

~ 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 informed ongoing transition planning 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!

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1.0 Art, Theatre, Singing, Dance & Recreational Programs

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[Accessible Art Exhibition – Through My Eyes: An Artist’s Recreation](#) | Saturday April 6 from 5 to 9 PM | Vancouver | View Online: [Accessible Art Exhibition | Through My Eyes: An Artist’s Re-Creation Tickets, Sat, 6 Apr 2024 at 5:00 PM | Eventbrite](#)

Maureen is a visual artist with vision loss and has been a painting and teaching for over 35 years. This exhibition will be completely accessible, with audio descriptions, oralfactory elements, and portion of the works will be completely touchable. We invite guests with vision of all types to feel their way through the pieces and immerse themselves completely in the art. Through a variety of mediums, she will share her vision and invite you to experience the world through her creative lens.

[Accessible Community Forum – Arts and Culture in BC](#) | Vancouver | Thursday April 4 from 1 to 3 PM | View Online: [Accessible Community Forum: Arts and Culture in BC Tickets, Thu, 4 Apr 2024 at 1:00 PM | Eventbrite](#)

This forum will address the accessibility and inclusivity within arts and culture in British Columbia. We will discuss important topics such as improving accessibility within arts venues, fostering representation of artists with disabilities, and different opportunities to create accessibility in the community.

[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 – Spring 2024 Class Openings | 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), Səlílwətaʔ (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.

- No experience necessary
- New dancers welcome
- ASL Interpretation provided on request
- Unless otherwise noted, all classes are for ages 18 +

All Bodies Dance – Call for Dancers for Between Us and Them | Deadline to Apply: April 30, 2024 | Contact: info@allbodiesdance.ca

Dancers from the All Bodies Dance Project community are invited to join a 7-week collaborative research process entitled Between Us and Them. The process will explore choreographic ideas, build movement vocabulary, and develop images that will inform a new ensemble piece to be presented in December 2024. The piece will be researched through collective exploration, play, conversation, and improvisation and facilitated by All Bodies Dance Project's Co-Founder Naomi Brand. Dancers will receive an honorarium of \$200 for participation.

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

[Arts New West – Monthly Free Workshops](#) | New Westminster | View Online: Various Links Below

Join JJ Lee for a [Street Photography Walkabout on April 21](#). Learn tips and techniques to help you capture your own urban shots. Group will meet at the New Westminster Skytrain Station (in front of the Safeway)

[Learn how to photograph your artwork](#) with New West Artist Carolyn Sullivan on Saturday, April 6 and [paint your own watercolour sunset](#) with Millie McKinnon on Sunday, April 7.

[Grab the kids for a Sunday morning storytime and craft session](#) presented by Arts New West and KinderBooks April 14 and April 28. Registration required.

[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:

- 1) Burnaby | View Online: [Burnaby | Special Olympics British Columbia](#)
- 2) Coquitlam | View Online: [Coquitlam | Special Olympics British Columbia](#)
- 3) Ridge Meadows | View Online: [Ridge Meadows | Special Olympics British Columbia](#)
- 4) 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 Connect Fest – In-Person Event – Taking Care](#) | Sunday April 28 at 11 AM | View Online: [Taking Care Tickets, Sun, 28 Apr 2024 at 11:00 AM](#) | [Eventbrite](#)

In an attempt to be consciously accessible and include those who have historically been denied access to these kinds of conversations, this event will center the voices of persons with disabilities; it is a platform for persons with disabilities to tell and shape their own stories using different artistic mediums with no restrictions on how these stories are told.

[Burnaby Neighborhood House – Community Arts & Crafts](#) | Various Dates Starting April 4, 2024 at 10:30 AM | View Online: [see poster](#)

Dive into a world of creativity and fun while building connections with fellow enthusiasts. Perfect for beginners, our easy-to-learn sessions are designed to ignite your artistic spark! Just a \$10 non-refundable supply fee to unlock endless possibilities. Let's craft some memories together!

[Canucks Autism Network – Monthly Recreation – Registration Live!](#) | View Online: [Youth and Adult Registration Start Page \(perfectmind.com\)](#)

C.A.N's spring programs are now open for registration. Some of the Monthly Recreation opportunities include:

- 1) Music to Move your Mood – by the Sarah McLachlan School of Music | Starts Friday April 5, 2024 | Explore the many ways music can help us regulate and express our moods and emotions.
- 2) Beginner Yoga | Starts Saturday April 13, 2024 | Join us for our Beginner Yoga with Mel! Get introduced to yoga poses and breathing exercises to feel good in your

body, stretch, and explore movement in a new way. No experience or equipment necessary

- 3) Project Love Run | Starts Saturday April 20, 2024 | A group for self-identifying women and non-binary folks to run and share stories. Walkers, joggers & slow runners welcome!

- 4) Dungeons & Dragons | Starts Wednesday April 10, 2024 | Build connections and have fun with like-minded fantasy adventure lovers while enjoying the table-top role-playing game Dungeons & Dragons!

[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 Burnaby – Youth Week Talent Showcase Night](#) | Application Deadline Monday 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!

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

Curiko - New Health Sessions Available for Health Day | Multiple Dates | View Online: [Curiko | 100s of splendid experiences](#)

So, what does "health" mean to you? If you're curious to explore this topic further, our new coach-in-residence, Shully, has three exciting experiences waiting for you on the Curiko platform! [1:1 Movement Work w/ Coach Shully](#), [Connecting to your body](#), [Spill the Tea](#) .

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.

DSRF – 2024 Down Syndrome Film Festival | April 20, 2024 at 1:30 PM | View Online: [2024 Down Syndrome Film Festival - Down Syndrome Resource Foundation \(dsrf.org\)](#)

Featured films include Color My World with Love, Chicken, and CrossRoad: Where Down Syndrome Meets Autism will also screen. An audience Q&A with some of the creators and stars of the films will follow.

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!

Power for All Adventure Therapy Society | View Online: [Power For All Adventure Therapy Society | Facebook](#)

Occupational therapy through nature! ALL ABILITIES includes everyone! Adventures to learn more about self-regulation, feeding, motor coordination, executive function, etc. This is what Power For All is all about!

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.

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

Purpose Society – Drop-In Art Studio | Burnaby Youth Hub | Fridays from 1:30 to 3 PM | For More Info Email: atorres@burnabyfamilylife.org

Burnaby Family Life is hosting weekly art studio drop-ins at the Purpose Society Burnaby Youth Hub. Email Angie Torres for more info.

Real Talk – Sexual Health Program Monthly Events | View Online: [Events - Real Talk \(real-talk.org\)](https://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 – Monday April 22 at 11 AM
- 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 – Arts Activities List | View Online: [Fine Arts Activities | City of Burnaby](#)

The study of fine arts in all forms helps us make sense of the world we live in through unique and creative learning opportunities at any age. At the Shadbolt, our activities 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.

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.

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.

This World's Ours Centre – Adult Dungeon's & Dragon's | Every 2nd Tuesday from 7 to 9 PM | View Online: [This World's Ours Centre Corp. - Activities : Dungeons & Dragons \(amilia.com\)](https://www.thisworldsours.com/activities/dungeons-and-dragons)

This is a 2-hour drop-in course where participants will learn how to build a character, find a team to explore a fantasy land with and learn safety skills throughout the activity.

Vancouver Adapted Music Society | View Online: [Home - Vancouver Adapted Music Society \(vams.org\)](https://www.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](https://www.xba.ca/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.

AutismBC – Calendar of Monthly Events | View Online: [Click Here](#)

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

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.

Burnaby Youth Week – Events and Updates | View Online: [Burnaby Youth Week | City of Burnaby](#)

Help us celebrate Burnaby Youth Week, a week of fun celebrations, building a strong connection between youth and their community. Burnaby Youth Week highlights the interests, accomplishments and diversity of youth in our city.

Collingwood Neighborhood House – All Genders Group (in-person) | For More Info Email: skarwal@cnh.bc.ca

All Genders is a weekly Tuesday group for gender-diverse youth and their allies to come and learn about various topics in a safe and inclusive space. Participants meet up and engage in activities and discussions on a wide range of topics, via a 2SLGBTQIA+ lens. Throughout the year, the group will also work on 2SLGBTQIA+ projects in and around the CNH neighbourhood.

ConnectFest Burnaby | April 26 to 30, 2024 | View Online: [Connect Fest](#)

Connect Fest remains a festival by the community, for the community. Where folks in our community come forward to share their knowledge, voices, traditions, and truths, honouring the land we're on as our "classroom", honouring the places we're from for the wisdom they've given us.

ConnectFest Burnaby – Poetry in Motion Event | Saturday April 27, 2024 | Time To Be Determine | View Online: <https://bpl.bc.ca/events/poetry-in-motion>

Poetry in Motion will be a poetry and walking event, for all ages, along a public trail. This event is about celebrating the voices of diverse cultures in the community of Burnaby — through spoken and written poetry. Poems (or parts of poems) will be printed and placed along the trail.

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.

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.

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.

Home Sharing Support Society BC – Sexual Health Education & Connecting Queer Communities | Thursday April 18 at 10 AM | View Online: [Sexual Health Education & Connecting Queer Communities \(CQC\) - HSSBC \(homesharingbc.ca\)](#)

Connecting Queer Communities (CQC) is a social group for 2SLGBTQIA+ folks with cognitive disabilities to connect with each other, and with the broader queer community of the Lower Mainland.

Kinsight – In-Person- Youth Leadership Group | Thursday April 18 & 25 from 6:30 to 8:30 PM | Port Moody | View Online: [FISP Youth Leadership Group April 2024 \(constantcontactpages.com\)](#)

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

Maker Labs – Electronics Meet-Up | Thursday April 4, 2024 from 6 to 7:30 PM | Vancouver | View Online: [Electronics Meet-up Tickets, Multiple Dates | Eventbrite](#)

If you’re just getting started in hobby electronics you can drop by and ask for assistance. If you’ve been working on something cool and want to share it, you can do a 5 minute show and tell. Maybe you’re looking for collaborators on a project, or if you’ve recently learned a new skill, come share it with others.

North Shore Disability Resource Centre- Supporting Transition Adult Group Education (STAGE) | North Vancouver | View Online: [community-based services - NSDRC](#)

This is a weekday service for transitioning adults with disabilities who have completed high school. STAGE is a transition service for young adults (ages 19 to 26) who have completed high school and are looking for continuing education opportunities.

The program offers small group classes such as:

- Work experience/Volunteering
- Broadcasting/Social Media
- Woodworking
- Property Maintenance
- Gardening
- Cricut Design
- Dance/Yoga/Meditation
- Social Skills
- Cooking

Participants must be able to take public transit with a minimal amount of assistance, as much of the program is designed to take place in the community.

North Shore Disability Resource Centre- Zoom Adult Program (ZAP) | Online | View Online: [community-based services - NSDRC](#)

ZAP is a virtual service, on Zoom, for adults with disabilities who are isolated and want to socialize. This program is designed for individuals who want to improve their academic, vocational, life skills and social life during the COVID 19 pandemic. It is free of charge and self-referrals are accepted.

To access the ZAP Program contact Cathy Verge, Program Manager at 604-240-1277.

[posAbilities – Buddy Club: Where Friendships Flourish](#) | For More Info Call David at 778-945-1430

Discover our inclusive social club – where adults find joy, camaraderie, and meaningful connections. Because life is better when shared with friends! Our events are physically accessible, and we travel by public transit to check out new places and activities across the Lower Mainland. We meet about once a month, usually in the evening, and most events cost \$15 or less per person, covering admission and dinner/snacks. We welcome everyone and host family-friendly outings. Meet a buddy, bring a buddy, or be a buddy!

[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 Westminister – Youth Hub Schedule of Events Calendar](#) | View Online: [New Westminister 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.

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 Sashbear Foundation – Family Connections Program | View Online: [Family Connections Program - The Sashbear Foundation](#)

Family Connections™ is a peer-to-peer program offered in small groups. Groups are facilitated by trained leaders who are usually family members of someone with emotion dysregulation. Groups include discussion, videos, and skill practice. There is no charge for participants.

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

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.

Vancouver Cherry Blossom Festival | March 29 to April 25, 2024 | View Online: [Home - Vancouver Cherry Blossom Festival \(vcbf.ca\)](#)

Experience the vibrant [Vancouver Cherry Blossom Festival](#) from an authentic Japan Fair to communal dance, music, and delicious food. Enjoy haiku, pop-ups, picnicking, guided walks & biking, workshops, and more.

Vancouver Writers Fest – Youth Writing Contest | Application Deadline: May 31, 2024 | View Online: [Youth Writing Contest](#) | [Vancouver Writers Fest](#)

Every year, the Vancouver Writers Fest launches a youth writing contest for short stories and personal essays in spring. We're thrilled to once again be organizing two writing contests for students in British Columbia: one for grades 5-7 and the other for grades 8-12.

Westcoast Family Centres – Young Parents Program | Tri-Cities & Ridge Meadows | View Online: [Young Parents Program - West Coast Families - West Coast Families \(westcoastfamily.org\)](#)

The transition into parenthood isn't easy for anyone, and we know it can be particularly difficult for parents under the age of 25. Our Young Parents Program specializes in helping young families who could use some extra support, child development information, and referrals to other programs. This program is free and available for parents under the age of 25 with children aged six and younger. Families do not require a referral to access this program.

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:

- 1) Money and Math | View Online: [DEP 007 - Money and Math - Capilano University](#)
- 2) Social Skills | View Online: [DEP 008 - Social Skills - Capilano University](#)
- 3) 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 Westminister, 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:

- 1) [Electronic and General Assembly](#) (now includes bike assembly)
- 2) [Food Services](#) (now includes barista/food prep training)
- 3) [Retail and Business Services](#)
- 4) [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:

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

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

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 | \(issbc.org\)](#)

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](#)

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 \(mosaicbc.org\)](#)

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 – List of Adult Special Education Programs | View Online: [Adult Special Education - Province of British Columbia \(gov.bc.ca\)](#)

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 \(educationplannerbc.ca\)](#)

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](#) or [I have a disability: Part-time studies | StudentAid BC](#)

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/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](#). Areas of study include:

- 1) [career awareness and exploration](#),
- 2) [food service careers](#),
- 3) [retail and hospitality](#),
- 4) [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 \(viu.ca\)](https://www.viu.ca/cooperative-entrepreneur-training-certificate-program/)

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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Aunt Leah's – Volunteer Opportunities | View Online: [Volunteer With Us | Aunt Leah's Place \(auntleahs.org\)](https://www.auntleahs.org/volunteer-with-us/)

Volunteers are critical to the success of our programs and to the lives of the young people we help. There are many ways you can make a difference. If you are interested in

volunteering with us, please contact our Volunteer Coordinator, Hope Rayson at hrayson@auntleahs.org. Volunteer opportunities include:

- 1) Thrift Store
- 2) Donation Centre
- 3) Tree Lots (Seasonal)
- 4) Other

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

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

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 Coquitlam – Volunteer Opportunity – Sport Hosts | View Online: [Spotlight on Sport | Coquitlam, BC](#)

Know anyone looking for volunteer opportunities and who is a current user of our outdoor sport facilities and parks? We're on the lookout for a few Sport Hosts to enhance the sports experience for the public. Volunteers will get to be an ambassador for the park by performing several functions: answering questions from the public, assisting in outdoor sports activities, and lending out sporting equipment.

Necessary training, equipment and uniform will be provided.

City of New Westminister – Webinar – Instagram Marketing with Jasmine Crisp | Saturday April 27 from 6:30 to 8 PM | View Online: [Meeting Registration - Zoom](#)

Join Jasmine Crisp, Marketing Coordinator for Tourism New Westminister, for a virtual presentation on tips and tricks for small businesses and not-for-profits to engage with the community using Instagram. This workshop is perfect for an organization that already has an Instagram account and understands the basics, but is looking to explore other features such as stories, reels, stickers, and how to optimize your profile, use hashtags, and use the Explore feature to connect with the community.

City of New Westminister – Camp Ignite | Application Deadline: May 1, 2024 | View Online: [Camp Ignite - Camp, Firefighting, Summer Camp](#)

Camp Ignite is a three-night, three-day, Youth Firefighting Mentorship Program for Grade 11 & 12 girls living in B.C. It aims to educate and inspire young women to follow their dreams, and offers an introduction to the exciting world of firefighting, along with fitness, nutrition, health and teamwork.

City of New Westminister – Student Police Academy | Application Deadline: Sunday April 14, 2024 | View Online: [Student Police Academy - New Westminister Police Department \(nwpolice.org\)](#)

The New Westminister Police Department will be hosting a Student Police Academy July 8 - 12, 2024. It is a 5-day academy designed especially for youth age 16 - 18 years. The Student Police Academy is set up to inform youth of the different aspects of law enforcement, including: community policing; criminal investigations; patrol duties; self defence; K-9 duties; and firearm safety.

City of New Westminister – Open Call for Youth Performers | View Online: [Open Call: Youth Performers \(newwestyouth.ca\)](#)

Do you know a youth (13 - 18 years) ready to shine on stage? They can share their talent at the New West Youth Awards coming up May 2, 2024. We're looking for youth musicians, dancers, poets, and more!

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.

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.

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 – Employment Beginnings | Hybrid | Maple Ridge | View Online: [Employment Beginnings Program- Maple Ridge — Pathfinder Youth Centre Soc \(pathfinderyouthsociety.org\)](#)

This 9-week program helps youth, ages 16 to 30 & currently not attending school during the day, to build their self-confidence and self-esteem while gaining viable skills that could

lead to full-time employment. It includes one to one support followed by 6 weeks of paid work experience. Six certifications can be acquired including:

- 1) First Aid
- 2) WHMIS
- 3) Food Safe
- 4) Serving it Right
- 5) Super host
- 6) Café Essentials

[Square Peg Society – Open House | Saturday April 13 at 6000 Sussex Ave Burnaby | View Online: Square Peg Society Open House - Square Peg Society](#)

Each April we re-commit to expanding our awareness and understanding of autism – in ourselves, our families and our communities, and to continue to tear away barriers to our success and happiness! In keeping with the above goals of Autism Awareness Month, Square Peg Society, together with partners from Canucks Autism, UBC's Anxiety, Stress & Autism Program, and Jubilee United Church, is hosting an "Open House".

[Triangle Community Resources – Employment Programs | Maple Ridge | View Online: Home - Triangle Community Resources \(triangleresources.com\)](#)

At Triangle, we believe that people need people and are committed to safely delivering in-person services, with the ability to adapt to virtual. Call one of our offices or send us an email through our contact us page. Let us help You find Your Motivation! Our programs include:

- 1) Future for Youth Program
- 2) The Rite Program
- 3) The Rise Up Program
- 4) Understanding Anger Course

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 Westminister.

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 Westminister | View Online: [WorkBC Centre – New Westminister \(workbccentre-newwestminster.ca\)](#)

- Port Coquitlam | View Online: [WorkBC Centre Port Coquitlam \(workbccentre-portcoquitlam.ca\)](https://workbccentre-portcoquitlam.ca)
- Port Moody | View Online: [WorkBC Centre Port Moody \(workbccentre-portmoody.ca\)](https://workbccentre-portmoody.ca)
- WorkBC Apprentice Services | View Online: [WorkBC Apprentice Services |](https://workbc.ca/apprentice-services)

5.0 Financial, Food Security, Housing & Living Supports

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Autism Support Network – Webinar – Welcome to Autism: First Steps with Nancy Walton
| Thursday April 4 at 7 PM | View Online: [Welcome to Autism: First Steps with Nancy Tickets, Thu, 4 Apr 2024 at 7:00 PM | Eventbrite](#)

The weeks and months after receiving a diagnosis for your child can be overwhelming. It is hard to know what to do first and conflicting information can make it difficult and confusing to get started with effective intervention you feel good about.

Nancy will share resources with you that have been vetted by the Autism Support Network that will help you make a meaningful action plan. Learn why we follow the research and work with certified service providers who are licensed and bound by a solid code of ethics.

Autism Support Network – Parent Support Meetings in Various Languages & Various Locations | Various Dates and Times | View Online: See individual links below

Join a 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. Upcoming sessions include:

- 1) Wednesday April 10 at 10 AM | Punjabi Autism Support Meeting – [Click Here](#)
- 2) Thursday April 18 at 10:30 AM | Mandarin Autism Support Meeting - [Click Here](#)

- 3) Thursday April 18 at 7 PM (in-person) | South Surrey Autism Support Meeting – [Click Here](#)
- 4) Monday April 22 at 12 Noon (in-person) | Richmond Solution-Oriented Parent Support Meeting – [Click Here](#)

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 Disability – BC Disability Funding Guide | View Online: [BC Disability Funding and BC PWD | BC Disability](#)

The following guide includes information on various funding opportunities, such as scholarships, grants, tax rebates, BC disability assistance and BC PWD, federal benefits, and a lot more!

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.

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 – 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.

Canada Post – Delivery Accommodation Program | View Online: [Delivery accommodation program | Accessibility | Canada Post \(canadapost-postescanada.ca\)](#)

Canada Post now offers a delivery accommodation program that ensures all Canadians have safe and timely access to their mail and packages. Some examples of accommodations are key turners, sliding compartment trays and braille for community mailboxes.

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 Burnaby – Webinar – Spring into Safety: Frauds and Scams | Thursday April 18, from 6 to 7 PM | View Online: [Safe Community Series | City of Burnaby](#)

As the tax season approaches, it's crucial to be vigilant about the increase in fraudulent activities. This presentation aims to empower Burnaby residents with the knowledge to identify and avoid scams. The speaker will cover how to spot red flags that come with tax scams, highlight the emergence of artificial intelligence, and share essential tools and strategies to safeguard yourself against seasonal frauds. Join us to stay informed and protect your personal and financial well-being.

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](#) (March 2024)
- [Community Health Resources](#) (Feb 2023)
- [Key Information and Resources for Tenants](#) (CNW) (Sept 2022)

City of New Westminster – Tax Filing Clinics | View Online: nwpl.ca/tax

Need help filing your taxes? Find low-cost and free income tax clinics in New Westminster. There is a mix of virtual, phone, drop-off/pick-up, and in-person options.

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.

Dial-A-Law – Article- Financial Help for People with Disabilities | View Online: [Financial Help for People with Disabilities | Dial-A-Law \(peopleslawschool.ca\)](#)

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 – Tax Assistance for People with Disabilities | View Online: taxaiddabc.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>).

DSRF – Parent Group – Uniquely Me: Understanding Autism + Down Syndrome | April 4 to May 23, 24 at 7 PM | View Online: [Parent Groups - Down Syndrome Resource Foundation \(dsrf.org\)](http://dsrf.org)

This group is designed for those who support individuals who are Autistic and have Down syndrome. The goal of this workshop is to give caregivers a better foundation for understanding the unique learning profile that their child has. We hope to extend your existing knowledge of Autism in Down syndrome, deepen your understanding of your child, and foster your connection and acceptance.

FamilySmart – Parent Peer Support | View Online: [Parent Peer Support - FamilySmart](http://family-smart.org)

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.

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 – 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.

Kinsight – In-Person- Parent/Caregiver Transition to Adulthood Networking Event | Port Moody | Thursday April 18 from 6:30 to 8 PM | View Online: [FISP Transition to Adulthood Networking Event April 2024 \(constantcontactpages.com\)](#)

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

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.

PLAN Institute – Personal Support Network Facilitation Self-Paced Course | Starts Monday April 8, 2024 | View Online: [Click Here](#)

This 6-week self-paced course will provide you with the knowledge and tools necessary to build an active and caring personal support network for those at risk of living an isolated life.

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

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

- 1) Tian-Jin Temple Fridge & Pantry
Tian-Jin Temple, [3426 Smith Avenue](#)
Hours of Access: Every day, 24 hours/day

- 2) Parish of St. Timothy Fridge
Where: Parish of St. Timothy, [4550 Kitchener St](#)
Hours of Access: Every day **Where:** , 24 hours/day

- 3) 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.

- 4) 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 – Disability Benefits Compass | View Online: [Welcome to Disability Benefits Compass - Disability Benefits Compass \(benefitswayfinder.org\)](https://benefitswayfinder.org)

Providing information about the four key disability benefits for persons with disabilities in your province or territory. This site was created for people living in Canada with a severe mental or physical disability or if you have trouble with daily activities and require help from another person, assistive device or animal.

It can be used by people with disabilities, caregivers, family members and organizations who provide access to benefits support.

[Purpose Society – Meal Prep / Food Hamper for Youth](#) | New Westminster Youth Hub | Starts April 5, 2024 | Every Friday Afternoons

Every Friday afternoon (beginning April 5, 2024), youth will have the opportunity to prepare meals with the help of staff and can take food home. Youth can also access hygiene products: soap, shampoo, tooth brush, etc.

[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 \(questoutreach.org\)](https://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.

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](tel:1-800-665-1185)) you can call with additional questions.

Vela – Individualized Funding Explained | View Online: [Individualized Funding for People with Disabilities \(velacanada.org\)](#)

Individualized Funding (IF) is a payment option for people served by Community Living BC (CLBC). IF lets you use the money given to you by CLBC to create new, different kinds of services that will support you in your community. With IF the person can be their own Agent or choose a trusted family member or friend to be the Agent.

6.0 Health & Mental Wellness

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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.

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 \(bcchildrens.ca\)](#)

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](#)

To be matched with a primary care provider, you can now register through [BC’s Health Connect Registry](#). 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:

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

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

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!

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

Free support from someone with lived experience to find:

- Housing: assistance with BC Housing apps, shelters
- Healthcare: A family doctor, dental clinics, and health centers
- Legal: Free or low-cost legal and advocacy services
- Income: taxes, PWD apps, income assistance and employment
- Mental Health: counselling, addictions, and personal recovery goals
- Population-specific: Immigrants/refugees, BIPOC, disability and LGBTQ2S+ services

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

Children of the Street – Sextortion Awareness Campaign – Don'tPutYourD1ckHere | View Online: [Don't Put Your D*ck Here \(dontputyourd1ckhere.ca\)](http://dontputyourd1ckhere.ca)

It's called sextortion, and though you might think it just impacts girls, teenage boys are the main target. Predators go online, pose as a fellow teen who's super into you, then trick you into sending them nudes or getting naked on a livestream. Once they have your photo, video, or secretly record your livestream, they threaten to send it to your friends and family... unless you pay them. Find out more about sextortion and how to stay protected.

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-intake-clinics)

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:

- 1) CYMH Burnaby (Brentwood)
701-1901 Rosser Avenue | Burnaby | 778-572-2370
- 2) CYMH Burnaby (Metrotown)
201-7645 Kingsway | Burnaby | 604-660-9544
- 3) CYMH New Westminster
201-1065 Columbia Street | New Westminster | 604-660-9495
- 4) CYMH Ridge Meadows
22323 119 Avenue | Maple Ridge | 604-466-7300
- 5) 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://www.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](#)

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.

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.

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://hello-itsme.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](https://hollandbloorview.ca/sites/default/files/2023-02/Becoming%20You-Exploring%20sexuality%20and%20disability%20for%20pre-teens%20Accessible.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) – 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.

Moving Forward Family Services – Health Relationships Program for Youth & Young Adults
| View Online: [Get Started](#) | [Moving Forward Family Services](#)

Free one-to-one relationship coaching is available over the phone or online from our registered counsellors and interns. This 8-session program has minimal wait times and can help you with managing intimate relationships. Note this is a coaching program and not intended for deep clinical counselling work and is not offered to couples (it is one-to-one). The minimum age is 16 to participate.

Other Moving Forward Family Services programs starting in April include:

- 1) Youth Mental Health and Wellbeing Club | Virtual | Starting Monday April 29 at 3:30 PM | To register email hello@movingforward.help
- 2) Online Men's Group to address stress, anger, relationships, self-care, mental health and more | Starting Wednesday April 24 at 6 PM | To register email hello@movingforward.help
- 3) Men's Substance Use Management Group in Punjabi (in-person Surrey BC) | Starting Saturday April 28 at 10 AM | To register email hello@movingforward.help or call 778-321-3054

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 \(phsa.ca\)](https://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:

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

Purpose Society – Let’s Talk Weekly Group | Location: New Westminster Youth Hub | Tuesdays from 5:30 to 6:30 PM

A mental health-focused program for youth ages 14-24. Weekly sessions led by staff covering various topics, including anxiety, resilience, social media, healthy relationships, and more. Drop-ins welcome.

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.

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 Dining 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](#)

This World's Ours Centre – Vision Therapy Testing Day Wednesday April 17 | Wednesday April 17 from 3:30 to 7 PM | View Online: [Vision Therapy Child Information-Mysite 1 \(wix.com\)](#)

Have you ever wondered if your child would benefit from Vision Therapy? On April 17th between 3:30pm - 7pm we are hosting Catalyst Kinetic Group for a vision therapy testing day.

The testing will take 15 minutes and the Optometrist will email you additional forms and your scheduled time. Please bring your child's care card on the day of the testing. This is an opportunity to have your child tested, ask any questions, and see if vision therapy may be appropriate for your child.

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 Indigenous Programs, Events & Supports Resources

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Aboriginal Housing Management Association – Report – Exploring Inclusive Housing for Indigenous Peoples Living with Diverse Abilities: An Environmental Scan | View Online: [Click Here for the Report](#)

Aboriginal Housing Management Association (AHMA), in collaboration with Community Living British Columbia (CLBC), is dedicated to improving Indigenous housing and supporting Indigenous peoples with diverse abilities in British Columbia (BC). The scan revealed that Indigenous peoples with diverse abilities face multiple barriers in accessing housing that aligns with their needs. Currently, there is a significant gap in research and literature examining the experiences of Indigenous individuals with diverse abilities both on and off-reserve in Canada. Read the report for more insights and details.

ACCESS – Available Training Programs | View Online: [ACCESS - Aboriginal Community Career Employment Services Society - Training Opportunities \(accessfutures.com\)](https://www.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 \(bcmetis.com\)](#)

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 \(bcmetis.com\)](#)

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

- April 6, 2024 – Sweeping the Shores with the Coastal Water Protectors
- April 10, 2024 – Part 1 – True Story Movie Night
- April 13, 2024 – Trailblazers Hike – With Coastal Water Protectors
- April 17, 2024 – Part 2 – True Story Movie Night

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 – List of Treatment Centres | View Online: [Treatment Centres \(fnha.ca\)](#)

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 – Wellness Programs | View Online: [Wellness \(fnha.ca\)](https://www.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://www.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 \(fafca.org\)](https://www.frafca.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.hopewellness.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!

National Indigenous Peoples Day – Indigenous Artists Call Out | Application Deadline: April 15, 2024 | Send Submissions To: info@frisociety.ca

Theme is “Pursuing Our Dreams,” the chosen artist will receive a \$200 honorarium. Your work will be featured as the official image for Fraser River Indigenous Society's, NIPD 2024 on T-Shirts and Advertisements.

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 – Centre for Excellence in Indigenous Health – Webinar – Trauma-Informed, Healing Centered Community Wellness with Dr. Jessica Barudin | Wednesday April 17 at 10 AM | View Online: [April 17th, 2024 – Trauma-informed, Healing-centered Community Wellness: Indigenized approaches to embodiment and contemplative practices with Dr. Jessica Barudin | UBC Learning Circle](#)

his session will dive into how Indigenous ancestral practices and trauma-informed strategies may help us heal and care for ourselves and our communities in powerful ways. Dr. Barudin will share her insights on combining ancestral practices with body-based wellness strategies that honor Indigenous knowledge.

UBC Learning Circle – Centre for Excellence in Indigenous Health – Webinar – Unceded & Undefeated with Alana Cook | Tuesday April 16, 2024 at 10 AM | View Online: [April 16th, 2024 – Unceded & Undefeated with Alana Cook | UBC Learning Circle](#)

A professional MMA fighter, a proud Métis woman, and a budding scholar in the field of Indigenous Health and Wellness, Alana has spent the last decade of her life embracing the beauty of active movement through martial arts, and re-discovering the incredible ways that Indigenous knowledge and Land-based learning can heal us from the intergenerational impacts of colonial trauma and forced assimilation.

UBC Summer Science Program | Application Deadline: May 1, 2024 | View Online: [UBC Summer Science/ VISE - UBC Centre for Excellence in Indigenous Health 2023](#)

A one-week cultural, health and science program for Indigenous students in grades 8 – 11. The program promotes interest in health and science programs through firsthand experience at the University of British Columbia. For UBC Summer Science, students in grades 11 and 12 will participate from June 30th – July 6th, 2024. Students in grades 9 and 10 will participate from July 7th – July 13th, 2024. Overall, each student will only be staying at the Vancouver campus for one week.

WorkBC – Webinar – Intro to First Nations Health Authority Employment Opportunities (FNHA) | Tuesday April 9 at 11 AM | View Online: [First Nations Health Authority on LinkedIn: Are you interested in a career filled with meaningful work and rich with...](#)

Are you interested in a career filled with meaningful work and rich with transformative learning opportunities? If so, you're invited to join us on Tuesday, April 9 for a virtual info session hosted in partnership with WorkBC!

8.0 Intercultural Learning, Events & Resources

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AutismBC – Pre-Recorded Videos- Intersectionality & Autism | View Online: [Autism Acceptance Month 2022 — Autistic Adults, Blog, Stories — AutismBC](#)

In BC, many autistic individuals as well as their parents and caregivers continue to experience a lack of support. The stakes are yet higher for BIPOC individuals (Black, Indigenous, and people of colour), and girls & gender-diverse individuals.

In both a medical and social context, an intersectional lens is needed to recognize the strengths and support needs of autistic people. A majority of autism research and resources have centred white boys as the “norm.” Focussing on just one profile can lead to under-diagnosis and lack of support for those who fall outside it.

Bad + Bitchy Podcast – Fear of a Brown Planet – Review of Bill C-63 Online Harms Act | View Online: [Fear of a Brown Planet - by Erica Ifill \(badandbitchy.com\)](#)

This week, Erica talks to Mohammed Hashim, Executive Director of the Canadian Race Relations Foundation about the new Online Harms Act (Bill C-63). Mohammed also talks about the Muslim community in Canada and the present state of Islamophobia.

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 Centre for Diversity and Inclusion – Webinar – Ask Me Anything Answering Common Questions](#) | Thursday April 11 from 1 to 2 PM EST | View Online: [CCDI Webinar: Ask me anything: Answering common questions](#)

The field of DEI is a unique space that offers continuous opportunity for adaptive and flexible learning. The Ask Me Anything webinar series is a guided conversation led by the CCDI team, to highlight and address some of the most common questions heard across the field.

Canadian Centre for Diversity and Inclusion – Webinar – Jewish Heritage Month: Building Inclusion | Thursday May 16 from 1 to 2 PM EST | View Online: [CCDI Webinar: Jewish Heritage Month: Building inclusion](#)

Jewish heritage spans a wide breadth of culture, faith, histories, and experiences. Join us as we look at ways to expand and embed a greater culture of inclusion for members of Jewish communities within and across organizations.

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

The Healthcare Divide is a new podcast that exposes uncomfortable truths, troubling realities and innovative efforts to overcome systemic racism in Canada's healthcare system.

Len Pierre – PreRecorded Video- Indigenous (Culturally Safer) Terminology | View Online: [Indigenous \(Culturally Safer\) Terminology \(youtube.com\)](#)

Click the link to find out if you are using culturally safe terminology. Great video by Len Pierre Consulting

National Centre for Truth and Reconciliation | View Online: [NCTR - National Centre for Truth and Reconciliation](#)

The NCTR is a place of learning and dialogue where the truths of the residential school experience will be honoured and kept safe for future generations.

Our Children Our Way Society – Video – Review of Bill C-92 An Act Respecting First Nations, Metis and Inuit Children & Families | View Online: [2024 Mar 08 Webinar Bill C-92 “An Act Respecting First Nations, Métis and Inuit Children & Families” - YouTube](#)

Dr. Cindy Blackstock (First Nations Caring Society), Naiomi Metallic (Schulich School of Law) and Mary Teegee (Carrier Sekani Child & Family Services) provided an informed overview of Bill C-92 and answered many of participant questions.

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

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.

Reconciliation Canada | View Online: [Home - Reconciliation Canada](#)

Rooted in the visionary leadership of Chief Dr. Robert Joseph, a Gwawaenuk Elder, Reconciliation Canada is at the forefront of fostering reconciliation in Canada. Through dialogue and transformative experiences, we facilitate meaningful engagements aimed at revitalizing relationships between Indigenous peoples and all Canadians.

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.

[Surrey Vaisakhi Parade | Saturday April 20, 2024 | View Online: Surrey Vaisakhi Parade – The Surrey Khalsa Day Vaisakhi Parade 2024](#)

The largest Vaisakhi Parade in the world occurs in Surrey, where approximately 500,000 people attend the annual Surrey Khalsa Day Vaisakhi Parade.

[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).

[Tour the Sikh Temple in Queensborough & Celebrate Vaisakhi | New Westminster | Thursday April 11 from 6 to 8 PM | View Online: Tour the Sikh Temple in Queensborough & celebrate Vaisakhi! Tickets, Thu, Apr 11, 2024 at 6:00 PM | Eventbrite](#)

For over a century, the Gudwara has been a place for Sikhs to worship, community members to gather and for members of the public to share a free nourishing meal. You are invited to join Jag and Ruby Campbell, New Westminster City Councillor, for a special tour, to share Langar (A vegetarian meal) and to celebrate Vaisakhi this April with community members!

Head coverings will be provided or you can bring your own scarf. You will be required to remove your shoes for the tour.

University of Alberta – Indigenous Canada Free Online Course | Constant Enrollment |
View Online: [Indigenous Canada | University of Alberta \(ualberta.ca\)](#)

Indigenous Canada is a 12-lesson Massive Open Online Course (MOOC) from the [Faculty of Native Studies](#) that explores the different histories and contemporary perspectives of Indigenous peoples living in Canada. From an Indigenous perspective, this course explores complex experiences Indigenous peoples face today from a historical and critical perspective highlighting national and local Indigenous-settler relations.

UBC – Webinar – Storytelling MMIWG2S & Extraction | Friday April 19 at 1 PM | View Online: [Meeting Registration - Zoom](#)

In 2019, The National Inquiry into Missing and Murdered Indigenous Women, Girls, and 2SLGBTQQIAP+ persons outlined 231 Calls for Justice. Survivors and families were integral in developing pathways forward for all “those with obligations and responsibility to take action to end the genocide against Indigenous women, girls, and gender-diverse people” (National Family and Survivors Circle, 2021, para. 1). Section 13 of the report specifically calls on the extraction industry, as contributor to the crisis, to advance the substantive equality of Indigenous women, girls, and 2SLGBTQQIAP+ persons working in the extraction industry and living close to development projects. I propose that both the extraction industry and business schools have an obligation to advance the Calls for Justice in substantive ways.

UBCx – Reconciliation Through Indigenous Education | Starts May 7, 2024 | View Online: [UBCx: Reconciliation Through Indigenous Education | edX](#)

This course will help you envision how Indigenous histories, perspectives, worldviews, and approaches to learning can be made part of the work we do in classrooms, organizations, communities, and our everyday experiences in ways that are thoughtful and respectful.

University of Toronto – Aboriginal Worldviews and Education Free Course | Constant Enrollment | View Online: [Aboriginal Worldviews and Education](#) | [Coursera](#)

Intended for both Aboriginal and non-Aboriginal learners, this course will explore indigenous ways of knowing and how they can benefit all students. Topics include historical, social, and political issues in Aboriginal education; terminology; cultural, spiritual and philosophical themes in Aboriginal worldviews; and how Aboriginal worldviews can inform professional programs and practices, including but not limited to the field of education.

Vancouver Jewish Film Festival | April 4 to 19, 2024 | View Online: [Vancouver Jewish Film Festival](#) | [Inspire • Connect • Educate • Entertain \(vjff.org\)](#)

For over three decades we have inspired, connected, educated, and entertained through film.

Vancouver Vaisakhi Festival | Saturday April 13, 2024 | View Online: [Vancouver Vaisakhi Festival](#) | [Vancouver's Best Places \(vancouverbestplaces.com\)](#)

One of Vancouver's most interesting festivals is the Vaisakhi Parade. The Indian and South Asian event celebrates the Punjabi New Year.

9.0 Legal, Advocacy & Rights-Based Supports

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

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 \(comservice.bc.ca\)](#)

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](#)

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 \(disabilityalliancebc.org\)](#)

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 \(disabilityalliancebc.org\)](#)

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

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

The Family Support Institute of BC (FSI) supports families who have a family member with a disability by connecting them to trained volunteers referred to as “Resource Parents/Peers” (RPs) . This provincial network supports families by sharing experiences, expertise, and guidance. All RPs have a family member with a disability.

First United Legal Aid | View Online: [Legal Advocacy - First United Church](#)

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](#)

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](#)

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 (May 30th) | Registration Deadline: April 15, 2024 | View Online: [Home - Everybody Belongs! 2024 \(cvent.com\)](#)

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.

Indigenous Justice Association | View Online: [Map - Indigenous Justice Association](#)

“The Indigenous Justice Association was created to advocate for a holistic and collaborative approach for Indigenous Justice practices in the province of British Columbia

by working with community justice partners and the Indigenous Justice programs from a place of respect, dignity, and cultural integrity.”

Law Foundation of BC – 2024 Racial Justice Grants – Info Session | April 16 at 12 Noon | Grant Application Deadline: May 27, 2024 | View Online: [2024 Racial Justice Generate Grants Call Launch - Law Foundation of BC \(lawfoundationbc.org\)](#)

The Law Foundation of BC is excited to announce the third round of the Racial Justice Grants Call, offering Generate Grants of up to \$250,000 per year for up to four years for a total of \$1,000,000.

Eligible applications may target a wide range of issues and systems such as education, healthcare, family-based matters, land use, housing affordability, employment, law enforcement, immigration, and others that impact racialized people living across British Columbia.

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 \(gov.bc.ca\)](#)

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 \(gov.bc.ca\)](#)

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.

Restorative Justice in BC | View Online: [RJ in BC - RJABC Home](#)

Restorative justice approaches in BC can be accessed prior (or as an alternative) to, during, and after the criminal justice process, depending on resources available at your location and the circumstances of the crime. Restorative justice can also assist in cases that are not reported to the police or in non-criminal incidents such as harm or conflict that occurs in within families or neighborhoods and in schools or workplaces.

10.0 Miscellaneous Resources

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None to note this month.

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 April. Each title is an active link where you can learn a bit more about the initiative:

- April 01 to 30 | Arab Heritage Month (Canada) | View Online: [Private Member's Bill C-232 \(44-1\) - Third Reading - Arab Heritage Month Act - Parliament of Canada](#) | Canadian Arab Institute

- April 01 to 30 | Sikh Heritage Month BC | View Online: [Sikh Heritage BC](#)
- April 09 to 10 | Eid al-Fitr | View Online: [When Is Eid ul Fitr 2024 in Canada? \(timeanddate.com\)](#)
- April 22 to 30 | Passover | View Online: [First day of Passover 2024 in Canada \(timeanddate.com\)](#)
- April 02 | National Caregiver Day | View Online: [National Caregiver Day 2024 - Carers Canada](#)
- April 02 | World Autism Awareness Day | View Online: [World Autism Awareness Day - EN | United Nations](#)
- April 06 | International Asexuality Day | View Online: [International Asexuality Day \(IAD\)](#)
- April 07 | World Health Day | View Online: [World Health Day \(who.int\)](#)
- April 07 | International Day of Reflection on the 1994 Genocide against the Tutsi in Rwanda | View Online: [International Day of Reflection on the 1994 Genocide against the Tutsi in Rwanda | UNESCO](#)
- April 08 | Birthday of Buddha | View Online: [The Origins and Practices of Holidays: Buddha's Birthday | Boston Public Library \(bpl.org\)](#)
- April 09 | Eid Al-Fitr | View Online: [Ramadan and Eid al-Fitr | The Pluralism Project](#)
- April 09 | Ugadi | View Online: [Ugadi / Yugadi | RitiRiwaz Fashion Collection](#)
- April 13 | International Day of Pink | View Online: [Home \(2023\) — Intl. Day of Pink](#)
- April 14 | Vishu | View Online: [Vishu Festival - Vishu 2024, Vishu Celebration, About Vishu Festival](#)
- April 21 | World Creativity and Innovation Day | View Online: [World Creativity and Innovation Day - EN | United Nations](#)
- April 22 | Earth Day | View Online: [Earth Day: The Official Site | EARTHDAY.ORG](#)
- April 24 | Armenian Genocide Memorial Day | View Online: [Statement by the Prime Minister on Armenian Genocide Memorial Day | Prime Minister of Canada \(pm.gc.ca\)](#)
- April 25 | International Girls in Information and Communication Technology | View Online: [International #GirlsInICT Day \(itu.int\)](#)
- April 28 | National Day of Mourning | View Online: [CCOHS: National Day of Mourning](#)
- April 30 | Journey to Freedom Day | View Online: [Journey to Freedom Day Act \(justice.gc.ca\)](#)

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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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.

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.

Immigrant Services Society of BC – Monthly Event Page | View Online: [Events from April 30 – April 4 | Immigrant Services Society of BC \(ISSofBC\) \(issbc.org\)](#)

This webpage provides information about programs, services, and one off events available to newcomers for the current month including peer support, employment programs, and sessions available in a variety of languages.

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

Have you or anyone you know experienced trauma in community simply because you're Muslim? Visit [islamophobiahotline.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.

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

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.

Mosaic – Monthly Event Page | View Online: [Events from May 14 – April 18 | MOSAIC \(mosaicbc.org\)](#)

This webpage provides information about programs, services, and one off events available to newcomers for the current month including conversation circles, computer tests, tax assistance and more.

New to BC – Library Champions Program | View Online: [Burnaby cycle](#)

Library Champions is a three-month volunteer program for new immigrants. Library Champions are trained to conduct outreach to other new immigrants, building communication, presentation, and outreach skills and 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 (PIRS) – Food Access Program | View Online: [Food Access Program: Free Food for Immigrants & Refugees \(pirs.bc.ca\)](#)

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

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

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

Pacific Immigrant Resources Society (PIRS) – Pathways to Childcare Careers Program | Program runs April 18 to July 23, 2024 | View Online: <https://pirs.bc.ca/our-programs/pathways-to-childcare-careers/>

FREE occupational English training for newcomer, immigrant and refugee women interested in working in the early learning and childcare field.

- Practice and develop English language skills to work in childcare
- Receive childcare training with a trauma-informed approach
- Receive Responsible Adult, First Aid, FoodSafe Certificate training
- Develop pre-employment skills
- 80 hours of paid work experience
- Transit tickets and childminding provided

Province of BC – Settlement Services Webpage | View Online: [WelcomeBC / Settlement Services](https://www2.gov.bc.ca/gov2/serv/bc/settlement/)

Settlement services are programs and services that can help newcomers to Canada. Settlement services may be able to help you:

- look for a job
- make new friends
- register for language classes
- assist you in accessing government/community services
- understand the local culture and customs
- understand your rights in Canada

Settlement services are usually free for newcomers to access. The services you receive are confidential. This page holds information to contact agencies across the province in a position to support newcomers.

Rainbow Refugee | View Online: [Helping LGBTQ+ Refugees Resettle in Canada - Rainbow Refugee Vancouver](#)

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 \(sd42.ca\)](#)

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.

S.U.C.C.E.S.S. BC – Monthly Event Page | View Online: [Events for April 2024 – S.U.C.C.E.S.S. \(successbc.ca\)](#)

This webpage provides information about programs, services, and one off events available to newcomers for the current month including job search, legal information, financial support, newcomer bus tours and more.

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

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

YMCA offers a range of services to newcomers such as:

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

13.0 Podcast, Webinars, Video & Print Resources

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ACT – Webinar – Autism and Sexuality Education: Centering Pleasure in Prevention | Wednesday May 1, 2024 | View Online: [Autism and Sexuality Education: Centering Pleasure in Prevention - ACT - Autism Community Training \(actcommunity.ca\)](#)

These two sessions address pleasure and autonomy as guiding principles for sexual health education in the Autistic community. These sessions are designed for Autistic adults who want to feel empowered and knowledgeable about their sexual health, as well as parents/family members/caregivers and professionals.

ACT – Webinar – Taking Steps to Overcome Picky Eating and Transform Mealtimes | Starts May 22, 2024 at 12 Noon | View Online: [Taking Steps to Overcome Picky Eating and Transform Mealtimes - ACT - Autism Community Training \(actcommunity.ca\)](#)

This five-week online parenting group will teach parents and caregivers how to best support their child with picky eating, facilitate positive food interactions, and work towards expanding their diet and less stressful mealtimes.

Autism Support Network – Autism & Taxes Level 2 – Tax Time | Monday April 15 at 7 PM | View Online: [Autism and Taxes Level 2 - TAX TIME! Tickets, Mon, 15 Apr 2024 at 7:00 PM | Eventbrite](#)

This presentation is for anyone that is running or thinking of setting up a home-based ABA program. The content of this presentation applies to individuals up to age 18. If you are new to the world of autism (or even a seasoned veteran!), this presentation contains information you need to know.

The assumption for this talk is that your child has been approved for the Disability Tax Credit or the application has been submitted.

BC Self-Advocate Leadership Network Society – Resource – Thinking About Language Part 2 | View Online: [BCSALN Thinking About Language PART 2 August 2023.pdf\(Review\) - Adobe cloud storage](#)

The [BC Self Advocacy Leadership Network](#) (BCSALN) has recently published Thinking About Language - Part 2, a follow up to their original report that was released in August 2020. The new report invites readers to reflect on service-related words like skills training, goals, staffed home, placement, non-verbal and more.

Burnaby Primary Care Networks – Webinar – Emotional Wellbeing and Resilience Practices | Tuesday April 23 from 7 to 8:30 PM | View Online: [Webinar Registration - Zoom](#)

All are welcome to join this service worker-oriented presentation of Empowering Patients, where Dr. Wong will share knowledge and tools for emotional wellbeing, such as:

- How emotional health is as important as physical health, affecting every aspect of our lives.
- Key emotional health skills: emotional awareness, mindfulness, managing stress, managing thoughts and feelings, and knowing where to find help.

Canadian Centre for Diversity and Inclusion – Podcast- Leader Talks with Anne-Marie Pham | View Online: [Podcast \(ccdi.ca\)](#)

Diversity and inclusion - a hot topic in the world right now. But knowing how and where to begin to make a tangible difference can be tricky... That's why we created this podcast! By drawing on the experience of thought leaders across Canada, we hope to create awareness, showcase a variety of perspectives, and inspire courage for all of us to create more diverse, equitable, and inclusive workplaces and communities for all.

Canadian Centre for Diversity and Inclusion – Webinar – Neurodiversity: An Introduction | Tuesday April 16 from 1 to 2 PM EST | View Online: [CCDI Webinar: Neurodiversity: An introduction](#)

Neurodiversity is a biological fact. It influences the way an individual thinks, learns, interacts and perceives the world. This webinar offers an introduction to what neurodiversity is, evolving terminology, and how we can embrace neurodiversity in the workplace.

Family Smart – BC Parent Peer Support & Monthly Event Listing | View Online: [BC Parent Peer Support - FamilySmart](#) & [Monthly Events - FamilySmart](#)

We help children and young people by helping their family and other caring adults. We committed ourselves over 20 years ago to child and youth mental health and our commitment has only grown over time. Exceptional care and caring is what children, youth and families deserve and it's what we stay committed to.

Family Support Institute – Monthly Events | View Online: [Events from March 29 2024 – March 14 2024 – 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.

Family Support Institute – Pre-Recorded Webinars – Rep Agreement & Disability & Estate Planning with Ken Kramer | View Online: [Disability and Estate Planning with Ken Kramer Webinar - Family Support Institute \(familysupportbc.com\)](#) & [Representation Agreement & Adult Guardianship - Family Support Institute \(familysupportbc.com\)](#) [Role of the Trustee and Disability Trusts - Family Support Institute \(familysupportbc.com\)](#)

These pre-recorded webinar to provide context and considerations for each topic covered. Two of the videos are divided into short videos available to everyone.

Family Support Institute – Webinar – Learn About Support Worker Central | Tuesday April 23 at 10 AM | View Online: [Meeting Registration - Zoom](#)

Are you looking to hire support staff? There are currently over 500 profiles of people looking for work on SWC.

Learn about Support Worker Central (SWC), a free, provincial-wide job board created for people with disabilities and their families who hire their own support staff. During this presentation, you will learn how the job board works, how to post a job, the available resources to help you with hiring staff, as well as an opportunity to ask questions.

Homelessness Learning Hub – Webinar – Addressing Homelessness during Pregnancy for Women & Gender Diverse People | View Online: [Addressing Homelessness during Pregnancy for Women & Gender Diverse People - Homelessness Learning Hub](#)

This webinar shares insights from a symposium held in Toronto in June 2023. This symposium explored why current approaches to housing supports for pregnant women and gender-diverse people are siloed and what solutions are needed.

Inclusion BC – Article Update – Community-Led Collaboration Project | View Online: [Updates to the Community-Led Collaboration Project - Blog - Inclusion BC](#)

In 2023, we worked with five initial communities – [Campbell River & Gold River](#), [Castlegar](#), [Kamloops](#), [Port Alberni & West Island Communities](#), and [Richmond](#) – where we hosted a total of 29 sessions (in-person, virtual and hybrid) and connected with nearly 500 people to engage them in conversations about how to create a better network of services and supports for children and youth with disabilities or support needs and their families in British Columbia.

This article shares our progress on this work.

Jennifer Sexton – Webinar – New to the World of Sensory Processing | Wednesday May 15 and 22 | View Online: [Jennifer Sexton - Home](#)

Jennifer offers webinars for parents, introducing key concepts of sensory processing and explaining "behaviour through a sensory lens". These webinars are offered when there are a minimum of ten interested families. Recorded versions are available.

NeuroClastic: Change Divergently – Article – What is Autism | View Online: [What Is Autism? » NeuroClastic](#)

The neurodiversity paradigm has become a practical and helpful way of understanding what autism is, and how, as disabling as autism can be for many, the medical model is simply not sufficient in accounting for the vast diversity of ways autism can present itself in humans. NeuroClastic is a good starting point for seeking education and correcting stereotypes

Pride at Work Canada – Webinar – Navigating Episodic Disabilities in the Workplace | Wednesday April 24 at 12 Noon | View Online: [Webinar: Navigating Episodic Disabilities in the Workplace \[Free - EN\] - Pride At Work Canada](#)

Join us for a dynamic panel discussion featuring representatives from Pride at Work Canada, [Realize Canada](#), and [DAWN Canada](#).

An increasing number of individuals in Canada, totaling over 2 million in recent estimates, live with ongoing episodic disabilities. These disabilities, ranging from long-COVID and multiple sclerosis to lupus, arthritis, cancer, HIV, diabetes, and mental health conditions, present unique challenges and opportunities for inclusion in the workplace.

Province of BC – Budget 2024 | View Online: [BC Budget 2024 \(gov.bc.ca\)](#)

Budget 2024 invests in ways to make life better by helping people with costs, delivering more homes faster, strengthening services and building a stronger and cleaner economy.

SFU Public Square – Webinar – Eight Years into BC’s Overdose Emergency: Where We Stand and What’s to Come | Tuesday April 30 at 6:30 PM | View Online: [Bohdan Nosyk | Eight years into BC’s Overdose Emergency: Where We Stand and What’s to Come - SFU Public Square - Simon Fraser University](#)

This lecture will provide an overview of the drug use epidemic in BC, discuss the successes and failures in our response thus far, and propose a path forward for the future.

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: Tuesday April 16 10 AM to 11:15 AM
 - Next Level 2 Webinar: Tuesday April 23 10 AM to 11:45 AM

- Wills, Trusts & Estate Planning (BC Only)
 - Thursday April 18 10 AM to 11:15 AM

14.0 Surveys, Feedback & Engagement Opportunities

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Burnaby Community Assembly – A Public Dialogue with the Burnaby Community Assembly | Tuesday April 9 from 6:30 to 8:30 PM | View Online: [Big Ideas Workshop: A Public Dialogue with the Burnaby Community Assembly Tickets, Tue, 9 Apr 2024 at 6:30 PM | Eventbrite](#)

The Big Ideas Workshop is an opportunity for the broader Burnaby community to hear from the Assembly and share your Big Ideas for actions Burnaby can take on growth, livability and housing. Your ideas will inform the Assembly's next phase of deliberation where it will weigh trade-offs and develop draft recommendations. The Assembly's final recommendations will be shared publicly and the City has committed to receiving and

responding to these recommendations, ensuring the process is transparent and accountable.

Community Living BC – Search for 4 New Board Members | Application Deadline: Wednesday April 24, 2024 | View Online: [Position Details \(gov.bc.ca\)](#)

Community Living BC (CLBC) is looking for 4 new Board Members to join our Board and start terms on January 1, 2025.

We are looking for people with experience in **Finance and Accounting, Information Technology, Human Resources and Governance and Strategic Planning**. However, we invite people with a wide range of backgrounds and experiences to apply. Generally, CLBC looks for Board Directors who have:

- experience and knowledge related to running a large organization and/or
- an understanding of community inclusion, self-advocacy and the system of services and supports for adults who have a developmental disability.

CLBC board members also must live in B.C.

Disability Without Poverty – Advocate for a Fully Funded Canada Disability Benefit | Deadline to Call: Friday April 5, 2024 | View Online: [Emergency phone blitz for Canada Disability Benefit \(hs-sites.com\)](#)

Liberal MPs have signed a letter pushing for the Canada Disability Benefit to be included in the upcoming budget. We need you to also take action so that she gets the message loud and clear to budget an adequate amount for the CDB that we are behind their letter.

Kwantlen Polytechnic University – Breaking Barriers Breakfast Session for Employers | May 15, 2024 | View Online: [Breaking Barriers | KPU.ca - Kwantlen Polytechnic University](#)

We are excited to invite you to an informative event designed to showcase KPU programs and services specifically tailored to support the clientele of settlement and employment agencies.

What: Annual Breaking Barrier Breakfast

When: May 15th, 9am-12pm

Where: KPU Surrey Campus (Conference Centre)

Free to attend! RSVP: [Breaking Barriers | KPU.ca - Kwantlen Polytechnic University](#)

Institute of Child Psychology – Spring Parenting & Mental Health Summit | April 9 to 12, 2024 | View Online: [Conference Registration SNEAK PEAK March20 - Institute of Child Psychology](#)

Parenting and children’s mental health summit. Together let’s raise a generation of children who don’t have to recover from their childhoods. Register for free!

Province of BC – Canadians of South Asian Heritages BC Museum Engagement | View Online: [Home - Canadians of South Asian Heritages B.C. museum \(gov.bc.ca\)](#)

The engagement process will be guided by the principles of equity, inclusion, accessibility, anti-racism, and anti-casteism. It provides multiple and different opportunities for participation, where communities, groups and individuals from across the province can come together to discuss their vision for a museum or cultural centre, including its location, name, and mission.

Representative for Children & Youth – Webinar – Discussion of Still Left Out: Children and Youth with Disabilities in BC | Wednesday April 10, 2024 | To Register Email: [here](#).

Join us on April 10th via Zoom as BC's Representative for Children and Youth, Dr. Jennifer Charlesworth, joins our monthly network discussion to tell us about what she's learned from her office's investigation and systemic review regarding early years and parent/caregiver support and supports for families with disabilities.

UBC – Anxiety, Stress & Autism Program – Seeking Autism Research Participants | View Online: [Qualtrics Survey](#) | [Qualtrics Experience Management](#)

We would like to invite Autistic Young Adults (aged 18 to 30) to help us better understand the relationship between social and emotional processing and well-being in young adulthood. The study will include one in-person visit to UBC (2 hours) and two 45 minute online sessions. A gift card for \$52.50 provided to participants.

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.

Belonging Network | View Online: [Home - Belonging Network](#)

The Adoptive Families Association of BC (AFABC) is undergoing a name change. For almost 50 years, AFABC has supported adoptive families of all kinds while developing supports for many others: relatives raising relatives, guardianship families, other permanency families,

and foster youth as they enter adulthood. That's why they're becoming the Belonging Network.

AgedOut.Com – Quests to Support Youth in and from Care | View Online: [Homepage - Agedout.com](#)

Learn life skills, seek out information, earn gift cards.

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](#).

Federation of BC Youth in Care Networks – Wellness Kit Giveaway | View Online: [Event Management \(powerappsportals.com\)](#)

Self Care is an important part of Wellness, and what better way to support Wellness than by receiving a Wellness Kit from your Fed Family? Each kit will contain a variety of items to encourage you to take care of your yourself. We will also include a handy little info card with a variety of Wellness Supports and Resources. There are a limited number of kits and they will be given out to members on a first come first serve basis.

Society for Children and Youth – Research – Child Capacity Project | For More Info Contact: simran@scyofbc.org

The Society for Children and Youth of B.C. is in the process of completing the Child Capacity Research Project. The purpose of this work is to promote child participation rights by way of research papers on child capacity in the context of four key areas:

- 1) family law

- 2) mental health/involuntary civil commitment
- 3) decisions about healthcare
- 4) child 'protection/welfare'

A research paper on each of these topics is currently being developed and will include a summary of the key findings and conclusions for each topic area. We are currently seeking engagement of young people with lived/living experiences regarding Child Protection/Welfare' in B.C.