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~ With Gratitude ~

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

If you have resources, you'd like to share feel free to email it to me at julian.wilson@gov.bc.ca.

Wishing you happy planning folks!

1.0 Art, Theatre, Singing, Dance & Recreational Programs

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[AccessibilityMap.ca](#) | View Online: [Accessibility Map](#)

AccessibilityMap.ca provides details on wheelchair accessibility, ramp availability, elevators, accessible restrooms, lighting, and signage. It offers real-time information about the accessibility status of locations such as businesses, public facilities, and transportation services. This information is collected directly from users, leading to a comprehensive overview of the “true” accessibility of a location. Participating businesses and organizations can update accessibility information on the app, making them an active participant in the effort to create a more inclusive community.

[All Bodies Dance](#) | View Online: [All Bodies Dance Project | inclusive dance company | Vancouver, BC, Canada](#)

All Bodies Dance Project (ABDP) is an inclusive dance company located on unceded Skwxwú7mesh (Squamish), Səlíl̓wətał (Tsleil- Waututh), and xʷməθkwəy̓əm (Musqueam) territories (Vancouver, BC, Canada). Our mission is to create opportunities for people of all abilities, genders, sizes, and backgrounds to practice, research, and create innovative, inclusive dance.

[Artists Helping Artists](#) | View Online: [Artists Helping Artists | Burnaby BC | AHA Burnaby](#)

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

[Arts New West – Art Drop In & Event Listings](#) | 1st, 3rd & 4th Tuesday of the Month from 11 AM to 2 PM | Centennial Lodge - Gallery at Queen's Park New Westminster | View Online: [What's On - Arts New West](#)

Check out the events in your community. Art Drop In is a great opportunity to connect with other local creatives and a beautiful and welcoming space to work on your own art project.

Want to learn more? email programs@artsnewwest.ca

[BC Anthropomorphic Events Association](#) | View Online: [BCAEA | BC Anthropomorphic Events Association \(bcanthroevents.org\)](#)

The BC Anthropomorphic Events Association, a registered not-for-profit founded in 2015 in the province of British Columbia and incorporated under the [Societies Act of BC](#). Our mission is the facilitation and furthering of the anthropomorphic fandom and related events in British Columbia, Canada.

[BC Bird Trail App](#) | View Online: [The BC Bird Trail Mobile Experience - Look Up, Stay Grounded](#)

Our new mobile app is designed to make it easy and fun for birders of all levels to discover BC's best birdwatching locations on the go. Designed with nature lovers and bird enthusiasts in mind, The BC Bird Trail Mobile Experience is the perfect digital companion for your next outdoor birding adventure, now available for download via the [Apple App Store](#) and [Google Play](#).

[BC Special Olympics Programming](#) | View Online: Community Links Listed Below

BC Special Olympics provides individuals with intellectual disabilities the opportunity to enrich their lives and celebrate personal achievement through positive sports experiences. It is available in many communities including:

- Burnaby | View Online: [Burnaby | Special Olympics British Columbia](#)
- Coquitlam | View Online: [Coquitlam | Special Olympics British Columbia](#)
- Ridge Meadows | View Online: [Ridge Meadows | Special Olympics British Columbia](#)
- Surrey | View Online: [Surrey | Special Olympics British Columbia](#)

Note there is no New Westminster specific chapter, so communities close in proximity were provided. When you are on the page, scroll down to the bottom and under the heading “Downloads” you’ll find the current community specific program schedule.

[Burnaby Public Library – The Digital Studio is Open](#) | View Online: [Digital Studio - Burnaby Public Library \(bpl.bc.ca\)](#)

Get creative with technology, software and more all in one place, for free with your library card! At the Digital Studio, you can:

- Record and edit professional-quality audio inside our Recording Studios
- Design and illustrate with powerful software
- Digitize analogue media such as photos, slides, film and video
- Use specialized software to edit audio, video and images

[Canadian Down Syndrome Society – Pre-Registration for the Mindsets Wellness Program](#) | View Online: [Mindsets Wellness Program and Global Research Study \(cdss.ca\)](#)

Welcome to the Mindsets Wellness Program! Joining Mindsets is your first step towards building healthy habits that focus on fitness, nutrition, and self-care. This free program was designed based on the results of the Mindsets Study to give adults with Down syndrome the tools needed for a healthy, happy, active, lifestyle into adulthood and

throughout aging. Those who pre-register for the program will be contacted by CDSS in April 2024 with wellness program details.

[Canucks Autism Network – Spring Activities](#) | Registration Opens Tuesday March 5, 2024 at 9 AM | View Online: [Login \(perfectmind.com\)](#)

We're excited to announce that the new Canucks Autism Network registration system is now live! Create your new account at [canucksautism.ca/register](#). Simply click the "Signup" link at the top of the page where it asks if you don't have a login.

Spring registration opens on a first-come, first-served basis on Tuesday, March 5 at 9am. [Browse the Spring Program Guide >](#)

[Cerebral Palsy Association of BC – Art Without Limits](#) | View Online: [Art Without Limits, Therapeutic Art – Cerebral Palsy Association of BC \(bccerebralpalsy.com\)](#)

Art without limits is a program dedicated to children and youth with disabilities to provide them with the opportunity to express themselves through various therapeutic artistic mediums. Please note that participants who may require substantial physical or behavioral support may be asked to attend alongside a guardian or support worker.

[City of Burnaby- Community Centre Food Nights](#) | Various Locations Listed by Community Centre Below

One night a week youth are able to participate in a community centre cooking activity for Food Night. Here's a list of them around Burnaby:

- Creekside | 2720 Beaverbrook Crescent | Tuesday Nights from 5:30 to 9:30 PM
- South Central | 6749 Nelson Avenue | Monday Nights from 5 to 9 PM
- Summit | 200 Willingdon Avenue | Wednesday Nights from 5 to 9 PM

City of New Westminster – Virtual – International Women’s day Artist Talk | March 8 from 10 to 11 AM | View Online: [Meeting Registration - Zoom](#)

Join this free Artist Talk with the celebrated Alexandra Daisy Ginsberg, who will speak on her work in the ZOOVEILLANCE exhibition at New Media Gallery, which runs Feb 18 - May 5, 2024.

City of New Westminster – Event – Women in Technology | March 8 from 6 to 9 PM | Location: Anvil Center

Discuss important women in the world of technology, their amazing achievements, and participate in imaginative and hands-on activities celebrating their contributions. Specialist instructors mentor female-identifying students to explore cutting-edge technologies in a supportive environment. 18+ years.

City of New Westminster – Spring Break Activity Calendar | View Online: [2024 Spring Break Brochure \(flippingbook.com\)](#)

Stay active when school is out! Find day camps, drop-in schedules and more for March 15 - April 1. Registration opens at 10:00 am Feb. 1 for New Westminster residents and Feb. 2 for everyone. An account is required to register online, by phone, and in-person. [Set up your account in advance.](#)

Community Parks and Recreation Programs | Community Links Shared Below

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

- City of Burnaby – Recreation Credit Program – [Recreation Credit Program | City of Burnaby](#)

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

Dance Express | View Online: [Dance Express Inc – | Dance Express Inc.](#)

A Burnaby dance academy, that works well with the learning needs of neurodiverse folks, they cater to a diverse range of age groups and dance preferences, offering multiple classes for each category, spanning from beginners to those pursuing competitive dance.

Dancing Tones Association | View Online: [Inclusive Dance Classes | Dancing Tones](#)

Dancing Tones is an adapted dance class that meets the needs of any and all individuals with a disability. We take steps towards creating equal opportunities for individuals with diverse abilities while creating a sense of belonging and equality in society.

ET Music Therapy | View Online: [North Vancouver, Richmond therapist- music therapy Autism \(etmusictherapy.com\)](#)

ET Music Therapy is based on one principle: music is one of the most motivating and effective mediums for building strong connections with individuals with diverse needs. Serving early intervention to adolescents and adults.

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!

Fraser Valley Regional Library – Accessibility Service | View Online: [Library For You - FVRL](#)

Can't get to the library? We come to you! FVRL's Library For You service provides materials to people who are unable to visit the library due to illness, age, or disability. Click the link to find out what service is right for you.

GirlsClub – Inclusive is Fun Club | View Online: [Lower Mainland — inGIRLS CLUB](#)

We opened our (original) Lower Mainland Chapter in April 2017, and have hundreds of members! Spearheaded by GIRLS CLUB Chapter Leader, Vicky, the Lower Mainland GIRLS CLUB meets 1x per month, typically on the last Sunday of the month. Come and join us!

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.

Nature Vancouver – Field Trips & Evening Programs Events Calendar | View Online: [Events Calendar – Nature Vancouver](#)

We host [EVENING PROGRAMS](#), nearly every Thursday evening, that are open to the public. We organize frequent [FIELD TRIPS](#) to get out and learn more about nature in our local area. We also hold an annual [SUMMER CAMP](#), which is a great way to experience BC nature at its finest.

New Westminster Public Library – Accessible Services | View Online: [Accessibility | New Westminster Public Library \(nwpl.ca\)](#)

A list of accessibility options to access the New Westminster Public Library.

Pottery Works | View Online: [Home \(potteryworks.ca\)](#)

Pottery Works is a collection of artists overcoming their disabilities through art. Pottery Works offers special classes, workshops, and events, and provides studio space for disabled artists to work on their original works, including paintings, pottery, jewelry, and more.

Real Talk – Sexual Health Program Monthly Events | View Online: [Events - Real Talk \(real-talk.org\)](#)

A sexual health initiative aimed at people living with cognitive disabilities. Real Talk Events are safer spaces where you can ask questions about sex, and you won't get told that they're inappropriate or rude. Certified Sexual Health Educators and other participants can help you figure out answers.

Events can include:

- Classic Pizza Party in New West
- Women's Zoom Hangout
- LGBTQ+ Pizza Party in New West

Realwheels Theatre | View Online: [Vancouver Theatre Company & Acting Academy for the Disabled Community | Realwheels](#)

Realwheels Theatre creates and produces performances that deepen understanding of the disability experience. We tell stories in which disability itself is not the focus of conflict, but rather forms the landscape upon which universal issues are debated onstage.

We're also creating opportunities for a new generation of artists with disabilities to participate in the performing arts through our [Acting Academy](#) and [Wheel Voices](#) projects.

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.

Shadbolt Centre for the Arts – Art Program Options | View Online: [Arts Programs | City of Burnaby](#)

At the Shadbolt, our programs are designed to develop your artistic creativity and skills. Our instructors are renowned artists and skilled specialists who create curriculum that is geared to a variety of ages and abilities. We have available:

- Ceramics & Kiln rentals
- Dance: Modern, Ballet, Tap, Jazz, etc.
- Creative Writing
- Media Arts
- Music
- Theatre & Film
- Visual Arts and
- Community Programs

Social Diversity for Children Foundation – Programs | View Online: [About Our Programs \(socialdiversity.org\)](#)

In the 2023 Fall semester, SDC will be offering a total of 6 programs:

1. Building Bridges with Music
2. Education Through Creativity
3. Drama for Diversity
4. MPM
5. Education Through Virtual Reality
6. K-Pop Dance

Spectrum Health – Personal Trainer | View Online: [Spectrum Health | Personal Trainer | Burnaby \(mbspectrumhealth.com\)](#)

Mobile personal training for adults with physical and intellectual disabilities that can be accessed using respite or private funds.

Stage Door Troupe Facebook Page | View Online: [Stage Door Troupe | Vancouver BC | Facebook](#)

A group of actors with developmental disabilities who create live theatre productions, produce video shorts, and participate in film festivals.

Studio 73 – Glass Artistry | View Online: [STUDIO SEVENTY THREE - Fused glass products, soaps, candles. Fused glass studio Surrey, BC](#)

Studio Seventy Three, located in Surrey and supported by [Community Living Society](#), is home to a group of artists who work with glass to create beautiful [glassware](#), decorative pieces and wearable art. These [glass artists](#) are fully trained in using techniques of molding and fusing to bring their original designs to life.

Square Peg Society – List of Events | View Online: [Events from March 15 – February 27 – Square Peg Society](#)

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

Here's a list of some upcoming events:

- March 11 at 7:15 PM | Families Like Mine – Are you interested in sharing ideas, experiences & feelings with other parents, grandparents & caregivers? Our topic this month: Where is your child at in terms of employment or more generally, finding a career path?
- March 13 at 7 PM | Heart-to-Heart – An online social conversation group for Autistic women, 18+ years old This group is for Autistic women to share our past

experiences & present realities – similar or different, and to celebrate our uniqueness together as we build strength & resilience for our futures.

- March 15 at 10:30 AM | Connecting to Employment – The purpose of this meeting is to bring a few agencies together for you to consider as a possible fit for you in your employment search!
- March 18 at 7 PM | Let's Talk – A Monthly online conversation group for Autistic adults, 18+ years Many autistic people have spent much of their lives feeling "different".
- March 23 at 1 PM | Games & Gatherings - Come play with us! We will provide a few games to play. After 1.5 hours, points will be tallied, and we will switch to a new game, and new partners, depending on the number of people.
- March 26 at 7:30 PM | Everything Relationships - A monthly (4th Tuesday of the month) online drop-in to ask and discuss any questions that you have about building and keeping relationships.

Technology for Living – Application for Xbox Adaptive Gaming Controller | View Online: [Application for Youth Assistive Technology \(YAT\) Services - Technology for Living](#)

Unlock your gaming potential with an Xbox Adaptive Gaming Controller. Apply today and elevate your gaming experience. The Youth Assistive Technology (YAT) initiative provides home environmental controls systems to allow youth, aged 9-18, with limited mobility to use items such as: TV controls, adaptive gaming, smartphones/landlines, lamps, fans, blinds, door openers and more. This is a community-based program focusing on providing youth the autonomy to live independently and actively in community.

Theatre Terrific | View Online: [Theatre Terrific | Vancouver, BC](#)

Pioneers' inclusive opportunities for artists of all abilities to develop performance skills and collaborate in the production of theatrical works. All of Theatre Terrific's classes,

workshops, community, and professional productions are made up of people of all colors, abilities, genders, and backgrounds.

The 2024 Down Syndrome Film Festival | View Online: [2024 Down Syndrome Film Festival - Down Syndrome Resource Foundation \(dsrf.org\)](#)

The second Down Syndrome Film Festival will showcase three films featuring people with Down syndrome in leading roles, including Color My World with Love, Chicken, and CrossRoad: Where Down Syndrome Meets Autism. An audience Q&A with some of the performers and creators will follow.

VancouFur Event 2024 | March 7 to 10, 2024 at the Vancouver Sheraton Guildford Hotel | View Online: [Vancouver British Columbia Furry Convention | VancouFur](#) | Accessibility Services Summary: [Accessibility at Vancoufur - Vancoufur 2024 - Claws & Clockwork](#)

VancouFur is Canada's West Coast convention held in beautiful British Columbia. Filled with a diverse amount of creative writing, art, and other hobby related panels, VancouFur offers an amazing opportunity to be your furry self all while offering the gorgeous sights of the city of Vancouver. You can also access the convention online and volunteer if you like.

Vancouver Adapted Music Society | View Online: [Home - Vancouver Adapted Music Society \(vams.org\)](#)

Each year, over 100 people come through the doors of the VAMS studio, looking to embark on their musical journey and our dedicated staff and volunteers are there to support them along the way.

VAMS also offers a "Mini-School" a new non-accredited course that provides folks with a well-rounded introduction to the music industry.

XBa Centre of Dance – Diverse Abilities Dance | View Online: [DANCE STYLES | XBa Centre of Dance](#)

Located in Surrey, the Diverse Abilities Dance class has been in operation for over twenty years and is for dancers aged 18+ that have intellectual and/or developmental disabilities and offers an environment that fosters inclusion and equality in dance movement.

2.0 Community-Based Developmental & Social Programs

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Access2 Card | View Online: [Apply First Time – Access2 \(access2card.ca\)](#)

Easter Seals Canada's Access 2 Card program provides individuals with disabilities a card, allowing a companion free entry at over 500 participating venues nationwide. Many major entertainment hubs, from movie theatres to museums, support this initiative.

ACT – Monthly Events | View Online: [Community Events in BC - ACT - Autism Community Training \(actcommunity.ca\)](#)

ACT lists workshops and conferences in BC related to autism and other diverse needs that are provided by local agencies and organizations. We are listing this information in the interest of providing support to families and professionals seeking additional training and information on a range of diverse needs.

Building Caring Communities | View Online: [About Us – Building Caring Communities](#)

Building Caring Communities (BCC) is a partnership of four agencies ([Burnaby Association for Community Inclusion](#), [Kinsight](#) and [posAbilities](#)) who came together to end social

isolation and address the issues around flourishing and resilience for people with developmental disabilities in urban, suburban and rural environments. Our mission is to build connected communities that welcome diversity, invite contributions and mobilize around what matters to them.

CBI – Self-Determination Course | View Online: [CBI Consultants Self-Determination Course - Secondary Schools - CBI Consultants](#)

The Self-Determination Course offered by CBI is an ideal tool for teachers to help students develop the essential competencies for self-determined behavior.

CLBC – Wellness Supports and Services | View Online: [Support for you and your family's well-being - Community Living BC](#)

CLBC funds supports to strengthen the individual and family's ability to have a balanced life. The kind and amount of support you receive is based on the need for help in specific areas and the availability of the support. One type, called wellbeing support, gives you services or funding to pay for things to help make daily responsibilities easier.

Easter Seals BC / Yukon – Family Camp Registration is Open | View Online: [Easter Seals BC/Yukon Summer Camps - Easter Seals BC and Yukon \(eastersealsbcy.ca\)](#)

From day camps, to week long overnight camps, to in-person and virtual, there are options available for all interests, and for all children and adults with disabilities ages 6 and up. Trained counsellors bring out the fun and silly in every activity, creating experiences that instill confidence, and memories that last a lifetime.

Easter Seals BC / Yukon – Compass 2 & Compass Weekend | View Online: [Compass Continued - Easter Seals BC and Yukon \(eastersealsbcy.ca\)](#)

Compass 2 and Compass Weekend are tailored to build upon the foundational learning objectives of [Compass](#). Compass 2 is designed for motivated young adults to revisit their employment aspirations and delve into advanced learning outcomes. Compass Weekend gives learners an opportunity to practice immersive life skills at Easter Seals House.

Eaton Arrowsmith Centre for Neuroeducation – Spring educational Resource Fair | Tuesday March 12 in Vancouver at 7 PM | View Online: [Eaton Arrowsmith Vancouver's Spring Professional Resource Fair Tickets, Tue, 12 Mar 2024 at 7:00 PM | Eventbrite](#)

Come meet a variety of professional educators, clinicians, schools and health professionals to learn about their services and the summer programs they have to offer our wonderful community. There will be a variety of different companies, organizations and schools represented at this event.

Family Support Institute (FSI) – Calendar of Events | View Online: [FSI Events - Family Support Institute \(familysupportbc.com\)](#)

FSI offers various Family Hangouts and Learning Explorations.

- Family Hangouts: A safe space for families and caregivers to come together for support, inspiration, and troubleshooting. Sessions are either themed or open for general conversation.
- Learning Explorations: Free online sessions that offer families, individuals, and professionals the chance to learn, connect and share on a variety of topics.

PLEASE NOTE: All FSI Zoom sessions can be accessed by telephone. If you need assistance registering for any session, please call our office at 1-800-441-5403.

[Kinsight – Now & Next Youth Leadership Workshop Series – Spring Break](#) | March 18 to 22nd from 1 to 3 PM (In-Person at the Tri-Cities Children's Centre) | [View Online](#):

This series of 5 sessions is intended for high school students ages 14-19, and will help them to create a new vision and plan for themselves, learn to use unique goal setting tools including Pictability™, develop leadership and advocacy skills, and connect with other young people in their community. Questions? Please contact Emily Jamieson at ejamieson@kinsight.org or Rebecca Fisher at rfisher@kinsight.org.

[Purpose – Burnaby – Schedule of Events Calendar](#) | [View Online: Burnaby YOUTH HUB – Lower Mainland Purpose Society for Youth and Families](#)

At the Burnaby Youth Hub, we offer drop-in support services, empowering youth to access community resources and engage in crisis and goal-oriented counseling. Our committed youth workers address various issues such as alcohol and drug misuse, family conflicts, relationships, and school-related challenges. Services include access to teachers, counselors, nurses, doctors, and an emergency food bank.

On Wednesdays from 3:30 to 5 PM at the Burnaby Youth Hub Income Assistance and PWD applications are supported by a worker from the Ministry of Social Development and Poverty Reduction.

[Purpose – New Westminster – Youth Hub Schedule of Events Calendar](#) | [View Online: New Westminster YOUTH Hub – Lower Mainland Purpose Society for Youth and Families](#)

Welcome to the New West Youth Hub, a vibrant and inclusive community space dedicated to empowering young individuals aged 12-25. The hub is designed to provide a supportive environment where youth can access a range of essential resources, opportunities, and services that promote personal growth, skill development, and overall well-being.

Queer ASL – March to May Cycle Registration Starts March 17th | View Online: [Register for a Class! \(queerasl.com\)](https://queerasl.com)

On this page you will see all the classes we have for this upcoming cycle (click on a class to see more details and a link to the registration form).

We are offering 101-104 classes centered around chronic illness, disabled and/or neurodivergent folk who are members of the 2SLGBTQIA+ communities. We are also offering QTBIPOC 101 PWD classes. We are offering 101-103 classes (including 101 PWD classes) for students who are Black, Indigenous, and/or otherwise a person of colour and who are members of the 2SLGBTQIA+ communities. We are offering all levels (ASL 101 - 104) this upcoming cycle! For our online classes we use a flipped classroom set up.

Square Peg Society – Upcoming Events Calendar | View Online: [Welcome - Square Peg Society](#)

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

The Simon Cox Student Design Competition | View Online: [Simon Cox Competition | Innovations in assistive technology and home automation fields, benefiting people living with physical disabilities](#)

The Simon Cox Student Design Competition begins with an idea for a new piece of assistive technology. A little bit more how the competition is run. Either student participants or a person living with a disability (peer) has an idea for a project. The Technology for Independent Living (TIL) program will facilitate a meeting of both groups

to establish teams. These teams will work together to bring the idea to life within the timespan of the competition.

The World's Ours Centre – List of Service Neurodiverse Support Service Providers | View Online: [Therapists, providers for kids, youth and parents, Van BC \(thisworldsours.com\)](https://thisworldsours.com/therapists-providers-for-kids-youth-and-parents-van-bc)

We are offering the following services at This World's Ours Centre:

- [Art Therapy](#)
- [Behavior Consulting](#)
- [Counselling](#)
- [Music Therapy](#)
- [Occupational Therapy](#)
- [Orthopedagogue](#)
- [Parent Educator](#)
- [Physiotherapy](#)
- [Psychological Services](#)
- [Speech & Language Pathology](#)
- [Tutoring](#)

We still have service providers that do not have a waitlist, so reach out today to book your appointment.

West Coast Center for Learning – PEERS program (Ages 18 to 30) | March 28 to June 17, 2024 | View Online: [Peers for young adults. Socials Skills training and dating bootcamp - West Coast Centre For Learning \(wccl.ca\)](https://wccl.ca/peers-for-young-adults-socials-skills-training-and-dating-bootcamp)

PEERS for young adults is an evidence-based social skills intervention for motivated young adults who are interested in making and keeping friends and or developing romantic relationships. Young adults and social coaches (including parents or other caregivers) attend 16 weekly group sessions for 90 minutes per week.

Youth Alliance for Intersectional Justice | View Online: [Social Programs \(yaij.org\)](https://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. Our programming includes:

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

3.0 Education (Post-Secondary) Resources & Supports

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BCIT – Transition into Post-Secondary Studies (TIPS) | View Online: [Transition Into Post-Secondary Studies \(TIPS\) \(MOOC 0100\) - BCIT](#)

The transition process to post-secondary education can be exciting as well as confusing and even a little intimidating. This course was designed to guide you through the planning required, and to provide you with the information, knowledge and skills that will help you confidently start your journey into post-secondary education, campus life, your practicum experiences and beyond.

Capilano University – Education and Employment Access Certificate | View Online: [Education and Employment Access Certificate - Capilano University](#)

If you're a student living with a learning difference or a social, physical, or mental health challenge we can help you transition from high school to post-secondary education or meaningful employment. This certificate program helps students learn skills to succeed in their future education and/or vocational goals.

Capilano University – Discover Employability Certificate | View Online: [Discover Employability Certificate - Capilano University](#)

The Discover Employability Certificate program at Capilano University is eight months long and helps young adults with learning differences develop the skills employers are looking for. It includes small class size and combines in-class instruction with on-the-job work experience.

Capilano University – Modified Skill Building Courses | View Online: Various Links Below

At Capilano University there are a variety of modified courses offered in specific subject areas including:

- Money and Math | View Online: [DEP 007 - Money and Math - Capilano University](#)
- Social Skills | View Online: [DEP 008 - Social Skills - Capilano University](#)
- Transitions | View Online: [DEP 006 - Transitions - Capilano University](#)

Dan's Diner – Job Skills Training | View Online: [Dan's Diner – Job Skills Training - Dan's Legacy \(danslegacy.com\)](#)

Located in New Westminster, We teach youth ages 18 to 26 in the Lower Mainland. Our goal is to help youth build self-esteem, maintain positive mental health, and secure employment in the food service industry. Students in our 3-month program learn basic cooking skills, food service business management and valuable life skills. The entire

program is free of charge. Train and work with us for 3 months, Monday-Friday, 4 hours per day.

Douglas College – Adapted Post-Secondary Programs | View Online: [Vocational Education and Skills Training | Douglas College](#)

Douglas College offers the LIST Program (previously called Basic Occupation Education) trains students for employment in four industry sectors:

- [Electronic and General Assembly](#) (now includes bike assembly)
- [Food Services](#) (now includes barista/food prep training)
- [Retail and Business Services](#)
- [Customer Service and Cashier Training \(CSCT\)](#)

****Even if you believe you're on a waitlist at Douglas College for VEST programs, please go ahead and apply through Education Planner BC.****

Douglas also offers programs to help folks explore what type of work they may want to do in the future:

- [Career and Employment Preparation \(CAEP\)](#)
- [Fit and Ready for Skills Training \(FRST\)](#)

EducationPlannerBC – Map Your Post-Secondary Journey | View Online: [EducationPlannerBC](#)

EducationPlannerBC provides you with the tools to plan, search, and apply to public post-secondary institutions in British Columbia.

H.A.V.E – Culinary Training Society | View Online: [8-Week Culinary Training Program | HAVE Culinary Training Society \(have-cafe.ca\)](https://have-cafe.ca)

Struggling to find stable employment because you face challenges with a physical disability, mental health, poverty, addiction, or homelessness? We can help you. Located in Vancouver, during the 8-week program, you'll complete food safety training, serve breakfast, and lunch meal periods, and learn all aspects of running a commercial kitchen.

Immigrant Services Society of BC – Learn English Courses | View Online: [Learn English for free with ISSofBC | Programs & Services | \(issbc.org\)](https://issbc.org)

Are you a newcomer to Canada looking to:

- Improve your English?
- Learn about Canadian culture?
- Learn about the settlement, employment, and community services near you?

Our FREE Language Instruction for Newcomers to Canada (LINC), delivered by qualified and experienced instructors, can help you achieve your language and settlement goals!

Kwantlen Polytechnic University (KPU) – Pathways to Undergraduate Studies PDF | View Online: [KPU Pathway to Undergraduate Studies | KPU.ca - Kwantlen Polytechnic University](https://kpu.ca)

We have recently updated our [Pathway to Undergraduate Studies](#) handout! This handout is a helpful resource for individuals to understand which Pathway option is best suited for them, which step they are eligible for based on their English assessment results, and how they can apply to Pathway at KPU. [Click here to view the handout!](#)

Also, we have English Upgrading & English Language Studies Information Sessions that are helpful for individuals navigating KPU's Pathway. If you would like physical copies of

this document or any other resources, please contact me at brooks.lewis@kpu.ca to coordinate.

Kwantlen Polytechnic University (KPU) – Literacy Communities Program (LCOM) | View Online: [Literacy Communities | KPU.ca - Kwantlen Polytechnic University](#)

Kwantlen Polytechnic University (KPU) offers its Literacy Communities Program (LCOM) to help students with intellectual disabilities learn and practice primary language, math and computer skills using Individualized Learning Plans.

Kwantlen Polytechnic University – Employment and Community Studies | View Online: [Employment and Community Studies | KPU.ca - Kwantlen Polytechnic University](#)

This program is designed for students with diverse learning needs that hinder educational success. The EACS courses and learning experiences will prepare students for lifelong learning, employment, and community engagement opportunities. Students will participate in hands-on learning and work experience opportunities.

Kwantlen Polytechnic University – Including All Citizens Pathway | View Online: [INCLUDING ALL CITIZENS PATHWAY \(IACP\) | KPU.ca - Kwantlen Polytechnic University](#)

Including All Citizens Pathway (IACP) is a student-centered learning environment where everyone is included and valued on equal basis. It is one of the first for-credit fully inclusive programs to include students with intellectual, developmental, and/or learning disabilities on par with their peers.

IACP does not adapt or modify courses. IACP is all about transforming teaching using Universal Design for Learning (UDL) principles making each course fully accessible and inclusive. IACP students are working towards their Faculty of Arts Certificate which includes ten academic courses, 30 credits that are fully transferable.

Life after High School Transition (LAST) Resource Fair- Save the Date | Tuesday May 28 from 11 to 12:30 PM | Greg Moore Youth Center | View Online: www.lastcommittee.org

Calling all students with extra support needs. You and your family or caregiver can learn more about:

- Post-secondary education
- Employment Services & Agencies
- Recreational & Social Activities
- Financial Planning Advice
- Transportation Assistance
- And More

Mosaic – Free English Classes (LINC) | View Online: [Free English Classes \(LINC\) | MOSAIC Programs \(mosaicbc.org\)](http://Free%20English%20Classes%20(LINC)%20|MOSAIC%20Programs%20(mosaicbc.org))

LINC (Language Instruction for Newcomers to Canada) is a free program funded by Immigration, Refugees and Citizenship Canada (IRCC). LINC provides basic and intermediate level ENGLISH training for adult newcomers to Canada with a PR card.

Province of BC – Adult Upgrading Grant | View Online: [Adult Upgrading Grant application | StudentAid BC](http://Adult%20Upgrading%20Grant%20application%20|%20StudentAid%20BC)

For folks eligible for and receiving PWD benefits, the Adult Upgrading Grant program supports you to enroll in skills upgrading, education and training courses. It can help cover the costs related to fees, books, supplies, transportation, and unsubsidized childcare as well as the cost of tuition of Adult Special Education programs.

Province of BC – List of Adult Special Education Programs | View Online: [Adult Special Education - Province of British Columbia \(gov.bc.ca\)](https://www2.gov.bc.ca/gov/content/education-training/adult-special-education/)

Adult Special Education (ASE) programs offered at B.C. public post-secondary institutions are available to students with cognitive disabilities or a combination of learning difficulties that may hinder academic success. For those currently eligible for and receiving PWD benefits, these programs can usually be fully paid for by the Adult Upgrading Grant in BC.

StrongerBC Future Skills Grant Program | View Online: [StrongerBC future skills grant \(educationplannerbc.ca\)](https://www.strongerbc.ca/future-skills-grant/)

The StrongerBC future skills grant provides funding to British Columbians aged 19 years or older – regardless of financial need – to take eligible short-term skills training at public post-secondary institutions, covering up to \$3,500. It has two sign up periods Winter (for courses January 1 to March 31) and Fall (for courses September 1 to December 31).

StudentAidBC | View Online: [I have a disability: Full-time studies | StudentAid BC](https://www.studentaidbc.ca/en/apply-for-studentaidbc/apply-for-studentaidbc-by-disability-type/) or [I have a disability: Part-time studies | StudentAid BC](https://www.studentaidbc.ca/en/apply-for-studentaidbc/apply-for-studentaidbc-by-disability-type/)

Review a list of proposed programs that might be helpful if you have a documented permanent disability (such as PWD) or a persistent prolonged disability and will be studying at a designated post-secondary institution. Supports include a list of:

- Provincial grants and bursaries;
- Federal grants and bursaries; and
- Additional BC based accessibility and communication post-secondary supports

S.U.C.C.E.S.S – English Language Classes | View Online: [English \(isiponline.ca\)](https://www.isiponline.ca/)

Language Instructions for Newcomers to Canada (LINC) programs are FREE, government-funded English language classes for eligible immigrants and refugees. LINC instructors

use settlement themes to teach reading, writing, listening, and speaking skills within the framework of Canadian Language Benchmarks. All of our LINC classes provide information about settlement, employment and community connections in British Columbia and Canada.

The World is Ours Centre – Cooking Program (Ages 5 to 18) | In-Person Vancouver | View Online: [This World's Ours Centre Corp. - Activities : Cooking \(5-18 yrs\) \(amilia.com\)](https://www.amilia.com/this-world-is-ours-centre-corp-activities-cooking-5-18-yrs)

Cooking class is a program where our participants will improve their skills and kitchen safety. They will try new food and learn new recipes in a comfortable space to learn and practice social skills while enjoying the delicious food they prepared before with other participants.

University of the Fraser Valley – Workplace TASK Program | View Online: [Workplace TASK - University of the Fraser Valley \(UFV\)](https://www.ufv.ca/workplace-task)

Located at the Chilliwack Campus, UFV's Workplace TASK is an eight-month program that offers students with disabilities the opportunity to learn self-management and employment skills. It is a full-time program that runs four days a week from 8:30 to 2:30 each day from September to late April, in a safe and supportive classroom setting. And, depending on your personal circumstances, funding may be available to cover tuition costs, books, and supplies.

Vancouver Community College – Community and Career Education Department Programs | View Online: [Adult special education - Vancouver Community College \(vcc.ca\)](https://www.vcc.ca/adult-special-education)

VCC's Community and Career Education (CACE) Department offers adult special education [programs and courses for students with disabilities](https://www.vcc.ca/adult-special-education). Areas of study include:

- [career awareness and exploration](#),
- [food service careers](#),
- [retail and hospitality](#),

- [computer applications, literacy, and numeracy.](#)

Group tours are also welcome.

Vancouver Island University – Cooperative Entrepreneur Training Certificate
(Online/Virtual) | View Online: [Cooperative Entrepreneur Training Certificate Program | Vancouver Island University | Canada \(viu.ca\)](#)

Students with cognitive barriers or students who have faced employment challenges will learn all the essential skills of being an entrepreneur. With Faculty and community support, students will create a simplified business plan and acquire all the necessary licenses to operate their business. In the last 4-weeks of the program, students will put their business into practice with support from Faculty and assigned community mentors.

4.0 Employment & Volunteer Opportunities & Job Skill Training Programs

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AccessCBC – Accepting Applications | Deadline: Friday March 15 at Midnight PST | View Online: [AccessCBC | Business and Rights](#)

Applications are open for the second round of AccessCBC: A CBC Initiative for Creators with a Disability, a national program for Deaf and disabled creators that will provide pre-development training, mentorship and financing support through three programming streams - scripted comedy/ drama, unscripted and kids. For the second iteration of AccessCBC, CBC is collaborating with the Disability Screen Office (DSO), a national not-for-profit organization that works with the Canadian screen industry to eliminate accessibility barriers and foster authentic and meaningful disability representation throughout the sector.

Accessible Employers – Join Business Leaders Working to Create Accessible employment Opportunities | View Online: [Presidents Group - Business Leaders Creating Accessible Employment \(accessibleemployers.ca\)](https://presidentsgroup.ca/)

Established by the Ministry of Social Development and Poverty Reduction, Presidents Group is a network of BC business leaders focused on increasing employment opportunities for people with disabilities. Join our Community of Accessible Employers to learn about the benefits of creating an accessible, inclusive workplace.

Aunt Leah's – Volunteer Opportunities | View Online: [Volunteer With Us | Aunt Leah's Place \(auntleahs.org\)](https://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 hgrayson@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 \(bc-cfa.org\)](https://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.

BC Technology for Learning Society | View Online: [About Us](#) | [BC Tech for Learning \(reusetechbc.ca\)](#)

BC Technology for Learning Society is a [registered charity](#) accepting donations of used computers (and other tech devices), youth on work experience placements are hired to refurbish the computers for distribution back to BC-based non-profits, schools and low-income individuals. 195,000 to date!

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.

Canadian Mental Health Association – Links to Employment | View Online: [Links to Employment - CMHA British Columbia](#)

Links to Employment helps job seekers with persistent and multiple barriers reach their goals of obtaining meaningful training, volunteer work, and/or employment. The program provides a full range of support and services that are incorporated into a comprehensive treatment plan that is delivered through a Primary Care Centre.

City of Burnaby – Call for Performers | View Online: [City of Burnaby Special Events](#) | [City of Burnaby](#)

We are seeking a diverse range of performing talent from emerging and mid-career artists and artist teams/collectives to bring excitement and energy to our family-friendly signature special events and festivals throughout the year.

City of Coquitlam – Recreation Job Fair | Friday March 8 & Saturday March 9 | Pinetree Community Centre 1230 Pinetree Way | View Online: [Coquitlam Parks and Recreation Job Fair](#) | [Facebook](#)

Looking for a fun and rewarding workplace to build a career? Join us at our upcoming job fair focused on positions in our parks, recreation and culture division

City staff will be on hand to provide information about current or upcoming positions and help walk you through the application process and share tips on how to be a stand out.

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

The key focus of this program is to assist adults with developmental disabilities to integrate more fully into our community by way of a volunteer position in a non-profit agency.

Construction Foundation of BC – The Shift Fund | View Online: [THE SHIFT TRAINING FUND – Construction Foundation of British Columbia](#)

The SHIFT Fund helps to reduce barriers and connects young people at risk with the tools and training needed to be successful as they enter the skilled trades. From drivers' licenses to safety certifications, and industry led construction 101 programs, we provide opportunities for young people to accumulate the education and training needed to be successful on the job.

Curiko – Social and Learning Experiences for Young People with Disabilities | View Online: [Curiko | 100s of splendid experiences](#)

We're a community of people with and without disabilities. Discover new things about yourself, others, and the world around you. Connect with your fellow humans through community-led experiences.

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

Welcome to VOICE (Vocational Opportunities, Inclusion, and Career Empowerment), a transformative program dedicated to supporting BIPOC individuals with disabilities on their path to meaningful employment or self-employment.

InclusionBC – Supports for Employers Hiring Folks with Intellectual and Developmental Disabilities | View Online: [Inclusive Hiring - Inclusion BC](#)

There are many supports available to employers interested in hiring a person with an intellectual and developmental disability. Employers can reach out to our employment team at employment@inclusionbc.org to learn more about the supports available for making your workplace more inclusive.

We are also co-hosting a series of free events where you can learn how other employers are making inclusive hiring a success in their businesses. You'll hear from community leaders about the benefits of including people with disabilities in the workforce and how they've received support in their community.

InclusionBC – Looking for a Seasonal Position with Playland at the PNE | For More Info
Email: employment@inclusionbc.org

Do you live in or around Metro Vancouver? PNE/Playland and Ready, Willing and Able invite you to apply for a position!

Many positions available, including:

- Candy/Concessions Attendant
- Candy Runner
- Concessions Cook
- Games Attendant
- Guest Experience Attendant
- Grounds Maintenance Attendant
- Playland BBQ Attendant
- Playland BBQ Grill Cook
- Playland BBQ Runner
- Playland Busser
- Rides Attendant

Hours: Playland will operate daily from 11am – 5pm; and on Fridays & Saturdays will also operate during the evening from 6pm – 11pm.

Availability Requirements: at least 3-4 days per week, including evenings and weekends.

Starting Wage: \$18.43/hour

Deadline to apply: March 5th

To learn more about the opportunity with Playland at the PNE and what you need to apply, email employment@inclusionbc.org CASE - Canadian Association for Supported Employment

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.

Pathfinder Youth Society Programs | View Online: [Programs — Pathfinder Youth Centre Soc \(pathfinderyouthsociety.org\)](#)

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

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 in both Burnaby and New Westminster.

Work-Able – Graduate Internship Program | View Online: [Work-Able Graduate Internship Program - Province of British Columbia \(gov.bc.ca\)](#)

The Work-Able Graduate Internship Program coordinates paid internships across the BC Public Service for recent post-secondary graduates self-identifying as having a disability. All internships are 12 months long, running from September to September.

WorkBC Centres – Location Search | View Online: [People with Disabilities | WorkBC](#)

There are WorkBC centres across the province available to help you find your next job and support customized employment to those living with the labels of intellectual and developmental disabilities. WorkBC Centres include:

- Burnaby Brentwood | View Online: [WorkBC Burnaby-Brentwood \(workbccentre-burnaby-brentwood.ca\)](#)
- Burnaby Edmonds | View Online: [WorkBC Burnaby-Edmonds \(workbccentre-burnaby-edmonds.ca\)](#)
- Burnaby Metrotown | View Online: [WorkBC Burnaby-Metrotown \(workbccentre-burnaby-metrotown.ca\)](#)
- Coquitlam | View Online: [WorkBC Centre Coquitlam \(workbccentre-coquitlam.ca\)](#)
- Maple Ridge | View Online: [WorkBC Centre Maple Ridge | WorkBC Centre Maple Ridge \(workbccentre-mapleridge.ca\)](#)
- New Westminster | View Online: [WorkBC Centre – New Westminster \(workbccentre-newwestminster.ca\)](#)
- Port Coquitlam | View Online: [WorkBC Centre Port Coquitlam \(workbccentre-portcoquitlam.ca\)](#)
- Port Moody | View Online: [WorkBC Centre Port Moody \(workbccentre-portmoody.ca\)](#)
- WorkBC Apprentice Services | View Online: [WorkBC Apprentice Services |](#)

[WorkBC Centre – Pathways to Success Career and Hiring Fair Spring 2024](#) | March 14, 2024 from 12:15 to 4 PM | Heritage Hall 12460 Harris Rd, Pitt Meadows | View Online: [Pathways to Success: Pitt Meadows Career & Hiring Fair Tickets, Thu, 14 Mar 2024 at 1:00 PM](#) | [Eventbrite](#)

SPEAK WITH EMPLOYERS! * APPLY FOR JOBS! * LEARN ABOUT EXCITING CAREERS!

This exciting event boasts dozens of jobs from various employers in our community, whether you are looking for careers, entry level jobs, part-time work and everything in between!

Employers are looking for new team members TODAY! Take this unique opportunity to speak directly with employers!

FREE ADMISSION - LIMITED TICKETS - REGISTER TODAY!

5.0 Financial, Food Security, Housing & Living Supports

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[AutismBC – Webinar – What is Mutual Aid?](#) | Monday March 11 at 10 AM | View Online: [AutismBC Talks: What is Mutual Aid? — Events — AutismBC](#)

AutismBC is launching our own group for anyone wanting more peer support, mutual aid, and connection in their lives. In this session, Anne and Carla will discuss the upcoming group, Neurodivergent Living Network, and work through examples of actual community-submitted questions.

AutismBC – Webinar – Understanding RDSPs | March 14 at 12 Noon | View Online: [AutismBC Talks: Understanding RDSPs — Events — AutismBC](#)

Join us for our AutismBC Talks on Understanding RDSPs: Tips, Resources, and Beyond to learn effective financial strategies to secure your future.

Autism Funding in BC – Financial Considerations | View Online: [Autism Funding in BC – or Autism Funding for Dummies \(asdfunding.com\)](#)

[Autism Funding in BC](#) is one of the best sites out there and worth bookmarking! Written by a parent, this site has so much more than tax information; find out about RDSPs, BC Funding, Federal Funding, and more! Check out [Tax Time](#) and [New Disability Tax Credit Documents](#).

Autism Support Network – Punjabi Autism Support Meeting | Starting March 13 at 10 AM | View Online: [Punjabi Autism Monthly Support Meeting/ਪੰਜਾਬੀ ਔਟਿਜ਼ਮ ਮਹੀਨਾਵਾਰ ਸਹਾਇਤਾ ਮੀਟਿੰਗ Tickets, Wed, 13 Mar 2024 at 10:00 AM | Eventbrite](#)

Join us for an online support meeting facilitated by Deepika, The ASN'S Punjabi-speaking Parent Information Agent, who can share valuable insights on how to successfully implement and manage quality treatment programs and access the right support systems for your child diagnosed with Autism.

ਸਾਡੇ ਨਾਲ ਔਨਲਾਈਨ ਮੀਟਿੰਗ ਵਿਚ ਸ਼ਾਮਲ ਹੋਵੋ ਜੀ, ਔਟਿਜ਼ਮ ਸਹਿਯੋਗ ਨੈਟਵਰਕ ਦੇ ਪੰਜਾਬੀ/ਹਿੰਦੀ ਬੋਲਦੇ ਜਾਣਕਾਰੀ ਏਜੰਟ ਦੀਪਿਕਾ ਨਾਲ, ਜੋ ਕੇ ਤੁਹਾਡੇ ਨਾਲ ਔਟਿਜ਼ਮ ਦੇ ਨਾਲ ਜੁੜੀਆਂ ਮਹੱਤਵਪੂਰਨ ਗੱਲਾਂ ਸਾਂਝੀਆਂ ਕਰਨਗੇ। ਇਸ ਮੀਟਿੰਗ ਵਿਚ ਉਹ ਤੁਹਾਨੂੰ ਦੱਸਣਗੇ ਕਿਤੁ ਹਾਡੇ ਡਾਕਟਰ ਵੱਲੋਂ ਦਿੱਤੇ ਗਏ ਔਟਿਜ਼ਮ ਦੇ ਨਿਦਾਨ ਤੋਂ ਬਾਅਦ ਤੁਸੀਂ ਕਿਵੇਂ ਸਫਲਤਾਪੂਰਵਕ ਪ੍ਰੋਗਰਾਮ ਦਾ ਪ੍ਰਬੰਧ ਕਰੋਗੇ ਅਤੇ ਕਿਵੇਂ ਆਪਣੇ ਬੱਚਿਆਂ ਦੀ ਮਦਦ ਕਰ ਸਕਦੇ ਹੋ, ਤਾਂ ਜੋ ਉਹ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਚ ਅੱਗੇ ਵੱਧ ਸਕਣ।

BC211 – Shelter Lists | View Online: [Shelter Lists | 211 British Columbia](#)

The Shelter and Street Help Line calls Lower Mainland and Victoria shelters twice per day and publishes the Shelter List, which details available shelter beds and mats for women, men, youth and families. The program provides information on a variety of programs and services.

The Shelter List is updated twice per day at around 11:30 AM, and around 7:30 PM. Contact to find available shelter beds and services in the Lower Mainland and Victoria: dial or text 2-1-1.

BC Family Maintenance Mobile App | View Online: [BCFMA My Account Mobile App – BCFMA](#)

On March 4, 2024, the BCFMA My Account mobile app was launched, the first family-maintenance mobile app in Canada. Designed based on feedback from clients, the app allows users to manage their case and stay up to date on payments. One of the key features is improving direct communication with the agency. Users can send and receive messages or use “request a callback” to prompt a client-services representative to call.

In addition, BCFMA has established communication with more than 40 Indigenous communities and governments, as well as social workers and payment workers, to develop a plan for offering more culturally appropriate services for families who self-identify as First Nations, Métis, or Inuit. The result is a new Indigenous services delivery model led by a dedicated team.

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 Housing – Emergency Shelter Searchable Database | View Online: [Home Page - BcHousing Shelter](#)

Emergency shelters are temporary but immediate places to stay for anyone who is homeless or at risk of homelessness. This map is updated during weekday business hours, including updating Extreme Weather Response shelters when communities issue or cancel an EWR alert. Phone a shelter to find out how many beds are free and how late you can arrive. If a shelter doesn't have a bed available, staff may help you find other options.

BC Housing – Housing Lists | View Online: [Housing Listings PDFs | BC Housing](#)

To increase your chances of securing [rental subsidized housing](#), we recommend that you:

1. Apply online directly to [The Housing Registry](#); AND
2. Apply directly with non-profit societies and co-operatives who manage their own application lists.

BC Housing – Housing Security Programs | View Online: Various Links Below

BC Housing offers a range of housing security programs including:

Homeless Outreach Program | BC Housing funds outreach and support programs that help people who experience homelessness or are at risk of homelessness. | View Online: [Homeless Outreach Program | BC Housing](#)

Homeless Prevention Program | The Homeless Prevention Program provides portable rent supplements and support services to individuals in identified at-risk groups facing homelessness. | View Online: [Homeless Prevention Program | BC Housing](#)

Transition House List | Find and contact a transition house or safe home near you using a keyword search. | View Online: [Transition Houses & Safe Homes List | BC Housing](#)

BC Rent Bank – Additional Provincial Government Funding Invested | View Online: [Find a Rent Bank Location - BC Rent Bank](#)

BC Rent Bank partners with community-based agencies or local non-profit organizations to offer rent bank services throughout the province. BC Rent bank does not work directly with tenants or administer loans. To find the organization operating a rent bank in your area, please type the name of your community or regional district into the search bar.

Burnaby Neighborhood House – 2024 Income Tax Clinic | View Online: <https://burnabynh.ca/volunteer-income-tax-program/>

The BNH Income Tax Clinic is now open for Burnaby residents! Take the first step by checking your eligibility and filling out our pre-screen online form by clicking [here](#). Available at our three Burnaby locations! Registrations is required for appointments. All tax services are free of charge, but you must be a member of the BNH. Individual \$5 or Family \$10 (cash or cheque only).

1. Brentwood House - Tuesday 10 am-1 pm (In person Appointments)
2. North House - Thursday 10 am-3 pm (In person Appointments)
3. South House - Saturday 10 am-3:30 pm (In person Appointments)

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.

Canadian Red Cross – Friendly Calls Program | View Online: [Friendly Calls Program - Canadian Red Cross](#)

The Friendly Calls program matches people over the age of 18 with trained Red Cross personnel who connect with them regularly to check in, provide emotional support, encourage healthy coping strategies, and suggest well-being resources and community connections to other existing services.

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 Maple Ridge – Emergency Preparedness PDF Guides for People with Disabilities | View Online: [Disabilities | Maple Ridge, BC](#)

Emergencies can happen at a moment's notice. Mobility problems and hearing, learning, or seeing disabilities can add complications. It is important to plan ahead so you are better prepared for any urgent situation.

City of New Westminster – Where to Drop Off Clothing | View Online: [Community & Social Services | City of New Westminster \(newwestcity.ca\)](#)

These organizations that serve New Westminster residents and have drop-off locations within the city are currently accepting donations. Items accepted may change depending on the time of year and other factors. Please contact these organizations directly if you would like to donate clothing or other items.

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:

- [Food Resource Calendar and Survival Resource Guide](#) (CNW) (Current)
- [Community Health Resources](#) (Feb 2023)
- [Key Information and Resources for Tenants](#) (CNW) (Sept 2022)

CLBC – Updates for Individuals and Families | View Online: [CLBC Update for Individuals and Families - Community Living BC](#)

The CLBC Update for Individuals and Families is a monthly email newsletter with the latest news from CLBC and government, a self advocate corner, resources for staying connected and supported, as well as events and inspiring stories.

Every edition of the Update will be posted below. If you have a specific question or a suggestion for content to be included, send an email to CLBCInfo@gov.bc.ca and we will try to address it in an upcoming update.

Dial-A-Law – Article- Financial Help for People with Disabilities | View Online: [Financial Help for People with Disabilities | Dial-A-Law \(peopleslawschool.ca\)](https://www.peopleslawschool.ca/financial-help-for-people-with-disabilities)

People with disabilities have options to get financial help from the government. Learn about the government programs available, and where you can turn to get help and find more information.

Disability Alliance BC Tax Aid- Article – New for 2023 BC Rent’s Tax Credit | View Online: [The \\$400 BC renter’s tax credit is new for the 2023 tax year \(taxaidabc.org\)](https://taxaidabc.org/the-400-bc-renters-tax-credit-is-new-for-the-2023-tax-year)

For the 2023 tax year, renters in British Columbia can claim a new tax credit of up to \$400. Specific details about who qualifies is covered in the article.

Disability Alliance BC Tax Aid – Tax Assistance for People with Disabilities | View Online: taxaidabc.org

Haven’t filed your taxes for years? Don’t worry, we can help! Since 2015, advocates with Tax AID DABC have been providing free tax filing support to British Columbians with disabilities. This work has helped thousands of people with disabilities from around the province to access additional income and benefits. The benefits of income tax filing are not insubstantial and even people living on low or modest incomes generally receive \$400-\$500 each year they file their taxes from benefits like the GST Credit, BC Sales Tax Credit, and BC Climate Action Tax Credit.

The good news is people with disabilities and their caregivers may be eligible for different tax credits and deductions that provide financial relief, including the:

1. Disability Tax Credit (<http://tinyurl.com/4dddczs2>)
2. Child Disability Benefit (<http://tinyurl.com/yyp4zn8z>)
3. Disability Supports Deduction (<http://tinyurl.com/y2n9zh7m>).

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

Fraser Health – Substance Use Services Adults & Youth | View Online: [Adult substance use services - Fraser Health Authority](#) | [Youth substance use services - Fraser Health Authority](#)

Choosing Youth (up to 18) or Adult (19 and over), see a list of information and services for those experiencing a substance use problem. Including a list of:

- Bed Based Treatment Services
- Community Substance Use Service Clinics
- Day, Evening, Weekend (DEW) Treatment Program

Government of Canada – Financial Literacy Programs | View Online: [Financial literacy programs - Canada.ca](#)

Educational materials to help students and adults increase their financial knowledge and skills. Including:

1. Financial Basics Workshop - A money management workshop to help young adults make smart financial decisions.
2. Your Financial Toolkit – An online learning program providing financial information and tools for adults.

Government of Canada – Find a Free Tax Clinic | View Online: [Free tax clinics - Canada.ca](#)

Through the Community Volunteer Income Tax Program (CVITP), community organizations host free tax clinics where volunteers complete tax returns for people with a modest income and a simple tax situation.

Immigrant Link Centre Society – Access Food Support and/or Volunteer | View Online: [Immigrant Link – Immigrant Link Centre Society](#)

Immigrant Link enhances access to nutritious food for individuals facing financial challenges, including low-income families, immigrants and refugees in their first year, and seniors. We achieve this by collecting and distributing surplus, unsold food from grocery stores to the community, providing support at no cost.

Kinsight – Parent / Caregivers of Children with Extra Support Needs Networking | Thursday March 14 at 6:30 PM (In-Person) | View Online: [FISP Parent/Caregiver Networking March 2024 \(constantcontact.com\)](#)

This event is intended for parents/caregivers of children and youth with extra support needs. Please join the Family & Individual Support Program (FISP) for a casual, evening meet and greet at Kinsight's location at the Tri-Cities Children's Centre. Come meet the FISP staff, connect with other parents and caregivers, and talk about how things are going at school, receive and offer support as you can.

Nidus – Representation Agreements | View Online: [Accessibility - Nidus](#)

[Our two Accessibility Project videos are now live!](#) To watch “An Introduction to Personal Planning & Representation Agreements in BC” and “Nidus Registry – An Introduction” – [please visit this page](#). These educational videos feature personal, real-life stories from people across British Columbia, highlighting the usefulness of personal planning and Representation Agreements.

Upcoming video launch Q&A and webinars:

- Tuesday February 20, 2024 from 10:30 AM to 12 Noon – [Click Here](#)
- Thursday March 14, 2024 from 7 PM to 8 PM – [Click Here](#)
- Wednesday May 15, 2024 from Noon to 1 PM – [Click Here](#)

Policy Advisor – Article – How to Create a (Disability) Trust in Canada | View Online: [How To Create A Trust In Canada - PolicyAdvisor](#)

Many Canadians set up trusts to protect their beneficiaries and ensure their assets are managed properly after they die. Setting one up is just a matter of meeting the criteria and following a series of relatively easy steps.

For people with disabilities, disability trusts are very important because they are not counted as assets and will not impact the amount of provincial disability assistance they receive.

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.

Prosper Canada – Benefits Wayfinder | View Online: [Home - Benefits wayfinder](#)

Your guide to government benefits that can help put more money in your pocket. Support can be searched by category including:

- Indigenous
- Newcomer / immigrant
- Disability Support
- Emergency Money Need
- Lost my Job
- And more.

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

The Purpose Rent Banks in Burnaby and New Westminster 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.

PUSH – Income and Disability Assistance Support at New Westminster Library | Wednesdays 10 Am to 12 Noon | New Westminster Library Main Branch 2nd Floor

Need to speak to a Welfare worker or know someone who does?

Have questions about supports or a monthly report to submit?

Come see Push at the Library (Main Branch, 2nd floor), Wednesdays 10am - 12pm-ish :) This is a cool outreach bunch of approachable humans including emergency supports, change of address help, application coordination including without ID, treatment funding requests, access to immediate translation supports, etc.

#nwplibrary #NewWestminster #newwest

Quest – Non-Profit Grocery Markets | View Online: [HOME - Quest Food Exchange \(questoutreach.org\)](#)

Ensuring families and individuals in need have access to the groceries they want, at prices they can afford. By bridging the gap between food banks and grocery stores, Quest provides a shopping experience for those in need based on principles of dignity, access, and sustainability.

Residential Tenancy Branch BC | View Online: [Residential tenancies - Province of British Columbia \(gov.bc.ca\)](https://www2.gov.bc.ca/gov/content/tenancy/)

[The Residential Tenancy Branch](#) (or RTB) is the branch of government responsible for regulating and arbitrating tenancy agreements in BC. They have information online for both landlords and tenants concerning tenancy laws in the province. It's also where you can file for [Dispute Resolution](#) if you're facing an issue with your landlord not complying with the law or your lease. Make sure you've done your research and properly prepared your case before filing.

If you have tenancy questions, [they have many options available for contacting them](#) including texting, email, and phone.

Support Worker Central – Find Support / 121 Workers | 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](#), 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 Support Worker Central.

Telus Internet for Good- PWD Recipients | View Online: [Connecting for Good Programs | TELUS](#)

Low-cost connectivity for in-need families, people with disabilities, low-income seniors and youth aging out of care. Note: Internet for Good is provided as a TELUS wireline service only and is not available on our wireless network or for customers accessing TELUS High Speed Internet with a SmartHub.

Telus Internet for Good- Government-Assisted Refugees | View Online: [Supporting government-assisted refugees | TELUS](#)

As part of our Connecting for Good programs that give individuals in need access to TELUS' world-leading technology, we are providing newly arrived government-assisted refugees in Canada with free smartphones, and low-cost mobile and home internet plans.

These services help newcomers stay connected and ease their transition to Canada. To date, we have supported nearly 3,000 refugees across the country through partnerships with service provider organizations.

The Tenant Resource & Advisory Centre (TRAC) | View Online: [front page - TRAC \(tenants.bc.ca\)](#)

[TRAC](#) has helpful information for frequently asked tenancy questions such as issues around leases, pets, and roommates. They also have [a huge list of template letters](#) for handling anything from giving your landlord notice to move out to requesting necessary repairs to your building or suite. They also have a free tenant info-line ([1-800-665-1185](#)) you can call with additional questions.

6.0 Health & Mental Wellness

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ACT – Transition to Adulthood Hub | View Online: [Transition to Adulthood Hub - ACT - Autism Community Training \(actcommunity.ca\)](#)

This Transition to Adulthood Hub outlines a framework for supporting young people with developmental disabilities as they transition from high school to adult life. The planning tools are geared towards planning for individuals who will be eligible for adult support

services through Community Living BC (CLBC), although it may be helpful for a broader range of individuals.

Alcohol & Drug Information Referral Service (ADIRS) | View Online: [Alcohol & Drug Information Referral Service | HealthLink BC](#)

Alcohol & Drug Information Referral Service (ADIRS) provides free, confidential information and referral services to people in need of support with any kind of substance use issue (alcohol or other drugs). Referral to community substance use treatment services is available for all ages.

Need support? Call ADIRS toll-free at 1 800 663-1441, or in the lower mainland at 604 660-9382 24 hours a day, 7 days a week.

AutismBC – Calendar of Events | View Online: [Events from March 26 – March 18 — AutismBC](#)

We empower, support, and connect the autism community in BC. This webpage offers ASD info, support groups, webinars, events, and education resources.

Autism Support Network – Resource Search Portal | View Online: [Resources – Autism Support Network \(autismsupportbc.ca\)](#)

Your One Stop Shop For Brochures, Online Resources, Meeting Listings, Event Listings, and Suggested Websites

BC Children's Hospital – Transition to Adult Care Timeline Brochure & Condition Specific Care Management Plans | View Online: [Transition to Adult Care \(bcchildrens.ca\)](https://www.bcchildrens.ca/transition-to-adult-care)

Enabling transitions is a core practice standard. Resources are available to support the essential partnership with patients, families, and all providers to support youth with special health care needs as they move from pediatric to adult health care. Also included is a collection of twenty-four cardiology and neurology condition specific care management plans have been developed to support providing effective care to these patients.

BC Health Connect Registry – Find a Primary Care Provider | View Online: [Health Connect Registry | HealthLink BC](https://healthconnectregistry.ca)

To be matched with a primary care provider, you can now register through [BC's Health Connect Registry](https://healthconnectregistry.ca). When you register, you are added to a centralized registry of primary care providers across your community. Registration takes less than 10 minutes. You need to provide:

- Personal Health Number (PHN), found on your BC Services Card
- Home address
- Email address and phone number

BC Ministry of Health- Aware Share Care | View Online: [About | Aware, Share, Care \(awaresharecare.ca\)](https://awaresharecare.ca)

Community Living BC and the BC Ministry of Health are committed to supporting individuals with developmental disabilities as they age. We are working to make sure that individuals with developmental disabilities can access high-quality primary care family physicians in their communities and receive the same attention and care to support healthy aging as other people.

Burnaby Primary Care Networks – Medical Forms for Folks with Disabilities | [View Online - Support for People with Developmental Disabilities - Burnaby Primary Care Networks \(burnabypcn.ca\)](#)

We have adapted resources from [SurreyPlace](#) by working with self-advocates, doctors and others. The forms will help you feel more prepared for medical visits and improve communication with your medical providers, including doctors and other clinicians.

These forms can be used by anyone who would like to improve communication at their medical visits. This may include people with disabilities, older adults, people with complex conditions, or who experience language barriers.

Burnaby Primary Care Networks – Mental Health Resource Directory | [View Online: Burnaby Mental Health Resource Directory - Burnaby Primary Care Networks \(burnabypcn.ca\)](#)

Are you seeking mental health support in Burnaby? Connect with available resources. You can view these resources as a searchable index in the 'Table' tab, or explore a visual overview by clicking on the 'Map' tab.

Please note that this collection of resources is updated periodically, with the help of our network of partners. If you would like to submit a new resource or inform us of any updates to existing resources, please use the submissions form. We appreciate your help in connecting our community with available support!

Burnaby Primary Care Network – Urgent Primary Care Centres in Edmonds and Metrotown | [View Online: Urgent and Primary Care Centres - Burnaby Primary Care Networks \(burnabypcn.ca\)](#)

The Edmonds Centre for Healthy Communities Health and Wellness Services is part of the Burnaby Edmonds Primary Care Network (PCN) and provides team-based care to patients

attached to Burnaby family doctors and nurse practitioners. Services include social work, lifestyle behavioral change support, mental health counselling, physiotherapy, clinical pharmacy, and outreach nursing.

There is also a primary care centre in Metrotown that also welcomes walk-ins.

Canada's Black Caregivers – YouTube Docuseries – [Down](#) | View Online: [Down: Canada's Black Caregivers - YouTube](#)

'Down' is a mini-documentary series featuring unique stories of Black caregivers and expert interviews that highlight challenges unique to caregivers in one of Canada's systemically underrepresented populations.

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

The CMHA-Vancouver Fraser has launched the Burnaby Peer Navigator Program and is now accepting participant referrals. The Peer Navigator program helps participants by pairing them with a peer with lived experience and supporting them to navigate services.

Canadian Mental Health Association (CMHA) – Housing Supports for Those Recovering from Mental Illness | View Online: [Housing - CMHA Vancouver-Fraser](#)

Canadian Mental Health Association, Vancouver-Fraser Branch offers [Housing Programs](#) i.e., Transitional Housing, Community Living Support (CLS), Supported Independent Living (SIL), and Youth SIL, to help individuals find independent living while building skills as they work on their recovery from mental illness.

Canadian Mental Health Association (CMHA) – Obsessive Compulsive Disorder (OCD) Groups | View Online: [Counselling and Adult Support Groups - CMHA Vancouver-Fraser](#)

The CMHA, Vancouver-Fraser has been helping people lead happier, healthier, more full-filling lives through its counseling services for 10 years. They currently offer two groups to help folks manage their OCD experience:

1. Adult Wellness Group | Facilitated by a clinical counsellor on the 1st and 3rd Wednesday of every month from 7 to 9 PM (online). Screening interview is required.
2. Young Adult Group | Run by young adult volunteers with lived experience on the 4th Tuesday of every month from 7 to 8 PM (online) for youth 19 to 30.

Canada's Recovery Capital Conference – Overdose Prevention & Recovery Support Tools | View Online: [Recovery Capital, Mental Wellness & Addiction Recovery conference \(recoverycapitalconference.com\)](#)

Are you a person who has a relationship with substance use? Are you connected with or do you currently use substances? Do you identify as in recovery?

Use these; share these:

- Better App(Global) www.betterapp.ca
- Digital Overdose Response System (DORS) www.dorsapp.ca
- Brave App www.brave.coop/besafe
- Nors Overdose Prevention Hotline (Canada) 1 888 688 NORS (6677)

Centre for ADHD Awareness Canada – Find A Resource | View Online: [Find A Resource - CADDAC](#)

CADDAC is a national charity that improves the lives of Canadians affected by ADHD through awareness, education, and advocacy.

Child and Youth Mental Health | View Online: [Child & Youth Mental Health Intake Clinics - Province of British Columbia \(gov.bc.ca\)](https://www.gov.bc.ca/child-youth-mental-health/)

Walk in intake assessment for mental health concerns – Calling ahead to arrange videoconferencing is preferred at this time – After assessment, children and youth are either seen at CYMH for counselling or referred to another appropriate agency for support. Locations include:

CYMH Burnaby (Brentwood)

701-1901 Rosser Avenue | Burnaby | 778-572-2370

CYMH Burnaby (Metrotown)

201-7645 Kingsway | Burnaby | 604-660-9544

CYMH New Westminster

201-1065 Columbia Street | New Westminster | 604-660-9495

CYMH Ridge Meadows

22323 119 Avenue | Maple Ridge | 604-466-7300

CYMH Tri-Cities

300 – 3003 St Johns Street | Port Moody | 236-468-2373

Choosing Therapy – Considerations for Finding a Neurodiversity-Affirmative Therapist |
View Online: [How to Find a Neurodiversity-Affirming Therapist \(choosingtherapy.com\)](https://choosingtherapy.com/how-to-find-a-neurodiversity-affirming-therapist)

If you're autistic or neurodivergent and are seeking therapy, finding a therapist who understands the unique needs specific to the neurodiverse community can be difficult. Fortunately, finding a neurodiversity-affirming therapist is more possible than ever as a greater acceptance of the neurodiversity perspective grows among clinical professionals.

Community Living BC – I Can Be Safe Online | View Online: [I Can Be Safe Online - Community Living BC](https://icanbesafeonline.com)

ICanBeSafeOnline.com was created as Community Living BC's online safety website. This website served as an important tool to help people learn how to be safe online while still having fun with their friends and family, and connecting with their community.

Crisis Centre BC | View Online: crisiscentre.bc.ca

Immediate access to barrier-free, non-judgmental, confidential support and follow-up to youth, adults, and seniors through 24/7 phone lines and online services.

Crime Stoppers – Report Crime or Gang Activity Anonymously | View Online: [Crime Stoppers - Home \(solvecrime.ca\)](https://solvecrime.ca)

You can report gang activity by contacting your local police or report anonymously through the Crime Stoppers link above.

ERASE – Anonymous School Bullying Reporting Tool | View Online: [Anonymous reporting tool for students](#) | [Report It Erase \(gov.bc.ca\)](#)

The [erase|Report It](#) tool lets you send a secure, anonymous and confidential message to your school or school district's safe school coordinator, who will follow up on it right away. You do not have to provide your name unless you want to. Messages are only monitored during your school's operational hours. If this is an emergency please call 911 immediately.

Find A Doctor BC – Search by Town / City Feature | View Online: [Town/City Search - Find a Doctor BC](#)

This site seeks to assist people in finding a long-term family doctor in BC by providing comprehensive listings. This site is not associated with the BC Ministry of Health or any other medical organization.

Foundry Langley – High Hopes Education Program | Starts March 5, 2024 | 20616 Eastleigh Crescent, Langley BC

We are excited to be offering a weekly, drop-in substance education group called High Hopes for youth ages 12-24 at Foundry Langley starting next Tuesday, March 5th. This group will be every Tuesday from 4:00-5:00pm and will be co-facilitated by a Youth Peer Support Worker and a Substance Prevention & Health Promotion Facilitator (PCRS). Topics covered will include harm reduction, goal setting, triggers, etc. No registration is required.

Fraser Region – Measles Spreading in Canada- Spring Break Clinics Offered | View Online: [How to get immunized - Fraser Health Authority](#)

Measles is now spreading in Canada. Measles can spread quickly in school settings, and following a single case of measles in a school, children who are not immunized or not fully immunized are offered a vaccine or excluded from school. Fraser Health public health

units will be offering extra clinics during spring break for school-aged and childhood immunizations, including MMRV (measles, mumps, rubella and varicella).

Fraser Region – List of Urgent and Primary Health Centres | View Online: [Urgent and Primary Care Centre - Fraser Health Authority](#)

An Urgent and Primary Care Centre (UPCC) is a medical facility that provides:

- Provides care for urgent, non-life-threatening medical concerns when you are unable to see your family practitioner or access a walk-in clinic in a timely manner.
- Assesses your health care needs and helps connect you with the appropriate services, at the UPCC or in the community.
- A UPCC is not intended to replace family physicians and nurse practitioners as a person's first point of contact for health concerns.

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

Healing in Colour- Therapist Directory | View Online: [Therapist Directory — Healing in Colour](#)

This directory is meant to make your search for a BIPOC therapist easier. You can search by languages spoken, indigenous identities, billing type (including sliding scale), and more.

Healing in Colour is not able to make any endorsements or guarantees regarding the practitioners listed. You are encouraged to visit their websites and ask them any questions you may have to determine that their services are the right fit for you.

Hello It's Me – Intellectual & Developmental Disability Community App | View Online: [Safe Space for IDD: 'HelloItsMe' Community \(hello-itsme.com\)](https://helloitsme.com)

Join the app revolutionizing the way we connect. Hello, It's Me is designed to bring inclusivity and connectedness to the Intellectual and Developmental Disabilities (IDD) Community. It's time to meet new people, talk about shared interests, and form lasting relationships.

Holland Bloorview- Becoming You: Exploring Sexuality and Disability for Pre-Teens Book | View Online: https://hollandbloorview.ca/sites/default/files/2023-02/Becoming%20You-Exploring%20sexuality%20and%20disability%20for%20pre-teens_Accessible.pdf

This book shares information about sexuality that takes disability into account. It may be helpful for pre-teens, parents and others.

Link! – Safety Relationships and Sexuality (SRS)- Virtual Sexual Health Education Series for Youth (13 to 18) | Starts March 12 from 4 to 5:30 PM | View Online: [Link! SRS Sexual Health Education Series for Youth - Link SRS](#)

Our series will empower a person's exploration of sexuality in a safe and healthy manner. Topics covered include: self-advocacy and rights, consent, online safety, public vs private, healthy relationship qualities and sexual wellness and more.

[Link!- Safety Relationships and Sexuality \(SRS\) – Dating \(Youth 18 and Over\)](#) | Starts March 14 from 6 to 7:30 PM | View Online: [Link! SRS Dating - Link SRS](#)

Link! SRS is proud to launch our revised dating curriculum for adults that focuses on getting to know yourself and developing your dating skills. Maximum number of participants is 15 and a pre-screen interview to confirm suitability will be required prior to confirmation of registration. This group is offered to participants living in Metro Vancouver.

[Multicultural Mental Health Resource Centre](#) | View Online: [Welcome - MMHRC \(multiculturalmentalhealth.ca\)](#)

Responding to Cultural Diversity in Mental Health. The MMHRC provides resources in multiple languages to support culturally safe and competent mental health care for Canada's diverse population.

[NeverTMI – Tell it Like It Is Sexual Health & Wellness Education](#) | View Online: [Tell It Like It Is – Sexual Health + Wellness Education \(nevertmi.ca\)](#)

Assisting diverse learners and the people that support them in making life choices that promote optimal wellness in all dimensions of life.

[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 Westminster. 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

Neurodivergent Counselling Services | View Online: [Home - Neurodivergent Counselling Services](#)

Therapist Oralie is a late-identified Autistic ADHDer, Registered Clinical Counsellor, and the founder of Neurodivergent Counselling Services. They're dedicated to offering [radically neurodivergence-affirming care](#) for [Autistics](#), [AuDHDers](#), and [PDAers](#) in British Columbia and beyond.

Neurodivergent Counselling Services – BC Neurodivergent Counsellors List | View Online: [Find a Neurodivergent Counsellor \(neurodivergentcounselling.ca\)](#)

This searchable database of neurodiversity-affirmative neurodivergent counsellors is provided as a service to the neurodivergent community in British Columbia.

Pathways Medical Care Directory | View Online: [Pathways Medical Care Directory - PathwaysMedicalCare.ca](#)

Visit the Pathways medical page to confirm medical clinic and physician options by city/community.

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.

posAbilities – Link! Safety, Relationships and Sexuality | View Online: [Home - Link SRS](#)

The Link! SRS curriculum developed by posAbilities, provides adapted and tailored sexual health education to individuals and their supporters. Our educators empower a person's exploration of sexuality in a safe and healthy manner. Link! SRS focuses on topics such as: puberty, public versus private settings, sexual health rights, online safety, relationships, sex and the law, and more. Learning about healthy sexuality and gender expression improves a person's quality of life and increases their safety in community.

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](#).

Provincial Language Services | View Online: [Provincial Language Services \(phsa.ca\)](#)

Provincial Language Services offers high quality language access services to health authorities, family practice practitioners, specialist offices, and other allied health professionals. Services that Provincial Language Services provides:

- [Interpreting](#)
- [Deaf, Deaf-Blind & Hard of Hearing](#)
- [Francophone](#)
- [Translation](#)

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 to 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 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 and Adults 19 | Every First and Third Sunday of Every Month Starting February 18 2024 at 2 PM | In-Person Surrey BC | 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 queer BIPOC person.

Rolling with ADHD – Online Learning Modules | View Online:
<https://healthymindslearning.ca/rollingwith-adhd/>

This website offers a range of resources for parents, teachers, and teens via learning modules for parents of children with ADHD developed with support from BC Children's Hospital.

Technology for Living Balance Newsletter March 2024 – Disability-Friendly Dinning Tips | View Online: [March 2024 Issue](#)

The newsletter offers a full article related to disability-friendly dining and tips for enjoyable meals followed by these suggested resources:

1. Cooking with a Disability – [Cooking with a Disability: Hacks to Help in the Kitchen \(theabilitytoolbox.com\)](#)
2. Collection of free visual recipes and other resources for people with disabilities at home – [Accessible Chef – Accessible Cooking for Budding Chefs](#)
3. All you need is 5 ingredients – [15+ Healthy 5-Ingredient Dinner Recipes in 30 Minutes \(eatingwell.com\)](#)
4. AccessNow: a worldwide accessibility information including restaurants - [AccessNow - pin-pointing accessibility worldwide](#)

University of BC, Western University & University of New Brunswick's New iHeal App | View Online: [iHEAL | Home \(ihealapp.ca\)](#)

Backed by years of research and testing, the free, private and secure iHEAL app helps Canadian women who have experienced abuse from a current or past partner to find personalized ways to stay safe and be well.

Virtual Physicians at HealthLink BC | View Online: [Virtual Physicians at HealthLink BC | HealthLink BC](#)

HealthLink BC's virtual physicians provide confidential health information and advice. HealthLink BC's virtual physicians are doctors from across British Columbia. They can help you stay healthy, get better, manage chronic conditions, and seek further treatment, if needed.

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 | View Online: [Home | Volentia](#)

Volentia is pushing for a more equitable medical culture by providing patients and clinics with interpreter services, at no cost. You can access volunteers pre-vetted to provide translation level services for describing and addressing medical needs.

7.0 First Nations, Inuit, & Metis Programs, Events & Supports Resources
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ACCESS – Available Training Programs | View Online: [ACCESS - Aboriginal Community Career Employment Services Society - Training Opportunities \(accessfutures.com\)](#)

ACCESS lists their current training program openings for Indigenous Peoples – Status, Non-Status, Metis, and Inuit peoples.

BCANDS – Disability Organizations Support Page | View Online: [DISABILITY ORGANIZATIONS IN BRITISH COLUMBIA | \(bcands.bc.ca\)](https://bcands.bc.ca)

BC Aboriginal Network on Disability Society (BCANDS) lists a range of disability support organizations searchable by category including:

- Advocacy
- Arts and Culture
- Children and Family
- Education and Employment
- Employment and Training
- Health and Wellness
- Mobility
- Recreation and Leisure
- Technology and Assistive Devices

BC Metis Federation – Emergency Assistance Program | View Online: [Emergency Assistance Program - BC Métis Federation \(bcmetis.com\)](https://bcmetis.com)

The Emergency Assistance Program is for Full Members of the BC Métis Federation only (Associate Members are not eligible). If your membership is expired, please renew your membership before applying for assistance.

BC Metis Federation – Events Page | View Online: [Upcoming Events - BC Métis Federation \(bcmetis.com\)](https://bcmetis.com)

BCMF holds regular Board Meetings, Community events and Job and Procurement Fairs. During February events include:

- Feb 8, 2024 – Under the Sea: Paint Party with Coastal Pups
- Feb 10 2024 – Ribbon Skirt Making Workshop
- Feb 19 2024 – Microplastic Matter: Understanding the Invisible Threat

First Nations Child & Family Caring Society Fact Sheet – How to Access Services and Supports Through Jordan’s Principle | View Online:

<https://fncaringsociety.com/publications/jordans-principle-poster>

Updated in 2023 this infographic provides a three-step description to request support under Jordan’s Principle in addition to timelines required by request type.

First Nations Health Authority – Video – Explaining the First Nations Client File | View Online: [First Nations Client File \(youtube.com\)](https://www.youtube.com/watch?v=...)

Watch this new video to learn everything you ever wanted to know about the First Nations client file. This short video will explain what it is, what information is included in it, and how that information is stored and used.

First Nations Health Authority – List of Treatment Centres | View Online: [Treatment Centres \(fnha.ca\)](https://fnha.ca/treatment-centres)

In BC there are several residential treatment centres and an outpatient centre, funded through the National Native Alcohol and Drug Abuse Program (NNADAP). Services are offered to men, women, youth (in one centre) and families.

First Nations Health Authority – Webinar- Indigenous Peoples’ experiences and realities within the Canadian Healthcare system: What’s the impact on health outcomes? | March 21, 2024 at 11 AM | View Online: [March 21st, 2024 – Indigenous Peoples’ experiences and realities within the Canadian Healthcare system: What’s the impact on health outcomes? | UBC Learning Circle](https://www.fnha.ca/webinars/march-21-2024-indigenous-peoples-experiences-and-realities-within-the-canadian-healthcare-system-what-s-the-impact-on-health-outcomes-ubc-learning-circle)

The SBME Indigenous Engagement Committee in collaboration with the UBC Learning Circle will be hosting Indigenous speakers from different backgrounds to share the

realities of their experiences in the Canadian Healthcare system. Our goal for this panel is to help spread awareness of existing issues in the healthcare system and discuss actionable steps we can all take towards minimizing the health inequities within the Canadian Healthcare system.

First Nations Health Authority – Food is Medicine Wellness Challenge | View Online: [Join the FNHA's "Food is Medicine" Wellness Challenge!](#)

March is [National Nutrition Month](#), and the First Nations Health Authority (FNHA) is holding our annual "Food is Medicine" Wellness Challenge. We invite First Nations people across BC to share stories all month long about the different foods they grow, hunt, harvest and eat in their community.

Some other resources include:

1. FNHA & Indigenous Sport Activity and Recreation Council's (I-SPARC's) – Food is Medicine Cookbook | View Online: <https://www.fnha.ca/Documents/FNHA-ISPARC-Food-is-Medicine-Recipe-Book.pdf>
2. FNHA – Traditional Food Fact Sheet | View Online: https://www.fnha.ca/Documents/Traditional_Food_Fact_Sheets.pdf
3. FNHA – Canning Guide | View Online: <https://www.fnha.ca/WellnessSite/WellnessDocuments/FNHA-Canning-Foods-Your-Guide-To-Successful-Canning.pdf>

First Nations Health Authority – Wellness Programs | View Online: [Wellness \(fnha.ca\)](#)

The FNHA works towards the health and wellness of all First Nations in BC through its unique approach to wellness and its support of community wellness activities.

First Nations Health Authority – Virtual Doctor of the Day | To Book Appointments Call: 1-855-344-3800 | View Online: [First Nations Virtual Doctor of the Day \(fnha.ca\)](https://fnha.ca)

The First Nations Virtual Doctor of the Day program enables First Nations people in BC with limited or no access to their own doctors to make virtual appointments. The intent of the program is to enable more First Nations people and their family members to access primary health care closer to home.

Fraser Region Aboriginal Friendship Centre – Traditional Elder Counselling | View Online: [Traditional Elder Counselling – Fraser Region Aboriginal Friendship Centre \(fracfa.org\)](https://fracfa.org)

Elders are integrated throughout all FRAFCA programming. Families who would benefit from extra support may access elders for 1-on-1 spiritual guidance, support, and counselling.

Program Services

- One-on-one spiritual guidance, support, and counselling
- Support accessing traditional medicines and healing modalities
- MCFD referred clients only

Hope for Wellness Helpline | Call: 1-855-242-3310 | View Online: [Home - Hope for Wellness Helpline](https://www.hopewellnesshelpline.ca)

Hope for Wellness Helpline is available 24/7 to all Indigenous people across Canada. Whether you prefer to talk to someone on the phone or online, we're here to support you anytime.

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

The KUU-US Crisis Line Society is a non-profit registered charity that provides 24-hour crisis services through education, prevention, and intervention programs.

Lu'ma – Medical Centre Culturally Safe Healthcare | View Online: [Lu'ma Medical Centre — Lu'ma Group of Companies \(lnhs.ca\)](#)

The Lu'ma Medical Centre offers a range of programs and services including:

- Traditional Healing and Elders Program
- Primary Care
- Counselling
- Social Navigation
- Wellness
- Dietitian Services

Metis Culinary Arts Program & Employment | View Online: [Métis Culinary Arts Program & Employment | MNBC](#)

This program offers the fundamentals you need to gain an entry-level position within a kitchen. Students will learn essential cooking and baking skills, explore Indigenous cuisine, and develop invaluable networks with other Métis Citizens, Elders and an industry-leading Indigenous chef, Paul Natrall aka Mr. Bannock!

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

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 - šxʷʔáləqʷaʔ YOUTH HUB | View Online: [Youth – Spirit of the Children Society \(sotcs.ca\)](#)

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.

UBC Learning Circle – Webinar- Healing Through Land, Jazz and History with Delbert Anderson | March 19, 2024 at 10 AM | View Online: [March 19th, 2024 – Healing Through Land, Jazz and History with Delbert Anderson | UBC Learning Circle](#)

Anderson shares his project experience with the Bureau of Land Management, youth ensemble program and Diné artist research. Anderson will conduct an activity on how everyone can navigate life and will pass on Indigenous knowledge of how everyone can live in beauty, balance and harmony.

UBC Summer Science Program for Indigenous Students | Application Deadline May 1, 2024 | View Online: [Online Survey Software](#) | [Qualtrics Survey Solutions](#)

Apply to join others at UBC to explore a week of Science, culture, and fun. Meet friends, mentor, and Elders. Get to learn more about post-secondary programs at UBC. UBC Summer Science is planning to be running in-person from June 30th - July 13th, 2024. There will be two sessions of Summer Science. The week 1 session of the program will be for students going into grades 11/12 and the week 2 session will be for students going into grades 9/10 in the Fall (September) of 2024.

8.0 Intercultural Learning, Events & Resources

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BC Office of the Human Rights Commissioner – Video – Understanding Systemic Discrimination | View Online: [Systemic discrimination - BC's Office of the Human Rights Commissioner \(bchumanrights.ca\)](#)

Systemic discrimination is a major issue in B.C. and Canada, but it isn't well understood. Many people wonder, "how can systems be discriminating?" and "how does systemic discrimination really impact people?" Because of this gap in knowledge, some people have experienced systemic discrimination without realizing it and some have unknowingly created or perpetuated discriminatory systems.

The resources on this page—beginning with a video and discussion guide—are designed to address this knowledge gap.

Burnaby intercultural Planning Table | View Online: [BIPT -Home](#)

Settling in a new city means making it your new home, understanding the way of life, and becoming part of the community. It's more than just moving; it's about feeling comfortable, safe, and connected. The BIPT works collaboratively with partner organizations and residents to facilitate opportunities for newcomers to engage in their community.

Burnaby Together – Coalition Against Racism & Hate | View Online: [Burnaby Together](#)

Burnaby Together's vision is a city where all community members are welcomed, valued and respected. Burnaby Together is part of Resilience BC Anti-Racism Network and formed to lead anti-racism and anti-hate work in the Burnaby community.

Canadian Race Relations Foundation – Report Release – Reflections on the First Decade of UN IDPAD | View Online: [Reflections on the first decade: Black Canadian Leadership at the UN Forum for People of African Descent – Canadian Race Relations Foundation \(crrf-fcrr.ca\)](https://www.crrf-fcrr.ca/reflections-on-the-first-decade-black-canadian-leadership-at-the-un-forum-for-people-of-african-descent)

This report summarizes the proceedings of the 2023 Second Session of the United Nations Permanent Forum on People of African Descent and provides a report-back on the experiences and perspectives of the Black civil society leaders supported by CRRF and CCUNESCO to attend and participate in this global gathering.

City in Colour Cooperative – In-Person Event – How to Create Safer Workplaces for Racialized Women | Friday March 8 from 4:30 to 6:30 PM | 13485 Central Avenue, Surrey BC | View Online: [Making Space: How to create safer workplaces for racialized women Tickets, Fri, 8 Mar 2024 at 4:30 PM | Eventbrite](#)

On International Women's Day, we cordially invite you to celebrate the launch of our workbook titled 'How to create safer and inclusive workplaces for racialized women.' This workbook is the result of our 3 years project 'Towards a Feminist City of Surrey' where we explored the hiring, retention and upward mobility of racialized women.

City of Burnaby – Listing of Indigenous Public Art | View Online: [Public Art in Burnaby \(arcgis.com\)](https://arcgis.com)

We recognize that all residents and visitors to this community are on the ancestral and unceded homelands of the hən̓q̓əmi̓nəm̓ and Skwxwú7mesh speaking peoples. We are grateful to be on this territory. We pay our respect to the Nations who share territory in Burnaby. We invite and welcome the ongoing involvement of artists from Host Nations in shaping the nature of public art on these lands.

First Nations Health Authority – Article – Hobiye 2024 in Vancouver a Celebration of Cultural Resiliency and Healing | View Online: [Hobiye 2024 in Vancouver a celebration of cultural resiliency and healing \(fnha.ca\)](https://fnha.ca/hobiye-2024-in-vancouver-a-celebration-of-cultural-resiliency-and-healing)

The Nisga'a Nation celebrated Hobiye in Vancouver last weekend at the PNE Forum. The celebrations saw more than 1,000 traditional dancers from 16 dance groups and 10,000 witnesses welcome Nisga'a new year. For the more than 1,700 Nisga'a people who live away from their traditional territory in the Nass Valley, Hobiye is an important way to stay connected to culture.

PICS – Anti-Racism Art Exhibition | Thursday March 21, 2024 at 10 AM | In-Person at Surrey | View Online: [Anti-Racism Art Exhibition Tickets, Thu, 21 Mar 2024 at 10:00 AM | Eventbrite](https://www.eventbrite.com/e/anti-racism-art-exhibition-tickets-755555555555)

Join us for an inspiring event, the Anti-Racism Art Exhibition, held at Surrey City Hall. Taking place on Thu Mar 21 2024 at 10:00 AM (Pacific Daylight Time), this exhibition aims to foster dialogue and raise awareness about the pressing issue of racism through the power of art.

Province of BC – Announcement – More Than 7,000 People Shared Thoughts on Upcoming Anti-Racism Legislation | View Online: [More than 7,000 people shared thoughts on upcoming anti-racism legislation | BC Gov News](https://www2.gov.bc.ca/gov/news/2024/03/07/anti-racism-legislation)

The community feedback, paired with information gathered under the Anti-Racism Data Act, is being used to inform new anti-racism legislation that will be introduced in spring 2024. The new legislation will advance efforts to remove systemic racist barriers in government programs and services.

Race and Disability Canada | View Online: [Race and Disability Canada \(racedisability.ca\)](https://racedisability.ca)

We conduct research and provide education and training to help understand the lived realities of Indigenous, Black and Racialized people with Disabilities in Canada with a view to affecting positive change in service provision and policy directives across the country.

SFU Webinar Recording – Len Pierre “Navigating the Tyranny of Efficiency” | View Online: [Len Pierre | Navigating the Tyranny of Efficiency - SFU Public Square - Simon Fraser University](#)

At this event, Len Pierre discussed what it means to center cultural safety through an Indigenous world view, within, what he called the “tyranny of efficiency”. This tyranny refers to the way in which institutions prioritize quick fixes over meaningful change, leading to surface level approaches and virtue signaling. Len’s dialogue explored the detrimental repercussions of using shallow approaches that do not prioritize cultural safety. He established the foundational tenets of cultural safety through his perspective as a Coast Salish Katzie man and explored how to move forward in more informed ways.

TedX Talks – Allegories on Race and Racism by Dr. Camara Jones | View Online: [Allegories on race and racism | Camara Jones | TEDxEmory \(youtube.com\)](#)

Dr. Camara Jones shares four allegories on “race” and racism. She hopes that these “telling stories” empower you to do something different, and that you will remember them and pass them on. Dr. Jones is a family physician and epidemiologist whose work focuses on the impacts of racism on the health and well-being of the nation. She seeks to broaden the national health debate to include not only universal access to high quality health care, but also attention to the social determinants of health (including poverty) and the social determinants of equity (including racism).

9.0 Legal, Advocacy & Rights-Based Supports

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BC Ombudsperson | View Online: [Office of the Ombudsperson - Office of the Ombudsperson \(bcombudsperson.ca\)](https://www.bcombudsperson.ca)

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

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

The Community Law Advocacy Program provides information, advice, referrals, and representation for a variety of issues including:

- Welfare Issues – Income Assistance and Hardship
- Employment Issues – Employment Insurance, Canada Pension Plan, CPP Disability, Old Age Security
- Housing – BC Housing, Residential Tenancy Issues for Tenants, Rental Assistance Program
- Consumer/Debt Issues
- Senior Advocacy

Cybertip.ca – Canada's National Tipline for Reporting the Online Sexual Exploration of Children | View Online: [Home – Cybertip.ca](https://www.cybertip.ca)

With a 150% increase in reports of sextortion to the tipline in the last six months, Cybertip.ca has information on how it occurs, ways you can help prevent it, and what teens can do if it happens to them.

Disability Alliance BC – Direct Services Application Support | View Online: [Direct Services | DABC \(disabilityalliancebc.org\)](https://disabilityalliancebc.org)

Our advocates can help you apply for a range of disability benefits and programs, as well as catching up on filing income taxes. Open by appointment only.

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

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

- Accessibility laws
- Discrimination / human rights
- Access to Services
- Accommodation in the workplace
- Post-secondary education
- Transportation
- Decision-making rights
- Removing committee ship
- Public Guardian and Trustee
- Long-term Disability Insurance

FamilySmart – Parent Peer Support | View Online: [Parent Peer Support - FamilySmart](https://familysmart.ca)

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 \(familysupportbc.com\)](https://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.

First United Legal Aid | View Online: [Legal Advocacy - First United Church](https://firstunited.ca/legal-advocacy)

First United offers free legal aid to low-income and vulnerable individuals. You can contact them via advocacy@firstunited.ca or by phone at 604-251-3323.

Government of Canada – Proposed Bill to Address Online Harms | View Online: [Proposed Bill to address Online Harms - Canada.ca](https://www.canada.ca/en/government/initiatives/speical/consultations/proposed-bill-address-online-harms)

The Government of Canada has introduced legislation to hold social media platforms accountable for addressing harmful content on their platforms and for creating a safer online space that protects all people in Canada, especially kids.

Inclusion BC | View Online: [Advocacy - Programs & Services - Inclusion BC](https://inclusionbc.ca/advocacy-programs-services)

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.

Inclusion BC – Everybody Belongs Conference 2024 | View Online: [Home - Everybody Belongs! 2024 \(cvent.com\)](https://cvent.com/event/everybody-belongs-2024)

Join us at Inclusion 2024: Everybody Belongs! Our conference is BC's premier learning event for intellectual and developmental disabilities, inclusion, and diversity. This will mark our 45th learning event.

Everybody Belongs! is a unique opportunity to connect with the latest information and resources on inclusion and diversity. Our conference will be in Nanaimo on May 30 to June 1, 2024 at the Vancouver Island Conference Centre.

Province of BC – Gender-Based Violence, Sexual Assault and Domestic Violence Resource List | View Online: [Gender-based violence, sexual assault, and domestic violence - Province of British Columbia \(gov.bc.ca\)](https://www2.gov.bc.ca/gov/content/soc/comm/comm-dev/gbv-sa-dv-resource-list)

A list of statistics and resources for those experiencing or supporting someone experiencing gender-based violence, sexual assault, and domestic violence. Resource headings include:

- Where to Get Help
- How to Help
- Information and Resources

Province of BC – Take Back Your Online Images | View Online: [Home - Take Back Your Images \(gov.bc.ca\)](https://www2.gov.bc.ca/gov/content/soc/comm/comm-dev/tbyoi)

Everyone has the right to give and take back their consent at any time. If an intimate image of you was shared without your consent, or someone has threatened to share it, there are ways to take action.

10.0 Miscellaneous Resources

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Province of BC – Anti-Hate Community Support Fund | Application 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/soc/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. The fund is intended to support organizations, such as places of worship or cultural community centres, that have sustained damages to their site(s) or are seeking to enhance security measures in and around their site(s).

11.0 Monthly Days of Observance

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

- Mar 01 to Mar 31 | Cerebral Palsy Awareness Month | View Online: [Cerebral Palsy Awareness Month 2024 | Cerebral Palsy Research Network \(cprn.org\)](https://www.cprn.org/)
- Mar 01 to Mar 31 | Developmental Disabilities Awareness Month | View Online: [Developmental Disabilities Awareness Month – NACDD](https://www.nacdd.ca/)
- Mar 01 to Mar 31 | Multiple Sclerosis Awareness Month | View Online: [Multiple Sclerosis Awareness Month 2024 | MSA \(mysaa.org\)](https://www.mysaa.org/)
- Mar 01 to Mar 31 | National Nutrition Month | View Online: [Dietitians of Canada - Join one of the largest communities of dietitians in the world](https://www.dietitians.ca/)
- Mar 10 to Apr 08 | Ramadan | View Online: [Vancouver Ramadan Timings 2024 Calendar, Sehri & Iftar Time Table \(hamariweb.com\)](https://www.hamariweb.com/)

- Mar 01 | International Wheelchair Day | View Online: [International Wheelchair Day | An annual celebration of the Wheelchair \(wordpress.com\)](#)
- Mar 01 | Self-harm Awareness Day | View Online: [Self-Harm Awareness Day \(teentalk.ca\)](#)
- Mar 08 | International Women's Day | View Online: [International Women's Day 2024 \(internationalwomensday.com\)](#)
- Mar 08 | Maha Shivaratri | View Online: [Maha-shivaratri | Lord Shiva, Hinduism, Shiva Puja | Britannica](#)
- Mar 15 | International Day to Combat Islamophobia | View Online: [Statement by Minister Hussen on the International Day to Combat Islamophobia - Canada.ca](#)
- Mar 19 | Nowruz | View Online: [International Nowruz Day | United Nations](#)
- Mar 20 | International Day of La Francophonie | View Online: [Canada and La Francophonie \(international.gc.ca\)](#)
- Mar 21 | International Day for the Elimination of Racial Discrimination | View Online: [International Day for the Elimination of Racial Discrimination | United Nations](#)
- Mar 21 | World Down Syndrome Day | View Online: [Home - World Down Syndrome Day](#) | DSRF - [World Down Syndrome Day 2024 - Down Syndrome Resource Foundation \(dsrf.org\)](#)
- Mar 22 | World Water Day | View Online: [World Water Day | United Nations](#)
- Mar 23 | Purim | View Online: [What Is Purim? - Chabad.org](#)
- Mar 25 | International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade | View Online: [Outreach Programme on the Transatlantic Slave Trade and Slavery | United Nations](#)
- Mar 26 | Purple Day for Epilepsy | View Online: [Purple Day – Supporting Epilepsy Around The World!](#)
- Mar 31 | International Transgender Day of Visibility | View Online: [International Trans Day of Visibility | CCGSD \(ccgsd-ccdgs.org\)](#)

This is not an extensive list and we welcome folks in our community to share other days of observance for future consideration.

12.0 Newcomer Programs and Resources

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AMSSA Webinar- Navigating Cyberbullying: Supporting Newcomer School Age Children in the Digital Era | View Online: [SWIS Webinar: Navigating Cyberbullying: Supporting Newcomer School Age Children in the Digital Era \(EN\) \(amssa.org\)](#)

View the video and access the presentation slides on how to Navigate Cyberbullying.

BC Refugee Hub – Interim Federal Health Program | View Online: [IFHP Toolkit for Refugee Claimants – BC Refugee Hub](#)

In this online info page, the BC Refugee Hub has curated information about the Interim Federal Health Program for Refugee Claimants. This information may be used by advocates, friends and family of claimants and front-line workers.

Burnaby Intercultural Planning Table – Local Immigration Partnership | View Online: [BIPT - Home](#)

Settling in a new city means making it your new home, understanding the way of life, and becoming part of the community. It's more than just moving; it's about feeling comfortable, safe, and connected. The BIPT works collaboratively with partner organizations and residents to facilitate opportunities for newcomers to engage in their community.

Canadian Immigrant Awards – Nominations Open | Deadline March 9, 2024 | View Online: [Nominations Now Open | Top 25 Canadian Immigrants Awards](#)

To nominate, go online to canadianimmigrant.ca/canadas-top-25-immigrants. Fill out the simple form with as much detail about the nominee's contributions and accomplishments as possible. Deadline for nominations is March 9, 2024, 11:59 pm EST. A nominee can be anyone who has permanently immigrated to Canada and has since contributed to the success and uplifting of this country and/or its people. Achievements can be either professional or personal. Nominees must be landed immigrants (permanent residents or citizens) and reside in Canada.

Immigrant Services Society of BC – Maple Ridge | View Online: [Maple Ridge Programs & Services | Immigrant Services Society of BC \(ISSofBC\) \(issbc.org\)](#)

We help immigrants build a future in Canada and our services support your settlement and English language needs, as well as your employment and career ambitions. We are driven by core values and principles that put inclusivity, compassion and innovation at the centre of our work.

Islamophobia Legal Assistance Hotline | View Online: [Home | Islamophobia Legal Assistance Hotline \(islamophobiaonline.org\)](#)

Have you or anyone you know experienced trauma in community simply because you're Muslim? Visit islamophobiaonline.org for free confidential legal advice and representation if you have experienced discrimination, harassment, or violence because you are Muslim or were perceived to be Muslim.

Islamophobia Motivated Incident Reporting Tool- IMIRT App | View Online: [IMIRT](#) | Press Release: [New mobile app aims to combat rising Islamophobia in Canada \(iqra.ca\)](#)

A new mobile app named IMIRT, short for Islamophobia-Motivated Incident Reporting Tool, has been launched to enhance community safety and inclusivity. This initiative follows a worrisome surge in violent Islamophobic events nationwide.

Fraser Valley Refugee Readiness Team | View Online: [Home - Fraser Valley Refugee Resources \(fvrefugees.ca\)](#)

The Fraser Valley Refugee Readiness Team (FV RRT) is a regional team covering the cities of Abbotsford, Mission, Chilliwack, and Maple Ridge/Pitt Meadows. We provide refugees with access to information regarding healthcare, housing, and employment.

Government of Canada – How to Apply for Canadian Citizenship | View Online: [Apply for Canadian citizenship - Canada.ca](#)

Learn who is eligible to apply for Canadian citizenship and the steps involved.

Government of Canada – How to Apply for a Waiver of a Citizenship Requirement | View Online: [Waiver for citizenship requirements - Canada.ca](#)

To become a Canadian citizen, you must meet certain requirements when you apply. If you can't meet a specific requirement, you can request an exemption. This is called a waiver. If your waiver is approved, it means you don't need to meet that requirement. You can only request a waiver for:

- the citizenship test
- proving your English or French language skills
- the oath of citizenship

If you can meet the requirement but you need help with it, [request an accommodation instead](#).

Maple Ridge, Pitt Meadows, Katzie Local Immigration Partnership | View Online: [Maple Ridge, Pitt Meadows, Katzie LIP | Maple Ridge Pitt Meadows Katzie Local Immigration Partnership \(ridgemeanowskatzielip.ca\)](#)

The Ridge Meadows Katzie Local Immigration Partnership (LIP) is a consortium made up of senior decision-makers representing business, health, libraries, culture, faith, local and provincial governments, parks and recreation, policing, banking and community and immigrant serving organizations. Together these representatives plan and lead activities that aim to ensure the region is prepared to welcome and include new immigrants and support their successful settlement and integration.

NewtoBC – Library Champions Project Info Session | March 28k 2024 from 6 to 7 PM | View Online: [Library Champion Registration - Burnaby Public Library - NewToBC](#)

New immigrants helping other new immigrants through the Library Champions Project. [The Library Champions Project](#) (LCP) is a three-month volunteer program for new immigrants.

During the project, Library Champions are trained to conduct outreach to other new immigrants. The LCP's training sessions focus on building communication, presentation, and outreach skills and on gaining an understanding of the range of programs, services, and resources that are provided by libraries and immigrant and community service agencies.

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

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.

PIRS – Outreach Support Workers | View Online: [One-On-One Support for Immigrant & Refugee Women in Canada \(pirs.bc.ca\)](https://www.pirs.bc.ca/one-on-one-support)

PIRS multilingual team of Outreach Support Workers (OSW) provide one-on-one system navigation and peer mentorship support.

Rainbow Refugee | View Online: [Helping LGBTQ+ Refugees Resettle in Canada - Rainbow Refugee Vancouver](https://rainbowrefugee.org/helping-lgbtq-refugees-resettle-in-canada)

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.

S.U.C.C.E.S.S- Settlement Workers in School (SWIS) School District 42 | View Online: [Settlement Workers in Schools \(SWIS\) | Maple Ridge - Pitt Meadows School District 42 \(sd42.ca\)](https://www.sd42.ca/settlement-workers-in-schools)

The primary focus of the school-based settlement service is to assist parents and their children with first-year settlement needs. The emphasis is on facilitation of settlement and integration of newcomer families through referrals and cross-cultural education.

The Family Education & Support Centre & Ridge Meadows Multicultural Society | View Online: [Home \(rmmcsociety.ca\)](https://www.rmmcsociety.ca)

We are a diverse group of residents from Maple Ridge and Pitt Meadows who desire to promote the rich cultural diversity of British Columbia. The Ridge Meadows Multicultural Society collaborates with community agencies to host events throughout the year.

Vancouver & Lower Mainland Multicultural Family Support Services – Family Violence Support for Newcomers | View Online: [Vancouver & Lower Mainland Multicultural Family Support \(vlmfss.ca\)](https://www.vlmfss.ca)

We offer assistance to immigrants, refugees, visible minorities, and women without immigration status and children facing family violence within the Metro Vancouver area. We believe that every woman and child deserves to feel secure, and we are committed to helping them rebuild their lives.

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

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.

13.0 Podcast, Webinars, Video & Print Resources

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3.21: Canada's Down Syndrome Magazine – Spring 2024 Edition Available for Download |
View Online: [DOWNLOAD 3.21 ISSUE #18](#)

In this edition of 3.21, we aim to bridge this knowledge gap. Within these pages, you'll hear from several professionals who will share their findings on crucial issues including Down syndrome population metrics and its impact on healthcare, Down syndrome regression disorder, and the information practices of Canadian Down syndrome families. In addition, CDSS shares the results of our recent Mindsets study on health and fitness for people with Down syndrome.

ACT – Video – Autism Sexual Health and Safety: Empowering Community | View Online: [Autism, Sexual Health, and Safety: Empowering Community - ACT - Autism Community Training \(actcommunity.ca\)](#)

Accessible sexual health education is an essential part of learning. In this nine part workshop, sexual health educators present on educational approaches and resources to support age-appropriate, accessible sexual health education for autistic individuals.

BC Disability Collaborative – Responding to the Provincial Budget 2024 | View Online: [Letter from BC Disability Collaborative to BC Premier and Ministers in response to Announcement of Budget 2024 - Family Support Institute \(familysupportbc.com\)](#)

In response, FSI, as a member of the BC Disability Collaborative (BCDC), is calling upon the government to do more for individuals with disabilities and their families. In this letter to the provincial government, FSI and BCDC point out that “Budget 2024 does not include the promised “new investments,” nor does it in any way address the enormous service delivery gaps that currently confront families of individuals with support needs and leave them vulnerable.”

BC Peoples First – Self-Advocacy Conference 2024 Virtual Events | March 13 and 14 2024 | View Online: [Nothing About Us Without Us! BCPF Self-Advocacy Conference 2024 \(Virtual Events\) | BC People First](#)

Calling all BCPF Members and other self-advocacy group members in BC! Join us this March for learning and networking online or in-person. Let's strengthen our advocacy efforts together and create lasting impact in our communities. Virtual Sessions include:

- Wednesday, March 13 @ 2:00pm - 2:45pm Canada Disability Benefit & Advocacy Project Overview with Disability Without Poverty
- Wednesday, March 13 @ 3:00pm - 3:45pm Self-Advocacy Panel & Presentation: Accessibility & Overcoming Barriers
- Wednesday, March 13 @ 7:00pm - 8:00pm Happy Hour Get Together – "Show & Tell" Share About Your Favourite Keepsake or Memory
- Thursday, March 14 @ 10:00am - 10:45am "Advocacy Circle" Share Your Advocacy Project, Poem, Speech, Song, or Blog Idea & Get Feedback – Plus, we'll start this session with a mini lesson from Curiko on how to use art and writing for advocacy and expression.
- Thursday, March 14 @ 11:00am - 11:45am BCPF Panel & Presentation: Entrepreneurship Tips & Small Business Ownership in BC

Canadian Labour Congress – Rise Up! For Gender Justice | View Online: [Rise up! For gender justice](#) | [Canadian Labour Congress](#)

We are facing multiple crises all stacked on top of each other: Affordability, Care and Climate. And women are disproportionately impacted. They are the ones who bear most of the caring and household responsibilities and face impossible choices, every month, to make ends meet. Workers, especially women, continue to see their wages falling behind while they struggle to pay rent, buy food, or afford medicine when their child gets sick.

That is why this year, Canada's unions are rising up for gender justice!

Centre for Addiction and Mental Health (CAMH)- Evidence Snapshot: Factors that Contribute to the Mental Health of Black Youth | View Online: [Feb 24 Newsletter \(Evidence snapshot\)](#) | [CAMH](#)

The researchers presented findings on both the risk and protective factors that influence the mental health of young people in this study. Anti-Black racism and intergenerational tensions were the most discussed influences on mental health. You can download a full version of the report from the website.

Children's Healthcare Canada – Spark Learning Calendar | View Online: [Learning Calendar - Children's Healthcare Canada \(childrenshealthcarecanada.ca\)](#)

A list of learning opportunities for the coming month and registration links.

Children's Healthcare Canada- Following the Spark: Actionable Strategies to Untangle the Complexities of Neurodevelopmental Disorders | March 7 and 14 from 12 to 1 PM MT | View Online: [Webinar Registration - Zoom](#)

This FREE 4-part webinar series over Zoom will address the topics of autism, neurodevelopmental and rare disorders like fragile X syndrome. Each session will be framed within the context of case-based discussions with particular emphasis on identifying strategies, theoretical knowledge, and actionable recommendations.

- Session 3: Navigating unique care needs across the lifespan: Perspectives in adult care and First Nations families Speakers: Speakers: Dr Ade Orimalade, Dr. Prajjita Bardoloi, and Grant Bruno March 7, 2024, 12:00-1:00pm MT
- Session 4: Panel discussion: Supporting individuals, families, and care providers March 14, 2024, 12:00-1:00pm MT

First Call Child & Youth Advocacy Society – 2023 BC Child Poverty Report Card Released | View Online: [2023 CPRC Media Materials - First Call Child and Youth Advocacy Society \(firstcallbc.org\)](#)

The report contains 25 child poverty reduction recommendations for the provincial and federal governments in the areas of tax fairness and income support, targeting initiatives for groups with higher child poverty risks, and investing in lowering barriers and improving lives through robust universal programs.

Holland Bloorview Webinar- Knowledge Mobilization – Disability & Dating in the Digital Age with Eleni Moumos | March 19, 2024 at 9 AM PST | View Online: [Meeting Registration - Zoom](#)

How is disability constructed in disability-focused dating websites? Join us to learn more about the ever changing world of online dating.

Inclusion BC – Our Family Leadership Series | View Online: [Our Family Leadership Series - Blog - Inclusion BC](#)

Families mobilized and started the community living movement and continue to keep the inclusion movement going today. Inclusion BC's Family Leadership Series works to strengthen families' networks and build their capacity for individual and group advocacy.

Inclusion BC – Provincial Budget Alert 2024 – Throne Speech Interpretation | View Online: [Provincial Budget Alert 2024 - Blog - Inclusion BC](#)

Read about our recommendations, followed by the related dollar amounts allotted in this year's budget. There are a few opportunities to explore, but still significant work to do in important areas for people with disabilities.

Institute of Child Psychology – Spring Parenting & Mental Health Summit | April 9th to 12th 2024 | View Online: [Conference Registration - Institute of Child Psychology](#)

Hear from the world's leading experts in parenting and children's mental health for free. This summit can be helpful if:

- You are interested in the science of parenting.
- You're curious about what attachment, emotional intelligence, psychology, and brain science can tell us about how to raise kids.
- You have kids that are more sensitive, strong-willed, bright, or spirited than others (and sometimes the advice in "traditional" parenting sources just doesn't work for you, or your child).
- You want to raise kids who are resilient and empowered in today's more complicated world.
- You'd like to raise strong, confident kids.
- You strive to use effective alternatives to threats and bribes and want to address challenging behaviours with connection and communication (without passing on your own baggage).

Institute of Child Psychology – Article – Instead of Stranger Danger You Teach Children About Tricky People | View Online: [⚠️ Teach Your Children about TRICKY PEOPLE \(not 'stranger danger'\) \(mailchi.mp\)](#)

"Tricky people" is a term used to describe individuals who may try to manipulate or deceive children, but they might not necessarily be strangers. The article reviews the ways in which you can explain “tricky people” to your child.

Leave Out Violence (LOVE) Society BC – Anti-Oppression Workshops for Youth | View Online: [LOVE BC Workshops and Programs \(google.com\)](#)

[Leave Out Violence \(LOVE\) Society BC](#) is a youth-driven non-profit organization that facilitates safe(r) spaces and programs for young people in the Lower Mainland to explore anti-violence and social justice through art making. We host hundreds of workshops annually using anti-oppression and anti-violence frameworks while incorporating art-based activities as tools for expression.

Upcoming workshops:

- Circle of Sharing for Newcomers, Mondays 4:00 - 6:00 pm
- Photography Short Course, Tuesdays 4:00 - 6:00 pm
- Mental Health Summit with Jack.org
- Training for IBPoC, Spring Break Weekdays 11 - 4 pm

FSI- Possibilities Newsletter – Dec 2023 | View Online: [View in Web](#)

We value your comments, suggestions and articles on what's going on in your community. Submissions for consideration into future Possibilities! Newsletter or requests to reprint any of its content can be emailed to rkendurkar@fsibc.com. The Editor reserves the right to edit the material and to withhold material from publication.

Pride at Work Canada – Matrices: Trans, Non-Binary & Agender Digital Connect | Tuesday March 19 at 12 Noon EDT | View Online: [Matrices: Trans, Non-Binary & Agender Digital Connect \[EN\] - Pride At Work Canada](#)

Pride at Work Canada is proud to present the seventh installment of [Matrices: Trans, Non-Binary & Agender Digital Connect](#), a free networking event for trans, non-binary, and agender professionals and jobseekers! We will bring trans, non-binary, and agender professionals from across Canada.

Our guest speaker Keimi Nakashima Ochoa (all pronouns) will deliver brief remarks after which attendees will then enter 1-1 speed networking rounds to discuss our speaker's story, our session theme, and to meet other professionals and jobseekers. After the 1-1 speed networking rounds, we'll come back as a group and close the session.

The LowDOWN Podcast – A Down Syndrome Podcast Launches Season 9 | View Online: [The LowDOWN Podcast - Down Syndrome Resource Foundation \(dsrf.org\)](#)

The LowDOWN: A Down Syndrome Podcast brings a professional perspective on issues facing individuals with Down syndrome and their loved ones. Hosts Marla Folden and Hina Mahmood of the Down Syndrome Resource Foundation welcome North America's leading Down syndrome experts, parents and self-advocates to cover topics from across the lifespan including health, physical and intellectual development, advocacy, employment and much more.

The Plan Institute – RDSP & Wills Trusts and Estates Planning Webinars | Various Dates | View Online: RDSP - [The Registered Disability Savings Plan Webinars - Plan Institute](#) | Wills Trusts & Estates - [Wills, Trusts, and Estate Planning \(BC\) Webinar - Plan Institute](#)

The Plan Institute has FREE upcoming regular webinars on the topics of the Registered Disability Savings Plan (RDSP) and Wills, Trusts, and Estates Planning. Upcoming dates include:

RDSP

- Next Level 1 Webinar: Thursday March 21st 7 to 8:15 PM
- Next Level 1 Webinars Translated:
 - Arabic: Tuesday March 19th 6:30 to 8:45 PM
 - Mandarin / Simplified Chinese: Wednesday March 20th 6:30 to 8:45 PM
 - Spanish: Monday March 25th 6:30 to 8:45 PM
 - Punjabi: Tuesday March 26th 6:30 to 8:45 PM
- Next Level 2 Webinar: Wednesday March 27th 7 to 8:45 PM

Wills, Trusts & Estate Planning (BC Only)

- Thursday March 28th 7 to 8:15 PM

Unicef – Hate Speech and Children’s Rights Podcast | View Online: [Hate Speech and Child Rights - UNICEF - Hosted by Manel Stambouli \(acast.com\)](#)

Speakers from across the United Nations, academia and civil society tackle this critical child rights issue.

14.0 Surveys, Feedback & Engagement Opportunities

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BC People First – A Rally for Accessibility | Saturday March 16 | Vancouver Art Gallery South Plaza | View Online: [Accessibility in the City: A Rally for Accessibility Celebration & Awareness | BC People First](#)

Imagine a vibrant accessibility rally in the heart of the city, celebrating diversity and fostering connection among disabled individuals and organizations who serve people with

disabilities. With engaging guest speakers and inclusive entertainment, this event aims to create a supportive community and raise awareness about the importance of accessibility in all its forms.

BC Self-Advocate Leadership Network Society (BCSALN) – Accepting New Members | View Online: [Application - BCSALN.com](https://www.bcsaln.com/application)

BCSALN is a network made of self-advocates from leading organizations in the Lower mainland, Vancouver Island and Northern BC. The majority of members are part of local and provincial self-advocacy and advisory groups.

Burnaby's Community Asset Mapping Project – Online Stakeholder Survey Questions | View Online: [Burnaby's Community Asset Mapping Project - Online Stakeholder Survey Questions \(surveymonkey.com\)](https://surveymonkey.com/survey/organization/burnaby-community-asset-mapping-project)

This survey will inform the asset mapping project by identifying assets, both human and material, available within Burnaby. Assets include programs, services, resources, and supports related to mental health and substance use, the justice and education systems, and employment, housing, cultural, social, and other community-based offerings for at risk and gang-involved youth and their families.

This survey should take approximately 20 to 40 minutes to complete. The survey close date will be end of day March 22nd. If you have any questions, please contact Roberta O'Brien via [Email](mailto:roberta@burnaby.ca) or (604) 916-1051.

Canadian Centre for Caregiving Excellence – Acceptance and Commitment Training Workshop for Adult Siblings | 6 Sessions March 20 to May 01 2024 at 7 PM EST | View Online: [Acceptance and Commitment Training \(ACT\) workshop for adult siblings – Canadian Centre for Caregiving Excellence \(canadiancaregiving.org\)](https://canadiancaregiving.org/acceptance-and-commitment-training-act-workshop-for-adult-siblings)

Siblings Canada and Queen's University are offering a 6-week Acceptance and Commitment Training (ACT) workshop for adult siblings of a person with an intellectual disability or autism starting in March 2024.

City of Burnaby – Youth Week 2024 Logo Contest | Deadline Friday March 8, 2024 | View Online: <https://www.burnaby.ca/recreation-and-arts/events/burnaby-youth-week>

Burnaby Youth Week brings you the annual Youth Week Logo Contest. Design the newest logo for this year's Youth Week swag (must say Burnaby Youth Week)! For ages 13-18 (Grades 8-12). Logo winner will receive \$75.00 and a sweatshirt with the new design. Logo submissions can be emailed to Dean.valdecantos@burnaby.ca.

City of Burnaby – Youth Week Talent Showcase Night | Deadline April 8, 2024 | View Online: <https://www.burnaby.ca/recreation-and-arts/events/burnaby-youth-week>

Call for Submissions!! Looking for performers and presenters to show off their special talent or skill. There will be food, prizes and giveaways for participating. Spectator Welcome! Email submissions to rajpal.gill@burnaby.ca by April 8, 2024.

City of Maple Ridge – RISE Program Open House | Tuesday March 12 from 3 to 7 PM | Greg Moore Youth Centre | View Online: [Building Safer Communities - RISE | Maple Ridge, BC](https://www.mapleridge.ca/building-safer-communities-rise)

RISE, formerly known as the Building Safer Communities Project, in partnership with the RCMP and The City of Maple Ridge is hosting an Open House event for young people ages

10-18 and their parents/caregivers at Greg Moore Youth Centre on Tuesday March 12th at 3-7PM.

- FREE Food
- Participate in a Community Art
- Check out 'The Studio'
- Play Basketball
- Climb our Bouldering Wall
- Win prizes!

Daily Bread Food Bank – Support the Canada Disability Benefit | Write your MP: <https://www.fundthebenefit.ca/#letter> | Sign the Petition: <https://www.leadnow.ca/fund-cdb-petition/>

The Canada Disability Benefit was passed in June 2023, people with disabilities are still living in poverty. An adequately funded CDB can change this. You can help by using the links above to write your MP and/or sign the petition. #FundTheBenefitNow

Pride at Work Canada – Changemakers Nominations Open til March 17, 2024 | Deadline March 17, 2024 | View Online: [CHANGEMAKERS - Pride At Work Canada](#)

Pride at Work Canada's CHANGEMAKERS is a multimedia digital campaign that aims to recognize 15 people championing 2SLGBTQIA+ inclusion in the corporate, public service, and non-profit sectors across Canada as part of the organization's 15th Anniversary. CHANGEMAKERS celebrates the achievements of these incredible individuals (and consequently their organizations) who have made a significant impact in fostering and leading diversity, equity and inclusion in the workplace and beyond.

Race and Disability Canada – Call for Newcomer Survey Participants | For More Info Email: info@racedisability.ca

We are working on a project to understand the experiences of newcomers with disabilities. We are looking for individuals to participate in a one-hour online interview who meet the following criteria:

- Lived experience of disability
- Moved to Canada within the last 10 years as one of the following:
 - Immigrant for work or family reunification
 - Refugee
 - International Student
 - Temporary Foreign Worker (including seasonal agricultural worker)
- Currently lives in Canada

Eligible participants completing the interview will receive a \$50 honorarium via e-transfer. We offer language or sign language interpretation as required. Email info@racedisability.ca for more information!

15.0 Youth in & from Government Care

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Aunt Leah's Friendly Landlord Network | View Online: [Being an Affordable Housing Tenant - Friendly Landlord Network](#)

If you're 18 or older and a youth or family from government care, sign up to find safe, affordable rental housing from a network of Friendly Landlords.

FBCYICN – Access Saje Supports | View Online: [handy eligibility guide](#)

You can meet with one of our [YOUth Support Staff](#) if you want help navigating these new resources or reach out to MCFD directly. For help understanding SAJE eligibility criteria, refer to our [handy eligibility guide](#).

FBCYICN – Hiring Youth Interns and Volunteers | Deadline March 25, 2024 | View Online: Youth Interns - [Current Opportunities | Federation of BC Youth in Care Networks \(fbcyicn.ca\)](#) | Volunteers - [Get Involved | Federation of BC Youth in Care Networks \(fbcyicn.ca\)](#)

The Federation of BC Youth in Care Networks (FBCYICN, or the Fed) is a youth-driven, peer-based provincial non-profit organization dedicated to improving the lives of young people in and from [government care](#) in BC between the ages of 14 and 24.

We were created by a group of young people in care who saw the need for more supports for their peers. That was in 1993, and today we still stay true to their vision.

FBCYICN – Join Us for BC Child and Youth in Care Week 2024 | June 3 to 9, 2024 | View Online: [BC CHILD & YOUTH IN CARE WEEK - About \(bcchildandouthincareweek.com\)](#) | BC Child & Youth in Care Week Promo Video: [BC Child & Youth in Care Week \(youtube.com\)](#)

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.

FBCYICN – Youth Retreat Registration Open | Deadline Monday March 11 at 3 PM | View Online: [Event Management \(powerappsportals.com\)](https://powerappsportals.com) | Youth Retreat Promo Video: [The Federation of BC Youth in Care Networks - Youth Retreat \(youtube.com\)](https://www.youtube.com/watch?v=...)

Are you a young person in or from care between the ages of 14–24 in BC? Apply to attend our upcoming [Youth Retreat!](#) Youth Retreat #83 is happening in Mission, BC from Friday, April 26–Sunday, April 28. Youth Retreats are three-day, two-night camps where you can meet other young people from care, have FUN, and have your voice heard! The application deadline is Monday, March 11 at 3:00 PM.

Healthy Minds BC- Walking Alongside Youth with Anxiety – Course for Foster Care, Out-of-Care and Kinship Care Providers | View Online: [Walking Alongside Youth with Anxiety - HealthyMindsBC \(gov.bc.ca\)](https://www.healthymindsbc.ca/courses/walking-alongside-youth-with-anxiety)

WAY aims to build their mental health literacy and capacity to support Indigenous and non-Indigenous children and youth in their care who are experiencing mild to moderate anxiety. The course focuses on strengthening relationships, responding to youth in culturally safe and practical ways, and recognizing the importance of walking alongside youth.

MCFD – BC Child and Youth in Care Week Activities | View Online: [BC CHILD & YOUTH IN CARE WEEK - About \(bcchildandcareweek.com\)](https://bcchildandcareweek.com)

Celebrate [BC Child and Youth in Care Week \(BCCYICW\)](#) this year from **June 3 to 9, 2024!** BCCYICW celebrates and acknowledges the resiliency, diversity, talents, and accomplishments of young people in and from government care and their journeys.

PCRS – Bryant Doradea Presents the Foster Kids Survival Guide | April 16, 2024 from 6:30 to 8:30 PM | 10453 Whalley Blvd, Surrey BC | View Online: [Bryant Doradea \(office.com\)](#)

Please use this form to RSVP to the "The Foster Kids Survival Guide". This 90 minute presentation is open to youth, caregivers and professionals. Bryant will share about what it took for him as a young, traumatized individual to go from surviving to thriving.