



EVENTS

ART JOURNALING

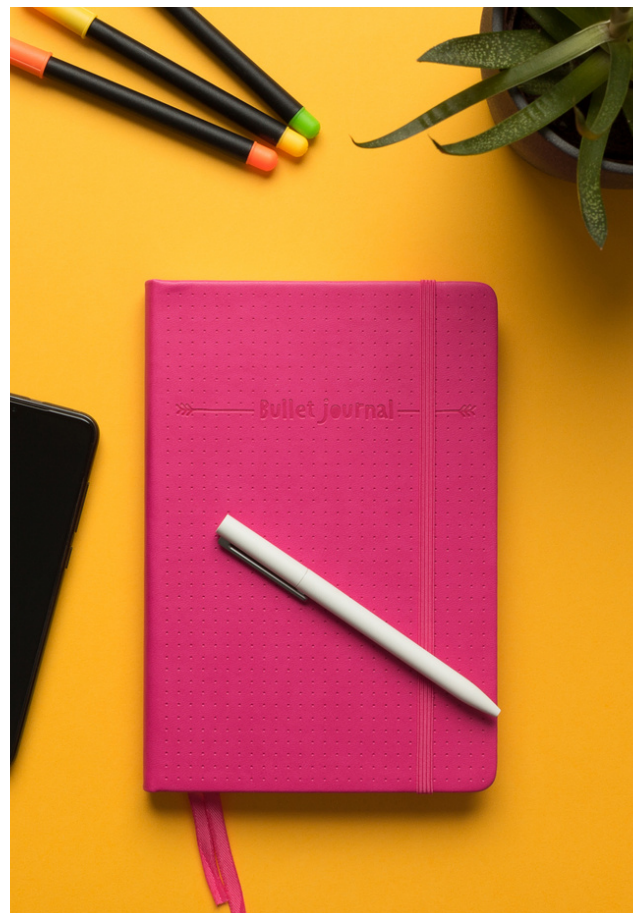
Let's create and reflect! Art Journaling is all about being creative while looking inward and engaging in self-reflection. This week bring paper, a pencil, an eraser, a ruler, and crayons, pencil crayons, or markers.

Date: January 23

Time: 11:07am - 12:07pm PST

Location: Online

[LEARN MORE](#)



EXPRESSIVE ARTS WORKSHOP

Join a FREE 4-week workshop crafted for parents caring for loved ones with disabilities.

Session 1

Date: Feb 7, 14 (couples night), 21, 28

Time: 6:00pm - 8:00pm

Location: Christ Church Cathedral, 690 Burrard St, Vancouver

[LEARN MORE](#)

Session 2

Date: Feb 10, 17, 24 & Mar 2

Time: 10:00am - 12:00pm

Location: Aegis Community Inclusion Program, 321 6th Street, New Westminster

[LEARN MORE](#)



CELEBRATING COMMUNITY INCLUSION

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This event highlights the abilities and accomplishments of people with intellectual disabilities. Come see the different presentations, play games, and don't forget to visit the *posAbilities* table!

Date: January 27

Time: 11:00am - 2:00pm

Location: Britannia Community Centre,

For more information and to rsvp email spencer@bcdisability.com

CURIKO OPEN HOUSE! DROP IN AND SAY HELLO!

Join us IN PERSON at the Curiko Studio on the 4th Thursday of each month. Learn about Curiko and explore new mini-experiences each month.

Date: January 25

Time: 9:00am - 1:00pm

Location: 4924 Imperial St, Burnaby

[LEARN MORE](#)



REFLECTION CAFE

Join Curiko coaches Colin & littlewoo at this month's new cafe "Matchstick YVR". We'll reflect on the wonderful & difficult moments we experienced in 2023 which helped develop our resilience, learning and strengths!

Date: January 29

Time: 11:00am - 1:00pm

Location: 639 East 15 Ave, Vancouver

[LEARN MORE](#)

JOIN US FOR OUR ZOOM HANGOUT

EARLY YEARS & SCHOOL AGE NAVIGATION

SHARE

CONNECT.

LISTEN.



FAMILY SUPPORT
Institute of BC
families supporting families

ANNOUNCEMENTS

EARLY YEARS AND SCHOOL AGE NAVIGATION

Caring for little ones with extra support needs is marked by joy, fear, and overwhelm, usually all in the same day! Navigating the toddler and preschool years, or anticipating school years on the horizon, can be a uniquely challenging time. Join Cari Rawling, and Heather Beach, for supportive sessions on Navigating the Early Years. We are here to listen, provide resources, and create a safe place to discuss the parenting experience of young children with diverse abilities.

Every other Wednesday, from 1:00 to 2:00 pm, online on Zoom

REGISTER HERE



NEWS

BC ENTREPRENEURS LIVING WITH DISABILITIES DESERVE MORE SUPPORT

As an Autistic person, finding my own career path has been a challenge. Openly identifying as someone who has a disability can potentially be a double-edged sword. On one hand, I might face incredible discrimination in a traditional workplace; on the other, I may be treated as a token hire, which, without the proper supports in place, could take a massive toll on my mental health. I eventually realized that I had no option other than to find a way to run my own business.

As it currently stands, BC Disability Employment Month (which happens every September and aims to highlight the role that disabled people play in the province's workforce) avoids the mention of self-employment as a valid option. We don't get much in terms of financial support. The very limited programs that exist encourage us to take out a loan—and yet, multi-billion-dollar businesses are handed large sums of money to hire disabled people. There is a concerning divide.

[READ MORE](#)

