Links Below

The following resources were shared by the UBC Learning Circle as online chat support resources for Indigenous youth:

- [Crisis Centre BC online chat](#) | available noon – 1 AM PST in BC and YK |
- [FoundryBC](#) | Young people aged 12-24 and their caregivers can access virtual services through the Foundry BC app from anywhere in British Columbia!

- [Hope for Wellness](#) | 24 hours | Hope for Wellness Helpline is available 24/7 to all Indigenous people across Canada.
- [Here2Talk](#) | 24 hours | Here2Talk connects students with mental health support when they need it. Through this program, all students – domestic or international – currently registered in a B.C. post-secondary institution have access to free, confidential counselling and community referral services, conveniently available 24/7 via app, phone and web.
- [Kids Help Phone](#) | 24 Hours | Kids Help Phone is Canada’s only 24/7 e-mental health service offering free, confidential support to young people in English and French.
- [Northern Youth Online](#) | 4 PM to 10 PM PST | An online chat for youth in crisis or need information or referrals. An online chat for youth in crisis or needing information or referrals. Available from 4:00 PM - 10:00 PM, seven days a week.
- [YouthinBC](#) | Noon to 1 AM | Youth In BC Chat is a free online crisis, suicide prevention, and emotional support service for youth under 25 in British Columbia and Yukon. We offer a safe space where we listen without judgment, and our chats remain private and confidential.
- [YouthSpace.ca](#) | 6 PM to Midnight | Youthspace.ca is a free online crisis & emotional support chat service for youth under 30 across Canada. We listen without judgement and keep chats confidential & anonymous.

Canadian Mental Health Association – Peer Navigator Program Expands to Burnaby  
January 2024 | View Online: [Peer Navigator Program - CMHA Vancouver-Fraser](#)

The Canadian Mental Health Association Vancouver-Fraser has some exciting news! Their Peer Navigator Program is expanding into Burnaby in early 2024.

The Peer Navigator Program is a low-barrier program designed to support people struggling with mental health & substance use issues to navigate and access social services such as health and wellness support, legal assistance, and housing. The program pairs participants with staff who have gone through the same system and know how to navigate it. Those individuals, called 'Peer Navigators', help their

participants by walking shoulder-to-shoulder alongside them as they navigate services and take the next steps in recovery.

New Westminster Wellness Centre | View Online: [Wellness Centre – New Westminster Schools – District 40 \(newwestschools.ca\)](#)

The Wellness Centre is a community hub that allows us to support and promote healthy living, in a way that's centred around connection and care for students and families in New Westminister. Some of the services we're pleased to offer include:

- Mental Health Support
- Grief and Bereavement Care
- Community Health and Primary Care (The nurse practitioner is available to provide free and confidential care every Tuesday from 10:30am to 2:00pm.)
- Prevention & Health Promotion

New West Youth Hub – Real Talks Mental Wellness Session | Thursday December 7 from 4 to 6 PM | View Online: [Real Talks: Mental Health Sessions for Youth \(newwestyouth.ca\)](#) | Register by Email to: Lauren at [Imatias@newwestcity.ca](mailto:Imatias@newwestcity.ca)

Session 4 - It's OK to NOT be OK - How to be there for self and others at times of struggle, practical resources and support available. Guided Practice: Noticing the Good.

PLEA and Purpose – TransSupport Group for youth & families | View Online: [TransSupport - PLEA Community Services](#)

We provide free, confidential, and voluntary support sessions for transgender youth aged 25 years and under. Separate sessions for parents and family members take place at the same location (different room), at the same time.

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

B.C. residents can [book an appointment](#) to see a pharmacist for 21 [minor ailments](#) and prescription [contraceptives](#).

Purpose – Peer Assisted Care Team | View Online: [Peer Assisted Care Team – Lower Mainland Purpose Society for Youth and Families](#)

The Peer Assisted Care Team (PACT) is a mobile, community-led team that offers support to individuals experiencing a mental health and/or substance use crisis. Our team, comprised of a Mental Health Worker and a Peer Support Worker, will attend crisis calls during scheduled service hours to provide culturally safe support to youth and adults in the city of New Westminster. **Support is now available 7 AM to 11:30 PM, 7 days a week just call 778-727-3909.**

Qmunity – GAB Youth Drop-Ins | Online Sessions Wednesdays 4 to 5 PM | Contact: [youth@qmunity.ca](mailto:youth@qmunity.ca) for details and Zoom link

A youth drop-in for 2SLGBTQIA+ youth ages 14 to 25, a community-oriented space where youth can hang out and seek support. Activities include games, crafts, as well as the opportunity for open hangout time with peers.

Queer in Colour – Support Group for BIPOC Queer Youth & Adults 19+ | Sundays November 5, 19 & December 3, and 17, 2023 at 2 PM | View Online: [Queer in Colour - Support Group for BIPOC Queer Youth and Adults 19+ Tickets, Multiple Dates | Eventbrite](#)

Calling all BIPOC queer youth and adults 19+! Join us for a safe and supportive space at our joint support group, facilitated by Sher Vancouver and HIM. Topics will range from body positivity to health promoting behaviours to navigating queer life and culture as a BIPOC person.



Real Talk – Sexual Health Resources by Folks with Disabilities | View Online: [sex disability conversations - Real Talk \(real-talk.org\)](#)

All the latest news on what’s interesting and important when it comes to sexuality and disability. Whether it’s a new book, a new podcast, a new theatre show or a new law – you’ll find it here.

There are also Real Talk videos that show real-life situations and honest conversations. People of all ages, all genders, all orientations, and all abilities get together and speak openly about everything to do with dating, love, relationships, and sex. Watch them here for free.

Real Talk – Social Support Group for 2SLGBTQIA+ with Disabilities | View Online: [CQC Upcoming Events - Real Talk \(real-talk.org\)](#)

Connecting Queer Communities (CQC) is a 1-year initiative from Real Talk being funded by an Accessibility Projects grant from the Disability Alliance of BC. CQC supports 2SLGBTQIA+ people who are labeled with learning disabilities to connect with one another and with the wider 2SLGBTQIA+ community in the Greater Vancouver area.

Toward the Heart – BCCDC List of Harm Reduction Services | View Online: [Find a harm Reduction Site | Toward the Heart](#)

Learn about where to access safer sex and drug use supplies, how to administer naloxone, and explore a searchable database for harm reduction services.

UGM New Westminster – Health & Wellness Clinic with Dr. Heidi | Location: 658 Clarkson Street, New West | Wednesdays from 8:30 AM to 12:30 PM by Appointment Only | View Online: [Brochure.pdf - Google Drive](#)

UGM New Westminster and Foundations Naturopathic Health have partnered to offer a weekly alternative health care clinic to the New Westminster community. Please see an UGM staff member if you are interested in setting up an appointment with Dr. Heidi to access services such as:

- Physical exams & women's health exams
- Acupuncture
- Cupping
- Primary care support including consultations, most prescription renewals, B12 & B Complex injections, urinary infection screens, pregnancy tests, and ear lavage.

Vancouver Black Therapy & Advocacy Foundation | View Online: [VBT&AF \(vancouverblacktherapyfoundation.com\)](#)

VBT&AF is a non-profit organization connecting Black community members in need to mental health resources such as free therapy and advocacy services. They help low-income, newcomer, LGBTQIA+ and disabled Black folks in BC access therapy.

Volentia Healthcare Translation for Healthcare Appointments | View Online: [Healthcare Interpreter / Translator Booking Form \(google.com\)](#)

Volentia Healthcare Translation is a UBC organization providing free healthcare translation services, where a translator can accompany you to your healthcare appointments. Our volunteer interpreters are undergraduate and graduate students who are native speakers of Mandarin, Korean, or Punjabi. We serve all areas in Greater Vancouver including Burnaby, Surrey, Richmond, and Coquitlam.

## 7.0 Indigenous Programs, Events & Supports Resources

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BC Association of Aboriginal Friendship Centres – Programs and Services List | [View Online: Home - BCAAFC](#)

BCAAFC promotes the betterment of Friendship Centres in B.C., maintains communication between Friendship Centres, other provincial associations and the National Association of Friendship Centres, and supports the development of programs to improve the quality of life for Indigenous people living in B.C. including:

- Provincial Aboriginal Youth Council
- MBA in Advancing Reconciliation
- Gathering Our Voices
- Ending Violence Initiatives
- Doulas for Aboriginal families
- Path Forward Community Fund
- SafeSpace App & SafeSpace Networks
- COVID-19 Resources and Information

BC First Nations Perspectives on Accessibility Project – Looking for Participants | [View Online: What Does Accessibility Mean to You? \(fnha.ca\)](#)

You may participate if you identify as a First Nations person living in BC with a disability, have a family member or loved one living with a disability, or have professional experience working with First Nations living with disabilities in BC.

FNHA offers three options for participating in this study:

1. Complete an individual, open-ended interview, either in-person or virtually
2. Participate in a focus group
3. Complete an in-person interview, and take the project team on a tour of a building that you are familiar with to discuss accessibility features that were (or were not) made in the construction of the facility

An honorarium will be provided, with gratitude.

First Nations Health Authority (FNHA) – Health Benefits Program Overview | [View Online: Health Benefits Program Overview \(fnha.ca\)](#)

The goal of the Health Benefits Program is to cover medically necessary items, services, and travel that:

- address First Nations peoples' unique health needs
- respect First Nations' cultures and values
- ensure the program is available for future generations
- close the health gap between First Nations and non-First Nations in BC
- focus on wellness and prevention instead of only treating sickness
- are based on professional judgement, best practices, and evidence-based care

First Nations Health Authority – Mental Health Provider Map | [View Online: FNHA Mental Health Providers Map - Google My Maps](#)

Find a map of mental health service providers across the Province. All MH providers included in this map have been registered through an FNHA-approved professional body to practice in British Columbia. If you would like to see any information or details added, please email FNHA at [provider@fnha.ca](mailto:provider@fnha.ca)

On the left sidebar, there are two types of filters on this map to help you find a specific type of provider:

1. Children and youth providers, based on the ages of children they work with.
2. Indigenous and non-Indigenous providers

First Nations Health Authority (FNHA) – Virtual Substance Use & Psychiatry Service | View Online: [Virtual Substance Use & Psychiatry Service](#)

This is an FNHA service providing virtual specialist support in addictions medicine and psychiatry. This service requires a referral from a health and wellness provider who can support the individual on their journey.

First Nations – Virtual Doctor of the Day Service | Appointments available daily between 8:30 AM and 4:30 PM | View Online: [First Nations Virtual Doctor of the Day \(fnha.ca\)](#)

First Nations Virtual Doctor of the Day provides virtual health care and referral support for people who do not have a doctor or are unable to get an appointment. **It is for all First Nations people living in BC and their family members, including family members who are not Indigenous.** Specialists and care coordinators are dedicated to the principles and practices of [cultural safety and humility](#), and to delivering trauma-informed care.

Doctors are available by video or phone from 8:30 a.m. to 4:30 p.m. every day. Call 1-855-344-3800 to book an appointment.

Hope for Wellness Counselling | View Online: [Home - Hope for Wellness Helpline](#) | Call: 1-855-242-3310

Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention by phone or online chat. Call toll-free 1-855-242-3310 or start a confidential chat with a counsellor at [hopeforwellness.ca](#).

Indian Residential School Crisis Line | View Online: [Indian Residential Schools Resolution Health Support Program \(sac-isc.gc.ca\)](#) | Call: 1-866-925-4419

Indian Residential School Crisis Line is a national service for anyone experiencing pain or distress as a result of their residential school experience.

Indian Residential School Survivors Society (IRSSS) | View Online: [Indian Residential School Survivors Society \(irsss.ca\)](https://www.irsss.ca) | Call: 1-800-721-0066

IRSSS is a partner with the FNHA in providing access to counselling, cultural and emotional support services to former students of residential and day schools, and their families, regardless of status.

Indigenous Disability Canada's – Support for Indigenous Student Learning Program | Applications Accepted Until March 15, 2024 | View Online: [Indigenous Disability Canada's – Support for Indigenous Student Learning Program \(SISLP\) | \(bcands.bc.ca\)](https://bcands.bc.ca)

Indigenous Disability Canada's Support for Indigenous Student Learning Program (SISLP) is a time-limited project for Indigenous students across Canada who have limited financial resources, including those students living with disabilities.

The SISLP is accepting applications from students of any age enrolled in a Formal educational institution (either online, remote, or through on-site learning) to be considered to receive a laptop and other technology / equipment supports necessary to assist with their continued education and success.

Inuit Child First Initiative | View Online: [Supporting Inuit children \(sac-isc.gc.ca\)](https://sac-isc.gc.ca)

The Inuit Child First Initiative ensures Inuit children have access to the essential government funded health, social and educational products, services and supports they need, when they need them.

Kuu-Us Crisis Line Society | View Online: [Home | KUU-US Crisis Line Society](#)  
[Indigenous BC Wide Crisis Line Port Alberni](#) | Call: 1-800-588-8717

Kuu-Us Crisis Line Society provides crisis services for Indigenous people across BC. Adults/Elders line 250-723-4050; youth line 250-723-2040. Or call toll free 1-800-588-8717. Learn more at [www.kuu-uscrisisline.com](http://www.kuu-uscrisisline.com).

Métis Crisis Line | View Online: [Mental Health & Harm Reduction | MNBC](#) | Call: 1-833-638-4722

Available 24 hours a day, seven days a week, the Métis Crisis Line is a service of Métis Nation British Columbia. A place where individuals can talk, trust, and feel safe.

Métis Nation BC – Events Calendar Page | View Online: [Events Calendar | MNBC](#)

This calendar offers filters that allow you to learn of events, callouts, and other opportunities including:

- MNBC Events and Meetings,
- Public Events,
- Awareness, and
- STEPS.

Links also appear to the:

- Metis Speaker Series, pre-recorded podcast sessions about Metis identity, and
- Health & Wellness newsletter.

Missing and Murdered Indigenous Women and Girls Health Support Services | View Online: [Health support services \(rcaanc-cirnac.gc.ca\)](https://rcaanc-cirnac.gc.ca) | Call: 1-877-477-0775

This is a national program administered in BC by First Nations Health Benefits. Services are available to survivors, family members and others who have been affected.

Mohawk Institute Residential School – Virtual Tour | Thursday December 7 at 10 AM | View Online: [Mohawk Institute Residential School Virtual Tour Tickets, Thu, 7 Dec 2023 at 1:00 PM | Eventbrite](#)

This virtual tour video was created with local production company Thru the Reddoor, and it follows a guide, as they give a tour of the former Mohawk Institute Indian Residential School. During the video, the guide will narrate the 140-year history of the institution. Viewers will get to see the different rooms in the school, from the girls' and boys' dormitories, the cafeteria, laundry room, and other rooms throughout the building, as well as hear interviews with five Survivors of the Mohawk Institute.

Simultaneous translation will be available.

Spirit of the Children – Housing First Program | View Online: [Housing Support – Spirit of the Children Society \(sotcs.ca\)](https://sotcs.ca)

Our workers from the Housing First Youth Program support Indigenous youth (16 to 24) who are either aging out of care or have aged out, to obtain or sustain housing. Our goal is to connect youth to permanent housing and provide resources for life skills development and cultural teachings.



Spirit of the Children - ᓃᓂᓄᓇᓂᓄᓇᓂᓄᓇ 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.

## 8.0 Intercultural Learning, Events & Resources

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Anti-Hate Community Support Fund – Applications Open | Deadline March 31, 2024 | View Online: [Anti-Hate Community Support Fund - Province of British Columbia \(gov.bc.ca\)](https://www2.gov.bc.ca/gov/content/anti-hate)

The Ministry of Public Safety and Solicitor General has established the Anti-Hate Community Support Fund to support identifiable groups in B.C. who have experienced, or who are at risk of experiencing, hate-motivated crimes, or incidents. All applicants must be a not-for-profit organization or registered charity in B.C.

Burnaby Intercultural Planning Table – In-Person – Embracing Lived Experiences of People with Disabilities | December 7 from 9 AM to 1 PM | View Online: [Community Forum – Embracing Lived Experiences of People with Disabilities Tickets, Thu, 7 Dec 2023 at 9:00 AM | Eventbrite](https://www.eventbrite.com/e/community-forum-embracing-lived-experiences-of-people-with-disabilities-tickets-70157544449)

Disability is a broad term that covers various conditions that affect a person's ability to do everyday activities and interact with the world and can affect anyone, regardless of age, gender, ethnicity, or socioeconomic status. Join us and:

- Have open discussions on challenges faced by those with disabilities.
- Dive into the language & terminology of disability.
- Explore the link between disability and mental health.
- Understand what true accessibility for everyone means.
- Discover different programs and supports available.

Canadian Centre for Diversity and Inclusion – Webinar Calendar 2024 | View Online: [Event Calendar \(ccdi.ca\)](https://ccdi.ca)

CCDI's webinars provide invaluable insight into the latest thinking about diversity, equity and inclusion in Canada. Content is appropriate for a wide variety of professionals. Click on any of the dates listed to register.

Canadian Centre for Diversity and Inclusion – Webinar – Religious Holidays: A Path to Inclusion | December 5, 2023 at 1 PM Eastern Time | View Online: [CCDI Webinar: Religious holidays: A path to inclusion](#)

Religious identities are central to so many peoples' lives and yet something we struggle to talk about. However, holidays are about relatable things (family, community, traditions) that allow us to learn about and connect with one another. We will explore key holidays from several traditions to grow our religious literacy and become more conversant with our colleagues, customers and neighbours.

Dr. Iheoma Iruka – Webinar – Advancing Equitable Learning Opportunities for Racially and Culturally Minoritized Learners | Thursday December 14 from 12:30 to 2 PM | View Online: [Advancing Equitable Learning Opportunities for Racially and Culturally Minoritized Learners: Dismantling the Pedagogy of Poverty and Racism | FREE Virtual Event Survey \(surveymonkey.ca\)](#)

This webinar series will take participants on a journey that interrogates how racist ideals and other dehumanizing ideologies create systemic conditions that negatively impact children's learning opportunities and potential to thrive.

In addition to providing data on factors that influence minoritized children's learning experiences, attendees will be pushed to self-reflect and provided with tools to incorporate a racial equity lens in their work with children, families, and communities to dismantle racism and other systemic barriers and ensure equitable learning opportunities for our youngest learners.

Len Pierre Consulting Video – Transformative Territory Acknowledgements Webinar |  
View Online: [Transformative Territory Acknowledgements webinar - YouTube](#)

Do you ever wonder why we do the territory acknowledgement? Do you wonder why some people read from a script and some speak from the heart? Would you like to add more meaning to your own Territory Acknowledgement in your professional practice? This session aims to answer all of your questions about territory acknowledgements.

## 9.0 Legal, Advocacy & Rights-Based Supports

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BC Office of the Human Rights Commissioner – Accessible Human Rights Video | View Online: [Introducing human rights - BC's Office of the Human Rights Commissioner \(bchumanrights.ca\)](#)

These videos introduce what human rights are, how they are protected, and how the human rights system works in B.C.

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

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.

Inclusion BC – Advocacy Program | View Online: [Advocacy - Programs & Services - Inclusion BC](#)

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.

NIDUS- Representation Agreement Forms & Info | View Online: [Representation Agreement | Nidus Personal Planning Resource Centre and Registry](#)

A Representation Agreement is an enforceable legal document that can be made as of a young person's 19<sup>th</sup> birthday to support assisted decision-making. A representative under the agreement has legal authority to help a young adult manage their affairs and carry out their wishes if they need temporary or ongoing assistance — due to illness, injury or disability. A representation agreement may cover health care, personal care, routine financial affairs and legal matters. There are **two main types** of Representation Agreements RA7 and RA9, the one to choose **depends on the young adult's cognitive capability** at the time of making it.

The following two videos will help you learn more about Representation Agreements:

- Plan for Health and Personal Care in BC – Representation Agreement - [Plan for Health & Personal Care in BC - Representation Agreement - YouTube](#)
- Representation Webinar – Includes the distinction between a representation agreement and committeeship - [Representation Agreements \(Recorded Webinar\) | People's Law School \(peopleslawschool.ca\)](#)

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

We know that Autism Spectrum Disorder (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 Monthly Days of Observance – December 2023

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

- December 7 to 15 | Chanukah | [More Info](#)
- December 24 to January 07 | Qviasukvik: Inuit winter feast & festival | [More Info](#) | [Video Reference](#)
- December 26 to January 01 | Kwanzaa | [More Info](#)
- December 01 | World AIDS Day | [More Info](#)
- December 02 | International Day for the Abolition of Slavery | [More Info](#)
- December 03 | International Day of Persons with Disabilities | [More Info](#)
- December 05 | International Volunteer Day | [More Info](#)
- December 06 | National Day of Remembrance and Action on Violence against Women | [More Info](#)
- December 10 | International Human Rights Day | [More Info](#)
- December 17 | International Day to End Violence Against Sex Workers | [More Info](#)
- December 18 | International Migrants Day | [More Info](#)
- December 20 | International Human Solidarity Day | [More Info](#)
- December 21 | Winter Solstice | [More Info](#)
- December 25 | Christmas Day | [More Info](#)

## 11.0 Newcomer Programs and Resources

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AMSSA – E-Learning Course – Indigenous vs Colonized Worldviews | View Online: [BCSIS E-Learning Course: Indigenous Worldview vs Colonized Worldview – AMSSA](#)

The content for this course was created in collaboration with Indigenous leader, Norm Leech. In this course, Settlement Service Providers will be invited to consider the difference between an Indigenous Worldview and Colonized Worldview. Learners will have the opportunity to participate in reflection exercises that are designed to support them in their personal exploration of this topic, as well as to provide them with ideas for ways of sharing information with newcomer clients and colleagues.

AMSSA – E-Learning Course – Decolonize Yourself – Connecting to Your Indigeneity | View Online: [BCSIS E-Learning Course: Decolonize Yourself – Connecting to Your Indigeneity – AMSSA](#)

The content for this module was created in collaboration with Indigenous leader, JB Snuxyaltwa Webster. By centering Indigeneity and drawing on foundational Indigenous teachings from Turtle Island, this course allows learners to consider their own Indigeneity and familial experiences with colonization, thereby participating in the process of decolonization.

AMSSA – E-Learning- Supporting Newcomers with Disabilities | View Online: [E-Learning: Supporting Newcomers With Disabilities – AMSSA](#)

As people with disabilities make up more than 1/5 of the Canadian population, these immigration figures will likely include newcomers with disabilities. It will provide front line workers with information to better understand the needs and challenges of clients living with disabilities.

AMSSA - E-Learning – Trauma Informed Approaches to Supporting Overwhelmed Children | View Online: [E-Learning: Trauma Informed Approaches to Supporting Overwhelmed Children | Formation en ligne : Les approches tenant compte des traumatismes visant à soutenir les enfants bouleversés – AMSSA](#)

This e-learning module provides practical strategies to better support children in moments of crisis. Dr. Sean Larsen also provided resources for further learning (e.g., caregiving for healthy attachment, healing and trauma, resilience) that are included in the AMSSA handout.

BC Refugee Resource Network & Co. Webinar – Housing Toolkit Part 1: Housing Search Assessment & Short-Term Solutions | Friday December 1, 2023 at 1 PM | View Online: [Webinar Registration - Zoom](#)

In this first session, we will delve into the important topic of housing search assessment for newcomers and explore strategies for securing short-term housing. Presenters will share best practices and essential tools for assessing the unique housing needs of newcomers, with a specific focus on short-term housing solutions.

BC Refugee Resource Network & Co. Webinar – Housing Toolkit Part 2: Innovative Approaches to Long-Term Housing Solutions | Friday December 11, 2023 at 1 PM | View Online: [Webinar Registration - Zoom](#)

Our presenters will engage in discussions about best practices and innovative solutions for long-term housing, shedding light on how organizations have developed internal infrastructure to support newcomers in their housing search. Learn about the collaborative partnerships formed with various sectors to enhance the accessibility of long-term housing options for newcomers.

ISS of BC – Women’s facilitation & Leadership Training Program | Registration Open Until December 18<sup>th</sup> | View Online: [Free Women’s Facilitation & Leadership Training | Immigrant Services Society of BC \(ISSofBC\) \(issbc.org\)](https://issbc.org/)

In this 12-week training for immigrant and refugee women, participants will learn how to facilitate peer support groups and how to navigate Canadian systems and cross-cultural societal issues. Participants will have the opportunity to practice their skills by completing a practicum where they will facilitate a support group for women in their community.

INFO SESSIONS – December 8th and 15th (Register - <https://forms.office.com/r/q6hhcGVDHM>)

We are offering 1-hour virtual info sessions for women interested in applying. Details on eligibility, benefits, important dates, and application process will be covered followed by a Q&A session.

New to BC – Immigrant Demographics Report 2023 Burnaby & New Westminster | View Online: [2023 NewToBC-New Westminster-DemoProfile-PRINT-Final-R.pdf - Google Drive](#)

NewToBC is pleased to share this 3rd edition of its Immigrant Demographic Profiles; the first edition was developed in 2013 and the second in 2018. Using Census 2021 data, profiles have been created for the 14 Greater Vancouver / Fraser Valley communities that received the greatest number of new immigrants over the last census period (2016 – 2021) including Burnaby and New Westminster.

Newcomer Health Hub | View Online: [Newcomer Health Hub](#)

Created by medical students concerned with challenges faced by newcomers encountering the Canadian healthcare system, the [Newcomer Health Hub](#) provides free resources for both healthcare providers and newcomers.

[For newcomers](#), resources include basic information about accessing healthcare and free provincial resources. An infographic providing a basic introduction to the



complex history and current barriers experienced by indigenous peoples in Canada is also available.

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.

Rainbow Refugee | View Online: [Helping LGBTQ+ Refugees Resettle in Canada - Rainbow Refugee Vancouver](https://rainbowrefugee.com)

Rainbow Refugee promotes safe, equitable migration and communities of belonging for people fleeing persecution based on their sexual orientation, gender identity, gender expression or HIV status. They provide support, information, and system navigation to refugees and refugee claimants seeking refugee status in Canada.

Welcoming and Inclusive New West – News Events and Programs | View Online: [News, Events and Programs – WINS LIP \(wins-lip.ca\)](https://wins-lip.ca)

Welcoming and Inclusive New West (WINS) Local Immigration Partnership Council is a collaboration of representatives from 25 local agencies and organizations as well as interested residents from the community. The goal is to create a welcoming community that will positively impact the outcomes of those settling in New Westminster.

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.

## 12.0 Podcast, Webinars, Video & Print Resources

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AMSSA – Info Sheet – Supports for Newcomer Children Living with Disabilities | View Online: [Supports for Newcomer Children Living With Disabilities – Info Sheet | Fiche de renseignements : services de soutien pour les jeunes nouveaux arrivants/es ayant une incapacité – AMSSA](#)

This info sheet was developed to recognize and identify the unique barriers that impact newcomers with disabilities and their families' ability to settle and integrate into their communities.

AMSSA – Info Sheet – Regional Housing | View Online: [Regional Housing Info Sheets – AMSSA](#)

Together with the BC Refugee Hub, the BC Refugee Resource Network has developed Housing Info Sheets listing income supports resettled refugees and displaced Ukrainians are eligible for along with rental costs and vacancy rates.

Info-sheets are available for the five AMSSA regions:

- [Fraser Valley](#)

- [The Interior](#)
- [Metro Vancouver](#)
- [North](#)
- [Vancouver Island](#)

AMSSA – Resource Page | View Online: [Resources – AMSSA](#)

The AMSSA Resource Page includes a variety of information including e-learning, info sheets, and pre-recorded webinars including:

- Human Trafficking and Exploitation – What Newcomers Need to Know
- Scams and Fraud – What Newcomers Need to Know; and
- Pathways for Resettled Refugees, Refugee Claimants and Displaced Ukrainians Info Sheet.

AutismBC – Article – 10 Tips for Hosting Sensory-Friendly Holiday Gatherings | View Online: [Sensory-Friendly Gatherings – AutismBC](#)

Expecting autistic guests at your holiday gathering this year? The season can be overwhelming due to bright lights, rich scents, and special food. Changes to regular schedules don't make it any easier. Here are some tips for hosting [sensory-friendly](#) gatherings, whether you've hosted autistic folks before or not.

AutismBC – Article – The Autistic Person's Guide to Receiving Gifts | View Online: [The Autistic Person's Guide to Receiving Gifts – Autistic Adults – AutismBC](#)

For most gift-givers, watching a loved one's face light up as they open a handpicked present is a source of joy. However, if the person receiving the gifts happens to be autistic, their reaction may naturally look a little different. The expectation to react in a certain way to gifts can be very stressful to autistic people and even causes some to prefer not to receive gifts at all. The article shares five tips for how to receive gifts while autistic.

Autism Support Network BC – Web Series – Welcome to Autism | View Online: [Web Series Workshops – Autism Support Network \(autismsupportbc.ca\)](#)

Our web series helps educate and support families in need looking to learn about and support those living with the diagnosis of autism.

BC People First – Webinar – Diversity & Intersectionality Presentation | Wednesday December 6 from 2 to 3 PM | View Online: [Upcoming BCPF Panel Presentation! Diversity & Intersectionality \(wix.com\)](#)

How does diversity affect us in different ways? How do some things intersect? Join us for a presentation about gender, identity, culture, and intersectionality. And then hear from our panel of self-advocacy experts! Who will be sharing lessons learned about diversity from their advocacy journeys and personal experiences.

Burnaby Primary Care Network – Disability Support DocTalks Archive | View Online: [DocTalks Archive - Burnaby Primary Care Networks \(burnabypcn.ca\)](#)

A series of DocTalks including:

- Navigating Medical and Social Support for Disabilities
- How to Support Ageing Adults with Disabilities and When?
- A-Typical, Learning how to Support Complex Kids

Canadian Race Relations Foundation – New Podcast – The Healthcare Divide | View Online: [The Healthcare Divide – Canadian Race Relations Foundation \(crrf-fcrr.ca\)](#)

The Healthcare Divide exposes uncomfortable truths, troubling realities and innovative efforts to overcome systemic racism in Canada’s healthcare system. The new podcast features patients, healthcare workers and medical experts weighing in on everything from experiences of harm to grassroots care movements, policy change, and explorations of artificial intelligence to bridge the divide with real

stories, data-driven insights, and expert interviews that expose the cracks in the system.

Children's Healthcare Canada – Podcast – Navigating the Child and Youth Mental Crisis | View Online: [Podcast - Children's Healthcare Canada \(childrenshealthcarecanada.ca\)](https://www.childrenshealthcarecanada.ca/podcast)

In this podcast, Dr. Sukhera discusses child and youth mental health, emphasizing the challenges faced in accessing timely and appropriate mental health services in both Canada and the United States.

Children & Youth with Support Needs – Symposium Speaker Series | December 5 and December 14, 2023 | View Online: [Symposium speaker series - Children and Youth with Support Needs \(gov.bc.ca\)](https://www.gov.bc.ca/children-youth-support-needs/symposium-speaker-series)

As part of the engagement process, the Province is launching a symposium speaker series from November to December 2023 to further enhance co-development of a new, effective system of CYSN services. Each virtual session includes a one-hour presentation from a speaker followed by one hour of facilitated dialogue.

- Tuesday December 5 from 7 to 9 PM | Linda Perry – Inclusion, quality of life and community networks of support
- Thursday December 14 from 9 to 11 AM | Dr. Robin Friedlander – Increasing behavioral complexity and needs of children and youth with neurodevelopmental disorders

CrossRoad: Where Down Syndrome Meets Autism – Video | View Online: [CrossRoad: Where Down Syndrome Meets Autism - YouTube](https://www.youtube.com/watch?v=...)

CrossRoad: Where Down Syndrome Meets Autism (2023) features three families whose child has both Down syndrome and autism. Families open their lives to let us see both the joys and the challenges they experience as they navigate multiple disabilities. DSRF speech therapist Liv Meriano explains the similarities and

differences between the two conditions, why it can be difficult to identify autism in a child who has Down syndrome, what to do if you suspect your child might have autism, and how to support a child with Down syndrome and autism.

For additional resources on the Down syndrome and autism dual diagnosis, please see: <https://www.dsrf.org/resources/inform...>

Down Syndrome Resource Foundation's Magazine 3.21 – The Sibling Issue | View Online: [DOWNLOAD 3.21 ISSUE #17](#)

Happy Holidays and welcome to the Siblings issue of 3.21 Magazine! Join us as we explore the complex depths of sibling relationships and the unique evolution many people experience as they grow from childhood playmates into adult caregivers.

Down Syndrome Resource Foundation's Podcast – The LowDOWN Season 8 | View Online: [The LowDOWN Podcast - Down Syndrome Resource Foundation \(dsrf.org\)](#)

What to do about a child who bolts? On a recent episode of The LowDOWN, BCBA Sara Peralta and Glen Hoos gave us the lowdown on how to deal with an escape artist. New episode dropping soon.

Family Support Institute Webinars | Various December Dates | View Online: [FSI Events – Family Support Institute \(familysupportbc.com\)](#)

FSI offers various Family Hangouts and Learning Explorations including:

- Weds December 6 at 6:30 PM | [Transition Series: Representation Agreements](#)  
- Learn about Representation Agreements – the only legal document in BC to plan for health care and personal care matters. What do they mean for adults and their families? Enduring Powers of Attorney or a Representation Agreement with authority for routine finances are legal documents in BC adults may use to plan for incapacity, end-of-life, and other support needs.

- Thurs December 7 at 7 PM | [FASD Thinking Outside the Box](#) - Empowering conversations for individuals affected by FASD and those that support them. A family hangout that provides a safe place to share and connect.
- Thurs December 7 at 7 PM | [Housing Options](#) - Paul always brings a rich presentation full of very helpful information. The Right Fit is a multi-partner service designed to address the crisis in wheelchair accessible housing by matching affordable, accessible homes and independent living supports with people who need them in the Vancouver region of British Columbia.
- Thurs December 11 at 7 PM | [Newly Diagnosed Autism](#) - At FSI we would like to bring parents in this unique situation together for support, empathy, understanding, and some workable strategies. This will be a safe and confidential space for the families on a similar journey.
- Thurs December 12 at 7 PM | [Complex Health Needs](#) - A chance for families who support those with complex health issues, who require caregiver(s) to meet their high care needs, to connect and discuss common issues.
- Weds January 17, 2024 at 6:30 PM | [Employees, Contractors & Respite](#) - Hiring support staff and respite providers is not always as straightforward as it seems. This webinar will look at the difference between hiring employees and contractors when it comes to caregivers, support staff, and respite providers.

FSI – Transition Resource – Added Care Funding | [View Online:](#)

[Introduction to Financial Support 2 - Added Care Funding - Family Support Institute \(familysupportbc.com\)](#)

This toolkit discusses Added Care Funding that supports adults with disabilities who are considered to have "High Intensity Health Care Needs."

FSI – Transition Resource – Microboard and Individualized Funding | View Online: [Introduction to Financial Support 1 - Microboard and Individualized Funding - Family Support Institute \(familysupportbc.com\)](#)

This toolkit discusses the Microboards and Individualized Funding are tools that can assist people with disabilities to take greater control of their lives. Vela Canada is a not-for-profit based in British Columbia that offers support for these tools.

Government of Canada – Print & Video Resources for Marginalized Groups | View Online: [Outreach materials to print and share - Canada.ca](#)

Here are a range of print and video materials produced by the government of Canada including:

- Video: New digital application form for the disability tax credit: for applicants – [Webinar - New digital application form for the disability tax credit \(DTC\): For applicants - Canada.ca](#) | for medical practitioners – [Webinar – New digital application form for the disability tax credit \(DTC\): For medical practitioners - Canada.ca](#)
- Factsheet: Applying for the disability tax credit – [Factsheet: Applying for the disability tax credit \(DTC\) - Canada.ca](#)
- Factsheet: Persons with disabilities – [Factsheet: Persons with disabilities - Canada.ca](#)
- Video: Indigenous Peoples: Get Your Benefits and Credits – [Webinar - Indigenous peoples: Get your benefits and credits - Canada.ca](#)
- Video: Newcomers to Canada – [Webinar - Newcomers to Canada - Canada.ca](#)

Lay Down Your Heart – Video | View Online: [Lay Down Your Heart by Marie Clements - NFB](#)

An intimate look into the mind of Niall McNeil, an artist and performer with Down syndrome, and his unique chosen family. In Lay Down Your Heart, Niall introduces



us to his many “family members,” his multiple “children,” his renowned “ex-wife” and director of the film *Marie Clements*, and other bonds forged through open-hearted creativity.

McCreary Centre Society – Report Release – Searching for a Place: The health and well-being of homeless and unstably housed youth in BC | View Online: [Download Resources | McCreary Centre Society \(mcs.bc.ca\)](#)

Drawing on data from the 2023 BC Adolescent Health Survey, this report shows that 2% of youth aged 12-19 experienced homelessness in the past year, with youth who identified as Indigenous, as a gender or sexual minority, who had been through the care system, and/or had a health condition or disability being at higher risk.

Responses from the 2023 Homeless Youth Health and Wellness Survey for youth aged 12-27, indicated the most common reasons youth became homeless included family conflict and abuse and experiencing mental health challenges. Unaffordable housing was one of the main barriers to exiting homelessness for these youth.

New Neighbours Podcast by the Burnaby Neighborhood House | View Online: <https://burnabynh.ca/wp-content/uploads/2021/05/Neighbours-Podcast.pdf>

Hosted by BNH’s Settlement & Integration Program, the New Neighbours Podcast provides a platform for newcomers to make their voices heard. Every month, we will be interviewing a community member about their experiences about life in Canada or any other topics they choose to speak about such as stories, life lessons, concerns, cultural knowledge, music or information you want to share with your community.

Pacific Immigrant Resources Society & KPU – Report Release – Local Food System Safety Net | View Online: [Newcomers to Canada, Food Security and the Local Food Systems | KPU.ca - Kwantlen Polytechnic University](#)

The Pacific Immigrant Resources Society (PIRS) in collaboration with the Institute for Sustainable Food Systems (ISFS) at Kwantlen Polytechnic University (KPU) conducted a study called “Local Food System Safety Net: A review of the food access environment for marginalized newcomers to Canada in Metro Vancouver.” Results from this [study](#) will help provide information on unique needs and barriers to local food access faced by newcomers.

Representative for Children and Youth – Report Release – Still Left Out: Children and Youth with Disabilities in BC | View Online: [Still Left Out: Children and youth with disabilities in B.C. | Office of the Representative for Children and Youth - RCYBC](#)

The Representative for Children and Youth has released a follow-up report to Left Out, calling on the provincial government to immediately provide much needed supports for the children and youth with disabilities and their families across British Columbia who are currently under-served. This comes three years after their first [Left Out report](#).

This report presents the stories of 14 families and survey responses from over 1,000 parents and caregivers who expressed their exhaustion and frustration with trying to navigate the current system of supports.

Technology for Living – Article- Personal & Advance Care Planning: Encouraging Self Determination | View Online: <https://www.technologyforliving.org/wp-content/uploads/Personal-and-Advance-Care.pdf>

Learn how to avoid the uncertainty associated with the appointment of a TSDM or Private Committee and ensure that your wishes regarding your healthcare and financial affairs are respected. Read the new article from the Balance Newsletter. By Ken M. Kramer, QC. Principal & Senior Associate Counsel.

The Child Psych Podcast – Various Episodes | View Online: [The Child Psych Podcast | Podcast on Spotify](#)

Tammy Schamuhn and Tania Johnson are Registered Psychologists, Registered Play Therapists, and most importantly - moms. They ask the world's leading experts in children's mental health the pressing questions that parents and professionals want the answers to including this month:

- How to create a simpler life and slow down childhood; and
- How to look after your mental health as a parent.

University of British Columbia – Centre of Excellence in Indigenous Health- Recorded Webinar Sessions | View Online: [Past Sessions | UBC Learning Circle](#)

A series of previous webinars on a range of topics including:

- [The Past, Present and Co-Developed Future of Services for Children and Youth with Support Needs with Danielle Smith & Molly Fredeen](#)
- [Healing from Trauma with IRSSS](#)
- [Supporting our Two Spirit Friends and Relatives: The importance of allyship in healing with IRSSS](#)

## 13.0 Surveys, Feedback & Engagement Opportunities

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2024 Simon Cox Student Design Competition Open – We Want Peers! | View Online: [Simon Cox Competition | Innovations in assistive technology and home automation fields, benefiting people living with physical disabilities](#) | Contact [info@technologyforliving.org](mailto:info@technologyforliving.org)

Join the 2024 Simon Cox Student Design Competition! Living as a person with a disability, do you have an idea for a device to help improve your independence at home? Every peer idea that is accepted as a project by a student team will receive a \$100 gift card. Assistive technology ideas around sports, clothing, pets, gaming, household solutions and others are all welcome!

Burnaby Primary Care Network – In-Person Event – Day 2 An Integrated Model for Health and Wellbeing in Burnaby | Wednesday January 31, 2024 | Shadbolt Centre for the Arts, 6450 Deer Lake Ave, Burnaby | View Online: [Toward Collective Responsibility – Day 2 Registration \(alchemer-ca.com\)](#)

In Burnaby, a collaborative approach to social issues has been undertaken by the social agencies with the support of the City for over 20 years. Now, Burnaby is undertaking the development of a formal model for this integration of health and wellbeing services and supports in the City. Building on the strong partnerships in place and ongoing work, the model will take learnings from other jurisdictions to drive a shift in responsibility of community health.

Day 2 will convene strategic working tables around elements of the model so we can co-develop a plan for how to transform our ideas into action together.

Canadian Health and Wellbeing in Developmental Disabilities – Digital Conference | February 7 and 8, 2024 | View Online: [Health and Wellbeing in Developmental Disabilities – Engaging Health Care Professionals \(healthandwellbeingidd.ca\)](#)

The Canadian Health and Wellbeing in Developmental Disabilities Conference is an interprofessional conference where health care providers and community partners connect to share educational and informative updates and practical, innovative, promising and effective practices that improve the health and wellbeing of people with developmental disabilities across the lifespan.

Reduced pricing is available for people with developmental disabilities and their family members, as well as students. Early bird pricing for General Attendee tickets ends December 31, 2023.

Canadian Mental Health Association – Peer Navigator Program Survey for Burnaby Open |  
View Online: [Burnaby Peer Navigator Program: Community Consultation Survey \(google.com\)](#)

We are currently getting to know the community in Burnaby and welcome you to participate in our survey to better help us understand mental health and access needs there. Please share this with your friends and colleagues as well.

City of Burnaby – Accessibility Focus Groups | December 8 to 12 | Registration  
Deadline December 6, 2023 by Email to [socialplanning@burnaby.ca](mailto:socialplanning@burnaby.ca)

The City of Burnaby is developing a citywide Accessibility Strategy to promote inclusive and barrier-free communities. Persons with disabilities and family members, individuals, or service providers that support persons with disabilities are invited to attend a focus group to engage in in-depth discussions about accessibility issues and solutions.

Focus group for service providers or community organizations supporting persons with disabilities:

- December 8 via Zoom from 1-3pm
- Register in advance for this meeting: [https://burnaby-ca.zoom.us/meeting/register/u5Itdemurz8vHNCKMP2Rc6ZnAkDDjNYit\\_Xs](https://burnaby-ca.zoom.us/meeting/register/u5Itdemurz8vHNCKMP2Rc6ZnAkDDjNYit_Xs)
- After registering, you will receive a confirmation email containing information about joining the meeting.

Focus groups for persons with disabilities and family members or individuals supporting persons with disabilities:

- December 12 at Eileen Dailly Leisure Pool & Fitness Centre from 10am-12pm
- December 12 at Tommy Douglas Library from 2-4pm

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.

Disability Without Poverty – Survey – Help Shape the Canadian Disability Benefit | View Online: [Shape The CDB | Disability Without Poverty](#)

In September 2020, the Government said that they would make a new benefit called the Canada Disability Benefit (CDB). The CDB would go to disabled people who live in poverty. We are starting a new project that will:

- Engage with a lot of disabled people in Canada to hear their thoughts.
- Write a report for the Government that tells them what people with disabilities think, and share the recommendations they have for the regulations, policies and procedures of the Canada Disability Benefit.
- Create a community of disabled people in Canada to keep talking about poverty and the ways we can work together to eliminate it for disabled people in Canada.

Homeless Hub Blog – Bright Mindz Youth Housing Initiative | View Online: [Bright Mindz Youth Housing Initiative: Honourable Mention of the 2023 MtS Youth Homelessness Prevention Awards | The Homeless Hub](#)

This blog will discuss the Bright Mindz youth housing initiative, developed by the [Canadian Mental Health Association - Kelowna](#) in Kelowna, BC was recently recognized as an honourable mention for the third annual [Making the Shift Youth Homelessness Prevention Awards](#). It reviews what this initiative is, why it was designed, how it fills the gaps in preventing youth homelessness, and much more.

Inclusion BC Conference – Everybody Belongs! 2024 | View Online: [Conference - Programs & Services - Inclusion BC](#)

Every year, over 600 people gather to learn, celebrate, network, and share real stories for disability inclusion. This includes self-advocates, family members, community inclusion workers and community leaders, education and therapeutic professionals, and expert advisors, Everybody Belongs is the premier event for the disability community in BC.

Non-Profit Grants – Applications Open via Vancouver Foundation | View Online: [Find Grants | Vancouver Foundation](#)

On Non-Profit Recognition Day October 30th, Premier Eby announced \$60 million to help non-profit organizations do their crucial work. The Vancouver Foundation will disperse the grants to eligible organizations. Vancouver Foundation grants current include:

- Lighthouse Organizations Fund | Deadline January 15, 2024
- Community Prosperity Fund
- Thriving Indigenous Systems Fund
- Level BIPOC Grants
- Neighbourhood Small Grants
- DTES Small Arts Grants

Province of BC – Child Youth with Support Needs Survey | View Online: [Home - Children and Youth with Support Needs \(gov.bc.ca\)](#)

From March 2023 through December 2024, the Province is collecting feedback as part of its overall work to design an effective system of services for children and youth with support needs. This engagement will be inclusive of families, service providers, advocates, experts, those with lived experience, First Nations, and Indigenous Peoples.

Purpose Society's NWOCAT Magazine – Call for Submissions (Honarium for Selections) | Contact: Lola at [lola.jecmenica@purposesociety.org](mailto:lola.jecmenica@purposesociety.org) or Call: 604-396-5514

Purpose is looking for artists, photographers, writers, poets and creatives of all kinds to contribute to our first-ever magazine about hope and resilience amongst the drug toxicity and housing crisis. Peers work selected will receive an honorarium and is open to everyone regardless of age, skill level or experience.

Spark Ideas – Call for Research Participants – Youth Mental Health | \$25 Honoraria Offered | View Online: [Qualtrics Survey | Qualtrics Experience Management](#)

Impacts of the COVID-19 Pandemic on Youth Mental Health and Service Use - Your Story Matters. We are looking for youth aged 15 to 24 years old who experience mental health challenges during the COVID-19 pandemic (2019 to 2023).

The Family Voices Project – Engagement – Helping Shape the Future of CYSN Services | Survey takes approximately 10 minutes | View Online: [The Family Voices Project - Family Support Institute \(familysupportbc.com\)](#)

The Family Support Institute of BC (FSI) is embarking on a community engagement journey to gather stories on what has and has not been working in the current system for [Children and Youth with Support Needs \(CYSN\)](#). We want to hear from you on how CYSN services and supports in BC can be improved, so that our children and youth can get the help they so critically deserve.

Youthful Cities – Event – Urban Work Summit Vancouver | Application Deadline December 10, 2023 | View Online: [Urban Work Summit Vancouver | January 2024 - Youthful Cities](#)

Application has been extended until December 10th, 2023! For those residing outside of Vancouver, travel, accommodation, and meals are provided. For those who live in Vancouver, travel stipends and meals are included Youth delegates residing in Canada who are under 30 years of age are eligible to join. Sixty



delegates will be chosen following our 30+30 model – half of our delegates hail from Vancouver and the other half come from 30 Canadian cities.

Youthful Cities – Survey Launched – What’s Up with Work Lately | View Online: [What's Up with Work Lately? - Youthful Cities](#)

Hello! We are so happy you are here. In this survey, we are exploring how to make cities better places to work. We are looking into issues around your work life, skills, careers, jobs, and networking. People seem to fill this survey out in about 15 minutes.

## 14.0 Youth in & from Government Care

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Amelia Douglas Institute – Metis in BC Artist Collective | View Online: [Artist Application \(ameliadouglasinstitute.ca\)](#)

The purpose of the Métis in BC Artist Collective is to showcase and promote Métis cultural artists in BC. Therefore, to be eligible to join the Métis in BC Artist Collective, Métis artists must reside in BC and practice a Métis heritage art (such as beading, jigging, storytelling – see complete list on application form), or a contemporary art that relates to Métis culture (such as digital floral beadwork art or painting).

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!

Adoptive Families Association of BC – Course & Events Page | View Online: [Courses and events | Adoptive Families Association of BC \(bcadoption.com\)](#)

The Adoptive Families Association of BC courses and events welcome everyone in the adoption and permanency community. They offer an opportunity to learn, connect, and find support. We offer a wide range of activities, including support groups, workshops, on-demand webinars, information sessions, and more.

Aunt Leah's Friendly Landlord Network - Looking for Landlords | View Online: [The Friendly Landlord Network](#)

Rent out your place and help prevent youth and families in need from becoming homeless! All FLN Partner Organizations agree to provide our tenants and landlords with a minimum level of service.

FBCYICN – Fed Family Winter Celebration | Wednesday December 6, 2023 at 6 PM | View Online: [Event Management \(powerappsportals.com\)](#)

We are excited to be hosting our Fed Family Winter Celebration on Wednesday December 6, 2023, from 6:00pm to 7:00pm. Join us in virtual space as we spend time together as a Fed Family, play fun games and more!

FBCYICN – Join Us for BC Child and Youth in Care Week 2024 | View Online: [BC CHILD & YOUTH IN CARE WEEK - About \(bcchildandyouthincareweek.com\)](#)

BCCYICW happens every year in early June. Our goal is to raise social awareness and shift negative perceptions; to recognize children and youth in care, like all young people, as individuals with talents, contributions, and dreams. We are a collective partnership of youth, service providers and allies working to challenge the stigma faced by children and youth in care by celebrating and honouring their awesomeness.

RISE Grants for Individuals | View Online: [RISE Grants for Individuals – ISPARC Move | Play | Compete](#)

The Province of British Columbia and the Indigenous Sport, Physical Activity & Recreation Council (I-SPARC) believe in the power of sport, physical activity, recreation, and culture. The RISE Grants will support ALL Children and Youth in and out of Care (before their 27th birthday), who wish to participate in a sport, physical activity, recreation, and/or cultural program opportunity.

SAJE – Updated List of Benefits | View Online: [SAJE \(Strengthening Abilities and Journeys of Empowerment\) - Province of British Columbia \(gov.bc.ca\)](#)

Young people in government care will have access to new and increased supports until the age of 27. This includes a new mental health and counselling benefit and life-skills, training, and cultural connections funding.

Through MCFD's SAJE services, youth on an Agreement with Young Adults (AYA) can now access up to \$5,500/year (and up to \$11,000 total, over the length of their AYA) to cover costs such as programs or activities that focus on life-skills, vocational skills, and cultural learning and connections.

Young people on AYAs, Temporary Support Agreements and Temporary Housing Agreements, can now access up to \$1,500/year to receive counselling and mental health services of their choice (through eligible service providers).

Youth can connect with a SAJE Guide, an MCFD worker, or an Indigenous Child and Family Service Agency worker, or contact MCFD's SAJE Provincial Support Services (SPSS) at 1-866-623-3001 or [MCF.SAJE@gov.bc.ca](mailto:MCF.SAJE@gov.bc.ca).