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~ With Gratitude ~

Thank you to neurodiverse youth, families and community partners who share their knowledge, experience, and resources used to create these monthly lists. Thanks as well to those invested in the child welfare community who contribute useful resources.

The range of topics covered are based on the intersectionality presented by neurodiverse youth in their transition planning processes, those areas families have highlighted as useful in keeping them in a position to offer ongoing support, and the needs identified by those in government care undergoing transition into adulthood.

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

Wishing you happy planning folks!

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

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All Bodies Dance – Dance Online Drop-In Fridays | Fridays from 12 Noon to 1 PM | View Online:  
[Registration required to receive Zoom link](#)

Connect with the joy of movement, self-discovery, and imagination, all from the comfort of your home. Explore and improvise through movement prompts, phrases, shapes, and activities that celebrate the diversity of inclusive community dance. No experience required; everyone is welcome. Move as much or as little as you would like.

### **Accessibility Information:**

- Closed captioning available on Zoom
- Participants are encouraged to have their video cameras on as much as possible and Gallery view is useful to be able to see everyone

All Bodies Dance – 10 Year Anniversary Celebration Video! | View Online: [Have a look at our 10 year anniversary video.](#)

We are celebrating a decade of ABDP with a look back through some of the amazing experiences we have had performing, rehearsing and practicing inclusive community dance.

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

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

[BC Special Olympics Programming – Various Locations](#) | 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 StrideFest 2025](#) | March 22 to 29, 2025 | View Online: [StrideFest – We Are Burnaby](#)

Festival host The Long Table Society and Burnaby’s creative community bring you **StrideFest 2025**, a celebration of creativity and connection. Enjoy visual art displays and installations, live music, poetry, artist demos, workshops and more. With accessible and FREE family friendly programming and exhibits spreading out from North Burnaby StrideFest serves as a colourful reminder that creativity is happening all around our city all year long. With this year’s theme Just Imagine!, anything is possible.

[Canucks Autism Network \(CAN\) – Program Registration Open](#) | View Online: [Programs - Canucks Autism Network](#)

Take a look at the Spring 2025 Program Guide including activities like:

- Wellness and mental health pop-up opportunities

March 2025 List of Resources and Activities for Neurodiverse Youth and Families  
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- Craft and connect
- Music to move your mood
- Yoga

[Community Parks and Recreation – Winter Program & Recreation Pass Info](#) | [View Online:](#)  
See Links Below by Community

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

- City of Burnaby – Recreation & Shadbolt Centre for the Arts - <https://www.burnaby.ca/our-city/whats-new/sign-up-for-enewsletters> | Spring 2025 Activity Guide - [Activities & Registration | City of Burnaby](#)
- City of Coquitlam – Parks, Recreation and Culture E-News - <https://www.coquitlam.ca/767/Parks-Recreation-Culture-E-News> | Spring 2025 Program guide - [Program Guide | Coquitlam, BC](#)
- City of Maple Ridge – E-Newsletters - [Stay Connected with Your City | Maple Ridge, BC](#) | Spring 2025 Program Guide - [Program Guide | Maple Ridge, BC](#)
- City of New West – Parks & Recreation Newsletter - <https://www.newwestcity.ca/signup> | Spring 2025 Active Living Guide - [Active Living Guide - New Westminster Parks and Recreation | City of New Westminster](#)

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

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

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

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

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

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

Down Syndrome Resource Foundation – March Programs | View Online: Various Links

DSRF has two opportunities for consideration starting this March:

1. Sharp Shooters Photography Club – March 17 to 21, 2025 | Burnaby | View Online: [Sharp Shooters Photography Club - Down Syndrome Resource Foundation](#)

Students will learn the basics of digital photography including camera settings, composition and lighting styles as well as explore a variety of photography styles such as portraits, nature, landscapes, food and photo story telling.

2. Strength and Conditioning Small Group Training | March 27 to June 13, 2025 from 4 to 5 PM | Burnaby | View Online: [Strength and Conditioning Small Group Training - Down Syndrome Resource Foundation](#)

Join certified Trainer and Fitness Instructor Tony Gallo in a fitness journey filled with music, fun and supportive camaraderie. Tony's goal is to make fitness fun, accessible, and empowering for young folks with Down syndrome.

Hello Chowder – Navigating Our Inner and Outer Worlds with Art+Conversation |  
Saturdays March 15 to May 10, 2025 | View Online: [Navigating Our Inner and Outer  
Worlds with Art + Conversation — HelloChowder](#)

This Cohort is sponsored by Curiko, PosAbilities, BACI and Kinsight. We invite you to an engaging, hands-on art-activation series. Through interactive workshops combining art-making, storytelling, and cartography, you'll map your relationships to yourself, others, the land, and your communities. This is a chance to water new perspectives, creativity, and grow meaningful connections along the way.

Mayday Youth Choir – For Neurodiverse Youth | View Online: [About the Choir - Mayday Club Youth Choir](#)

The Mayday Club organization is run primarily by BC-based neurodivergent youth. The founder of the choir is Nicole Provost – who is neurodivergent. Nicole founded the group in 2016 after experiencing isolation, bullying, and exclusion in her own life.

Mayday Youth Choir for Neurodiversity – Silent Disco: A Night of Fun and Dancing! |  
Langley | July 4, 2025 | View Online: [Silent Disco - Mayday Club Youth Choir](#)

Get ready to vibe to the beats of your choice, as you flip between the 3 available channels of music. Check-in at registration, grab your headphones, pick your channel, and dance the night away. Your headphones will glow according to what channel you're on, so you can find other people to dance with!

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

Pottery Works is a collection of artists overcoming their disabilities through art. Pottery Works offers special classes, workshops, and events, and provides studio space for

disabled artists to work on their original works, including paintings, pottery, jewelry, and more.

Realwheels Theater | View Online: [About](#) | [Theatre for People with Disabilities](#) | [Vancouver](#) | [Realwheels](#)

Realwheels is a professional theatre company based in Vancouver with a mission to create and produce performances that deepen understanding of the disability experience. Our vision is full inclusion and integration of disability both on – and off – Canadian stages; a barrier-free, diverse performing arts world that reflects the real world and all of its people.

STAND Festival 2025 – Call for Immigrant and Refugee Artists | Application Deadline Saturday March 15, 2025 | View Online: [STAND 2025](#) | [CALL OUT](#)

STAND Festival Foundation is seeking immigrant and refugee artists in theatre, dance, and music to participate in STAND Festival 2025! Are you an artist with a story to tell? Do you create work that challenges, inspires, and amplifies immigrant and refugee voices? This is your chance to showcase your talent in a festival dedicated to powerful, diverse, and thought-provoking performances.

Table Tutors – DJ Training | Burnaby | View Online: [DJ Lessons](#)

Tabletutors Dj Studio is a community-based space designed specifically for DJs of all levels. We pride ourselves on providing top-of-the-line DJ equipment to help you hone your craft, including a range of DJ controllers, turntables, and mixers. Our experienced staff is available to help you get the most out of our equipment, whether you're a seasoned pro or just starting out.

Taya James – Sing A Long – Imagine What It’s Like! | View Online: [New Home - Taya James](#)

Taya’s story offers a unique and artistic look at real issues that people who are born different face. This includes issues like facing prejudice, being bullied, having obvious medical issues, and generally being pushed to the sidelines of life.

The full three-part video is 34 minutes long. Taya invites you and your family to check it out on her website!

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 & Dragons | Every 2nd Tuesday from 7 to 9 PM | View Online: [This World's Ours Centre Corp. - Activities : Dungeons & Dragons \(amilia.com\)](#)

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 \(vams.org\)](#)

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.

[Vancouver Youth Writing Contest](#) | Entry Deadline May 31, 2025 | View Online: [Youth Writing Contest](#) | [Vancouver Writers Fest](#)

The Vancouver Writers Fest’s [Youth Writing Contest](#) is open now to students in British Columbia! Spread the word to a young writer in your life. Entries will be accepted for previously unpublished short stories and personal essays.

[Vicuna Art Studio Maple Ridge](#) | View Online: [Home](#) | [Vicuna Art Studio](#)

A studio devoted to supporting artists with diverse abilities to embrace their individuality, develop their talent and create inspiring works.

[Virtual Pop Choir](#) | View Online: [MNjcc Choir](#) | [My Pop Choir](#)

When you join My Pop Choir it will quickly become the highlight of your week. For each session we will be rehearsing in-person **with the option to “hop” over to the virtual choir** if you are unable to make it. Participants will have access to charts, vocal tracks, and instrumental tracks. There is no pressure to perform. We will all sing for the love of singing!

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

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

## 2.0 Community-Based Developmental & Social Programs

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Access2Card | 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.

Autism Support Network – Monthly Events Page | View Online: [Events & Calendar – Autism Support Network \(autismsupportbc.ca\)](#)

Browse our upcoming events for the month. We also have a Google document that is always kept up to date.

BC Self Advocacy Leadership Network & Community Living BC – Connections Hour | Every Thursday from 12 Noon to 1 PM | To Attend Email: [CLBC.Connect@gov.bc.ca](mailto:CLBC.Connect@gov.bc.ca) for the meeting link.

Hear and share what's happening around the province and in your community every Thursday from 12 Noon to 1 PM Pacific Standard Time.

BurnabyConnect App | View Online: [BurnabyConnect App | City of Burnaby](#)

BurnabyConnect App provides a convenient way for you to access the City's most popular online information and service tools on your mobile devices. Information includes:

- latest news
- community events
- recreation and arts facilities and programs
- job opportunities in the City
- online services and other apps
- maps
- local government information
- recycling and garbage collection
- and more!

[Burnaby Spring Break Activities](#) | March 17 to 28, 2025 Daily from 11 AM to 4:30 PM | View Online: [Spring Break](#) | [Burnaby Village Museum](#)

Histories of Burnaby's diverse communities are showcased in this 10-acre open-air site. Explore how homes and businesses used to look, see how different cultures help shape our community and learn from Indigenous educators. Education staff are available in select exhibits to interact with and learn from.

Community Living BC – Process to Request Eligibility for Services | View Online: [Am I Eligible for CLBC Support? - Community Living BC](#)

You can request confirmation of CLBC eligibility once your child turns age 16. For those served in Burnaby, New Westminster, the Tri-Cities and Maple Ridge / Ridge Meadows, the process to request confirmation of CLBC eligibility requires two steps:

1. Call the CLBC Port Moody Office at 604-933-2000 (and is physically located at #400 205 Newport Drive, Port Moody, BC, Canada, V3H 5C9) to complete the CLBC intake process over the phone with the CLBC Admin staff (usually takes approximately 5 to 10 minutes)
2. Submit any documents requested by CLBC to support processing the application for eligibility. These assessment documents may include things like a Psych-Ed report, CLBC Assessor Report, potentially school records, or other assessments completed (Psychological Assessment/FASD Assessment/ASD Assessment). If CLBC needs you to follow any additional steps, the Admin that you speak to during the intake will let you know what else they require.

The CLBC Eligibility Lead will review the materials submitted to confirm if a young person is eligible for CLBC supports or not.

Community Living BC – (in-person) [Welcome Workshops Registration Open](#) | Tuesdays  
April 1, 8, 22, 29, 2025 at 5:30 PM | CLBC Port Moody Office | To Register Email:  
[bryan.oulton@gov.bc.ca](mailto:bryan.oulton@gov.bc.ca) or call 604-933-2000 as space is limited

In these four welcome sessions we introduce Community Living BC and show how  
community and different service and supports fit together in the big picture of adulthood.

1. Getting Started – April 1<sup>st</sup>
2. Community Connections – April 8<sup>th</sup>
3. Planning Options – April 22<sup>nd</sup>
4. The Real Deal – April 29<sup>th</sup>

Community Network – Maple Ridge Pitt Meadows Katzie – Member Resources | [View Online: Member Resources – Community Network – Maple Ridge, Pitt Meadows, Katzie \(resourceyourcommunity.com\)](#)

The Community Network has a wealth of resources to share thanks to our amazing  
members. This page provides links to other websites and documents sorted by  
topic. [Email](#) us if you don't see what you're looking for or if you're looking to have an item  
added. The Community Network is your one stop shop to connect to local resources.

Community Services – Circle of Security Parenting Workshop Series | Starts April 3, 2025 |  
View Online: [Circle of Security - April 3 to May 22 \(sessions\) | Maple Ridge/Pitt Meadows Community Services](#)

Circle of Security is running a free eight-week workshop for parenting. This will be located  
at Maple Ridge/Pitt Meadows Community Services and run every Thursdays April 3 to May  
22 9:30-11:30AM. The Circle of Security® Parenting™ program is built on decades of  
research which can help us answer:

- What is my child really asking from me?
- How can I support my child to successfully manage their emotions?
- How can I parent my child to have strong self-esteem?
- How do I strengthen my relationship with my child?

Connect Teach Sustain Youth Society – 2025 Summer Camps | View Online: [Summer 2025 Calendar - CTS Youth Society](#)

A schedule of outdoor camp opportunities for the summer of 2025.

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.

Earth Day '25 – Poetry & Photo Contest & Volunteer Opportunity | Maple Ridge | Saturday April 26, 2025 | View Online: [Celebrate Earth Day in Maple Ridge « Ridge Meadows Recycling Society](#)

Our 2025 event theme is **“Stories”** – stories bring people together and connect us across time and distance. Opportunities to participate include:

1. Poetry & Photo & More Contest | Entry Deadline Monday March 31, 2025 | View Online: [Earth Day Poetry & Photo Contests « Ridge Meadows Recycling Society](#) - We would love to see your poetry, flash fiction, video, or photos around our “Stories” theme to celebrate Earth Day!
2. Volunteer | View Online: [Earth Day Volunteer Page « Ridge Meadows Recycling Society](#) - We are looking for people who want to learn about event planning, and those who want to get involved in their community or those who just need volunteer hours!!!

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

Foundry Ridge Meadows – NeuroDiversity Club | Wednesdays from 5 PM to 6 PM |  
Where: 22932 Lougheed Hwy. #2, Maple Ridge, BC | View Online: [Foundry Ridge Meadows | Community Service Program \(comservice.bc.ca\)](https://comservice.bc.ca)

Foundry Ridge Meadows offers a NeuroDiversity Club for youth ages 16-24! Join their inclusive community where they celebrate every unique mind. Whether you're neurodivergent or simply curious, all are welcome! Let's learn, grow, and support each other together.

Foundry Ridge Meadows – Epic Eats: Let's Cook | Maple Ridge | Wednesdays from 5 to 6:30 PM | To Register Call 604-690-2203

Limited spots are available for youth ages 16 to 24 to come together and cook a meal every Wednesday at the Foundry Ridge Meadows.

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.

Home Sharing Support Society of BC – Calendar of Events | View Online: [Events - HSSSBC \(\[homesharingbc.ca\]\(http://homesharingbc.ca\)\)](#)

A list of events intended to develop the knowledge, skills and abilities of home share providers and community professionals who engage with the home sharing community in BC.

H.R. MacMillan Space Centre – How to Use a Telescope | Port Coquitlam | Saturday March 29, 2025 at 11 AM | View Online: [H.R. MacMillan Space Centre](#) | [Events](#) | [Fraser Valley Regional Library](#)

Discover how to use a telescope to explore the night sky! Space science educators from [H.R. MacMillan Space Centre](#) will show you how to navigate the stars. They will also demonstrate what exciting discoveries are being made with telescopes worldwide and in space.

New West – Youth Drop-In Programs (Ages 11 to 18) | View Online: [What are Youth Drop-in Programs? \(newwestyouth.ca\)](https://newwestyouth.ca)

Youth drop-in programs offer a flexible and low-barrier way for youth to engage in a variety of activities. Unlike traditional recreation programs, drop-ins have less structure, allowing youth to take charge of their own experience. This means they can come and go within limits, participate in activities that interest them, and create their own fun. Trained youth workers are always present to ensure a safe and supportive environment.

North Shore Disability Resource Centre- Zoom Adult Program (ZAP) | Online | View Online: [community-based services - NSDRC](https://community-based-services-nsdrc.ca)

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.

Pacific Autism Family Network – Learn 4 Independence Program | Richmond | For More Info contact Brenda Webster at [Brenda@pacificaautismfamily.com](mailto:Brenda@pacificaautismfamily.com) or 604-207-1980 (ext. 2017) | View Online: [Learn 4 Independence](https://www.learn4independence.ca)

This program is accessible to CLBC Participants. Learn 4 Independence is a research-based life skills program where adults (18+) with autism and other neurodiversities can maximize their capacity to become more self-sufficient and employment ready. Semesters run throughout the year and laptops, headphones and learning materials are provided during program hours.

Life skills covered include work, finances, safety, relationships, nutrition, identity, community, health, solutions, etiquette, transportation, living on my own, and organization. Further, additional opportunities including skill development in the areas of teamwork, friendship building, active listening, goal setting, effective communication, understanding how money works and so much more!

Spring Semester details: February 24 – June 19, 2025, Monday to Thursday, 9 a.m. – 2:30 p.m. (Registration still open)

[Planned Lifetime Advocacy Network - Calendar on Support Events](#) | View Online: [Events for March 2025 – Planned Lifetime Advocacy Network](#)

Check here to find a range of programs and supports that are aligned with the work PLAN does centered around the question “What will happen to our children with disabilities when we are gone?” PLAN’s worker partners with families and people with disabilities on three key activities:

**1. Personal Support Networks**

We collaborate to build personal support networks that empower contribution, security and citizenship for people with disabilities. [Click to learn more.](#)

**2. Planning For a Good Life**

We partner with families on planning and advocacy to ensure loved ones with disabilities are safe and secure for their lifetime. [Click to learn more.](#)

**3. Family Support and Leadership**

Our network of families regularly comes together for mutual support, to share solutions and promote family leadership in our community. [Click to learn more.](#)

Purpose Calendar of Events for Burnaby and New West | Burnaby: [Burnaby YOUTh HUB – Lower Mainland Purpose Society for Youth and Families](#) | New Westminster: [New Westminster 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. Events include:

- PWD Application Assistance | Tuesdays from 3 to 4 PM | Contact: [Jennifer.1.Davis@gov.bc.ca](mailto:Jennifer.1.Davis@gov.bc.ca)
- Trans & Gender Support Group | Every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month from 6 to 8 PM
- Pop-Up Thrift Store

The New West Youth Hub is a vibrant and inclusive community space dedicated to empowering young individuals aged 12-25. Events include:

- PWD Application Assistance | Wednesdays from 3:30 to 4:30 PM | Contact: [Christina.1.Porte@gov.bc.ca](mailto:Christina.1.Porte@gov.bc.ca)
- Let's Talk mental health focused program for youth ages 14 to 24 | Tuesdays from 5:30 to 6:30 PM
- Weekly Workshop series | Mondays and Wednesdays from 3:30 to 5:30 PM
- Odyssey Substance Counselling | Tuesdays and Thursdays Afternoons

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

Adults with cognitive disabilities chat via Zoom with a Certified Sexual Health Educator. All genders and orientations are welcome! Everybody has questions about dating, love, relationships, and sex. Things like:

- How do I meet a boyfriend / girlfriend / partner?
- How do I let my family know that I want to date?
- How do I come out to my friends or family?

March 2025 List of Resources and Activities for Neurodiverse Youth and Families  
and those Leaving Government Care

- How can I make sex safer?
- What is consent?

It's totally normal. But sometimes it can be hard to know where to get good information. At this event, we'll watch some Real Talk videos, and have a conversation hosted by a Certified Sexual Health Educator. We'll talk about where to get good information, who can support us with this stuff, and how to figure out confusing situations. People are welcome to talk about things, or to just listen if they don't want to talk.

Repair Café in Maple Ridge | Saturday March 15, 2025 from 10 Am to 2 PM at the Maple Ridge Seniors Activity Centre | View Online: [www.mrrepaircafe.ca](http://www.mrrepaircafe.ca)

Repair Cafés are pop-up events where residents can bring their broken items and volunteer expert “fixers” are available to help residents learn how to repair their stuff. Items fixed in previous years include small appliances, lamps, electronics, jewelry, clothing, and small toys or furniture.

Did you know that some of the repair team fixers identify as being neurodiverse? Did you know that young people and young adults with an interest in becoming a fixer can ask to be a “Repair Apprentice?” If this describes you reach out to Leanne at 604-463-5545, or email her at [leanne@rmrecycling.org](mailto:leanne@rmrecycling.org), to learn more.

Ridge Meadows Association for Community Living (RMACL) – Youth Programming | Maple Ridge / Ridge Meadows | Various Links by Program Below

RMACL provides a range of programming including:

1. 2025 Spring Break Camp (fee for service) Teen Camp for ages 13 to 18 | To Ask Questions please call 604-466-1144 or email [margaret.cleaver@rmacl.org](mailto:margaret.cleaver@rmacl.org) | Registration Form: <https://forms.office.com/r/ndcYaDYaiz>
2. Teen Transit Adventure | March 17 to 27, 2025 on Mondays to Thursdays 9 AM to 3 PM. Join the RMACL Crew ages 14 to 18 for eight days of exploring our community via transit. | To Ask Questions please call 604-466-1144 or email [margaret.cleaver@rmacl.org](mailto:margaret.cleaver@rmacl.org) | Intake Form: <https://forms.office.com/r/FPZx1ijrUA>
3. Fun with Friends Teen Social Skills Group (fee for service) offered to youth ages 13 to 18 with a limit of six spots on Wednesdays from 4 to 5:30 PM or Thursdays from 6 to 8 PM. The goal is to help youth develop essential life skills and the next group will start after June 19, 2025 | To Ask Questions please call 604-466-1144 or email [margaret.cleaver@rmacl.org](mailto:margaret.cleaver@rmacl.org) | Intake Form: <https://forms.office.com/r/YDpZRvQcFe>
4. Youth Visions After School Program for Youth Aged 13 to 18 focuses on Life Skills, Recreational Opportunities and Building Friendships | To Ask Questions please call 604-466-1144 or email [margaret.cleaver@rmacl.org](mailto:margaret.cleaver@rmacl.org) | Intake Form: <https://forms.office.com/r/ZjHqeQdjMR>

Services to Adults with Developmental Disabilities (STADD) – Transition Planning Support for Neurodiverse Youth & Young Adults | View Online: [Find a Navigator - Province of British Columbia \(gov.bc.ca\)](#)

If you're a young person with a developmental disability, moving to adulthood can be a challenge. If you're the parent, guardian, or caregiver of a young person with a developmental disability, helping them move towards adulthood can be just as challenging. A Navigator can help you and your family with this transition.

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 CODE Initiative – STEAM Programs | View Online: [The C.O.D.E. Initiative Foundation](#)

[The C.O.D.E. Initiative](#) is a BC-based non-profit dedicated to introducing students to STEAM (Science, Technology, Engineering, Arts, and Math) and coding through affordable, tailored, and accessible classes. They are offered in a one-to-one format and tailored to suit each student's needs, strengths, and interests. Each class consists of 5 virtual sessions; classes start from \$160.

**Receive a 25% discount on any of their classes with the code 'CODEWITHUS'.**

We welcome everyone to learn with us and are especially committed to providing opportunities to [neurodivergent](#) students, members of the **LGBTQIA2S+** community, and students from Black, Indigenous, and People of Colour (**BIPOC**) communities.

The Family Education & Support Centre's – Family Freecycle Event – Donate &/or Attend | Saturday April 26, 2025 from 10 AM to 2 PM | For More Info Email: [v.tong@familyed.ca](mailto:v.tong@familyed.ca)

Drop off your items (gently used clothing, wearable sporting equipment, toys and books) in front of the Leisure Centre on April 25, 2025 from 5 PM to 7 PM or on Earth Day during the event. Then for those interested come and find something new to you on Saturday April 26 at the Leisure Centre.

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 programing includes:

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

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

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[Auteen – ASD High School Support Group](#) | Mondays at 8 PM and Thursdays at 6 PM |  
View Online: [Auteen](#)

Auteen is an online community for autistic high school students (15 and older) who will be attending university. Auteen runs two weekly drop-in group sessions on Discord. Sessions are one-hour long, combining social activities and facilitated discussions about autistic experiences. The group is led by an autistic third-year UBC student, which can help teens get a sense of what the transition to university is like.

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.

Burnaby School District – A Path Forward | Thursday April 10, 2025 from 6 to 8 PM | Burnaby Central Secondary | To Register Visit: [A Path Forward: Supporting Youth with Disabilities or Diverse Abilities Towards Adulthood](#)

An information evening supporting youth on their next steps towards adulthood for:

- Parents and caregivers thinking about their child's future
- Students from Grades 8 to 12 with physical and social employment challenges
- Students in a pre-employment program
- Students in an ACCESS program
- Teachers or support workers

Approximately 30 organizations that provide support in securing work, leisure, and post-secondary opportunities will be in attendance to share information.

BC Provincial Outreach Program Deaf & Hard of Hearing | Burnaby | View Online: [Home - POPDHH](#)

The focus of the **Provincial Outreach Program: Deaf and Hard of Hearing** is to collaborate with school districts in meeting the needs of all Deaf and Hard of Hearing learners. Through collaborative consultation, POPDHH supports educational teams in addressing the unique communication and learning styles of individual Deaf and Hard of Hearing students.

BC Provincial School for the Deaf | Burnaby | View Online: [BC School for the Deaf | Burnaby Schools District](#)

The BC Provincial School for the Deaf is a Kindergarten to Grade 12 school in partnership with South Slope Elementary and Burnaby South Secondary schools. Working as a team, members of the BC Provincial School for the Deaf strive to develop the full learning potential and positive self-identity of each student. Value is given to Deaf heritage, and each student is encouraged to become a responsible, contributing member of the Deaf and hearing communities.

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](#)

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 \(FRST\)](#)

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 – 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.

Queer ASL – March to May 2025 Registration Cycle Open | View Online: [Register for a Class!](#)

This cycle we will be offering our general 101 - 104 classes, 101 - 102 classes for QTBIPOC folk, 101-102 classes for disabled folk, and we are doing another test run of our one-month long immersion classes (ASL 101 & 102).

This cycle starts March 23<sup>rd</sup> onwards.

Steps Forward – Student Openings List | View Online: [Student Openings - WWW.BC-IPSE.ORG](https://www.bc-ipse.org)

Applications are now open for an inclusive post-secondary experience! Steps Forward helps young adults with developmental disabilities access post-secondary education. Check out 2025 openings for local schools such as Simon Fraser University and Emily Carr University.

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

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

Violence is Preventable – School-Based Intervention Program | View Online: [VIP – BC Society of Transition Houses \(bcsth.ca\)](#)

Violence Is Preventable (VIP) is a free, confidential, school-based violence prevention program for students in grades K-12. VIP presentations are delivered by [PEACE](#) counsellors. Presentations increase awareness of the effects that domestic violence has on students while connecting those experiencing violence to [PEACE Program](#) counselling.

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

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

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

All Nations Trust Company – Pathways to Technology Program | View Online: [Trust Services](#) | [All Nations Trust Company \(antco.ca\)](#)

Pathways to Technology, a project managed by All Nations Trust Company, is an initiative to bring affordable and reliable high-speed Internet to all 203 First Nations in BC. We're working to ensure First Nations people can connect with the world no matter where they live.

Arts New West – Apply Now Summer Job Positions | View Online: [Now Hiring: Canada Summer Job Positions - Arts New West](#)

Be part of a really fun summer of arts and culture events in New Westminster!

Arts New West is currently accepting applications for summer employment opportunities (May 13 – August 1, 2025) through the Canada Summer Jobs program:

Back in Motion – WarehouseAbilities Program | View Online: [Home - WarehouseAbilities | Warehousing for Persons with disabilities](#)

Back in Motion has partnered with Universal Learning Institute to provide a 12-week training program designed to address the challenges of people who face multiple barriers to employment experience. WarehouseAbilities provides skills training and support to prepare individuals for sustainable employment in the high-demand warehousing sector. The program is funded by the Government of Canada, through the Canada-British Columbia Workforce Development Agreement.

BC Centre for Ability – Opportunities Fund Employment Programs | View Online: [Opportunities Fund | BC Centre for Ability](#)

The Opportunities Fund can provide disability supports for both individuals and employers.

Canucks Autism Network – Employment Programs | View Online: See Links Below

- **Skills Training & Employment Program (STEP):** This free program helps autistic adults to gain valuable pre-employment skills and hands-on work experience with a focus on the hospitality industry. The participants receive up to 5 weeks of classroom training (5 days a week, 6 hours per day) and 120 hours of paid work experience in the Lower Mainland. Registration for this program is based on an application and intake interview. More information about this program can be found [here](#).

- [Ready, Willing and Able \(RWA\): Career Navigation](#) - can support you in finding your path to success by connecting you to community agencies and services that:
  - provide pre-employment and employment readiness training
  - are connected to businesses in a variety of industries and help job seekers apply and interview for competitive jobs
  - provide additional supports or accommodations that may be needed on the job (e.g. job coaching, assistive technologies)
  - support individuals in connecting to resources in mental health, life skills, housing, etc.
  - support students in their post-secondary studies (e.g. tutoring, classroom/ internship accommodations)

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.

CMHA – Echo Clubhouse | View Online: [ECHO Clubhouse - CMHA Vancouver-Fraser \(cmhavf.ca\)](#)

ECHO supports individuals, living with a mental illness, in their rehabilitation and recovery journey through holistic services that range from vocational (job, volunteering, education), recreation, health and wellness and life skills. ECHO builds personal efficacy around wellness and provides a safe place to connect, reducing isolation and increasing well-being.

CNIB – Various Length Volunteer Roles | View Online: [Volunteer with CNIB Guide Dogs | CNIB](#)

Volunteers are a critical part of our guide dog program, and we're always in need of volunteer puppy raisers and boarders. With support from CNIB Guide Dogs staff, you would play a pivotal role in raising a puppy to become a guide dog and help change the life of someone who is blind, Deafblind, or has low vision. We offer short-term and long-term volunteer opportunities; previous experience with dogs is not required. If you're eager to learn, the CNIB Guide Dogs team is here to provide you with support and training, so you can feel confident in your volunteer role.

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.

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

Located in New Westminster, We teach youth ages 18 to 26 in the Lower Mainland. Our goal is to help youth build self-esteem, maintain positive mental health, and secure employment in the food service industry. Students in our 3-month program learn basic cooking skills, food service business management and valuable life skills. The entire program is free of charge. Train and work with us for 3 months, Monday-Friday, 4 hours per day.

Douglas College – 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.

Intersections Media for Youth Society – Film and Employment Virtual Training Workshops | [View Online: Home \(intersectionsmedia.com\)](#)

For youth between the ages of 19 and 29, Participants are paid minimum wage during the course of the workshop (40 hours per week). All program and support materials will be provided, and certifications are paid for on the participants' behalf.

One of the requirements for participation is that youth not be on PWD and we can discuss how your PWD benefits can be suspended temporarily to allow you to remain eligible to participate in this program.

JobsWest | [View Online: Job Seekers | Employment for People With Disabilities | Jobs West](#)

Jobs West is an employment program for adults with developmental disabilities. Our staff work together with program participants to find and maintain work placements within your community. Work options include volunteer, work experience, and paid employment. The program works on a continuous intake basis. Semi-independent skills are required for success in the program and in the community work placements. Our services include pre-employment skills, college referrals, workshops, skills assessment, community resources, and employment support.

Kinsight – Employment: Thinking About Getting a Job? | Saturday April 5, 2025 from 10 AM to 2 PM at the Springs in Port Moody | View Online: [Life and a Place to Call Home - Employment](#)

This interactive session will include parents, caregivers, youth and young adults ages 14-26 for a deeper dive into employment for young people with extra support needs. Join us for a facilitated learning journey through preparation and readiness, services and supports that can help, and how different pathways to employment can take us from impossible to probable!

Kwantlen Polytechnic University (KPU) – Employment and Community Studies Program – Spots Remain for Spring 2025 Semester | View Online: [Employment and Community Studies | KPU.ca - Kwantlen Polytechnic University](#)

I wanted to let you all know that our Employment and Community studies program for students with barriers to traditional post-secondary programs has a few spots available for the upcoming Spring semester. We are presently hosting information sessions through Zoom.

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.

The course topics focus on:

- Employability
- Social Justice
- Communication
- Advocacy
- Technology

Low Entropy Foundation – Thrift & Thrive: future Leaders Internship Program | Coquitlam  
| View Online: [Thrift & Thrive Youth Internship – Low Entropy](#)

Join us for the Thrift & Thrive: Future Leaders Internship Program for youth aged 16-24!  
Requirements

- Must be between 16-24 years of age
- Must be able to travel to the internship location: 552 Clarke Rd, Coquitlam, BC

NeilSquire – Computer Comfort Program for those with Sensory or Physical Disability |  
View Online: [Computer Comfort - Neil Squire Society](#)

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

NeilSquire – Empower 3D Employment Program for Youth with Disabilities | View Online: [Empower3D - Neil Squire Society](#)

**Empower 3D**, specializes in supporting youth with disabilities to build essential skills and gain valuable paid work experience. With 4 training cohorts per year, we have **limited spots available in each cohort**. The program is designed to help youth with disabilities overcome barriers to employment through skills development, wrap around supports and paid work experience in the manufacturing sector. The program includes:

- 14 weeks of small group skills training (3 days per week, 4 hours per day)
- 12 weeks of paid work experience, above minimum wage, with a manufacturing company (up to 30 hours/week)

- Opportunities for certifications such as WHMIS, First Aid, Safety Start, First Aid
- Small groups with individualized attention

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

PCRS – Baristas Program Surrey & Vancouver | View Online: [Baristas Program | Employment, Feature Resources | PCRS](#)

Baristas is a six-week employment program for youth 16-30 years old. The program focuses helping participants find work in the customer service and food industry. The program provides workshops on life and employability skills such as Time Management and Organization, Effective Communication/Conflict Resolution, and more.

Participants achieve certificates in Foodsafe, Serving It Right, and SuperHost. Program facilitators assist participants with job search so they can meet their employment and career goals.

PLEA – Employment Opportunities for Youth Program (Vancouver, Tri-Cities & Maple Ridge) | View Online: [Employment - PLEA](#)

We accept referrals from professionals working for the Ministry of Children and Family Development. We identify the youth's skills and interests and help with their resume, interview skills and job searches. We assist them in obtaining their Social Insurance Number, BC Identification, and any other relevant certifications such as FoodSafe, Forklift Operator's licenses, First Aid, and Workplace Hazardous Materials Information System (WHMIS).

posAbilities Employment Service – First Aid & CPR / AED Training | View Online: [posAbilities Employment Service \(pesworks.ca\)](#) | To Inquire Email: [employment@posabilities.ca](mailto:employment@posabilities.ca)

Liane brings over 20 years of experience supporting individuals with diverse abilities to build new skills. As a certified instructor, Liane will aim to provide First Aid courses that engage participants through hands-on skill development, role play scenarios, media aids, as well as both group and individual work.

Classes typically run over 2 days, 5.5 hours per day and the costs can vary between \$175-\$225. Any youth supported by CLBC supports in Vancouver Coastal East and who is served by posAbilities, can access the First Aid training for free.

Ridge Meadows Recycling Society (RMRS) – Supported Worker Program | View Online: [Supported Work Program « Ridge Meadows Recycling Society \(rmrecycling.org\)](#) | Program Video: [RMRS Supported Work Skills Development Program \(youtube.com\)](#)

Our Employment Skills Program is a partnership between RMRS and [Community Living British Columbia](#). This unique program incorporates a supported work environment to teach job skills training and provide employment to people with diverse abilities and is specifically designed for them to experience success in a work setting.

Triangle Community Resources – Futures for Youth Employment Program | Maple Ridge |  
View Online: [Futures for Youth Program - Triangle Community Resources](#)

The Futures for Youth Program provides a supportive environment for young Canadians aged 15 to 30 to learn life and employability skills, discover their interests, and obtain the training and paid work experience to successfully find and sustain meaningful employment. Youth will be provided with a living allowance during the 5 week workshop series and other supports as needed while gaining the confidence, skills and experience necessary to be successful in employment.

This Way ONward Program (Ages 16 to 24) | View Online: [This Way ONward | MyBGC](#)

This Way ONward helps youth prepare for positions at Old Navy, but the skills you learn in this program can be applied to other retail stores and different fields altogether! The This Way ONward program includes the following five Pillars:

- Pre-Employment Fundamentals
- Job Applications
- Resumes and Cover Letters
- Interviewing
- While On the Job

You can work through all the pillars or jump to an area you want to work on. Once you complete all five pillars, you will earn a This Way ONward certificate. This can be a great addition to your resume or job application!

United for Volunteering – iVolunteer Searchable Volunteer Opportunity Database | View Online: [iVolunteer Powered by United Way British Columbia](#)

United Way British Columbia's iVolunteer program pairs individuals with organizations and causes they are passionate about, helping create healthy, caring, inclusive communities for everyone. Through the online hub, [www.ivolunteer.ca](http://www.ivolunteer.ca), non-profits post volunteer opportunities and volunteers find opportunities.

In 2018, the hub launched in the Lower Mainland and Fraser Valley and today has a volunteer base of 11,000 people and over 340 non-profit partners as of August 2023. The program is expanding to serve the following BC regions: Central & Northern Vancouver, the Southern Interior and the Thompson Nicola Cariboo. Contribute meaningfully to your community in a way that honours your gifts, passion, and abilities.

University of the Fraser Valley – Workplace TASK Program | View Online: [Workplace TASK - University of the Fraser Valley \(UFV\)](#)

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.

Volunteer BC – Resources for Volunteers | View Online: [For Volunteers](#) | [Volunteer BC](#)

Our programs help British Columbians mobilize their talents as volunteers, offer educational opportunities, and provide useful tools and ways to address critical community needs.

Volunteer Connector BC – Searchable Database | View Online: [Browse Volunteer Opportunities](#) | [Volunteer Connector](#)

Use VolunteerConnector to find unique volunteer opportunities in BC non-profits. Giving back to your community has never been easier. Govolunteer.ca provides geocoded maps, allowing you to search for volunteer opportunities in your neighbourhood.

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

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

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

YMCA – Youth Beat Employment Program (Vancouver & Chilliwack) | View Online: [Youth Breakthrough to Employment and Training | YMCA BC](#)

Supports youth ages 17-29 who experience mental health barriers to employment. YMCA Youth BEAT (Breakthrough to Employment And Training) is a free online program that supports individuals to gain the confidence, skills, and experience needed to enter the labour market. YBEAT is offered both in the Lower Mainland and the Fraser Valley. The groups run as 5 weeks of group-based online workshops followed by 12 weeks of support while participants enter employment or further training/education. Includes Short-term certificate training based on employment goals and requirements of hiring employer (eg. WHMIS, Food Safe etc.).

YWCA- Off the Leash Program | View Online: <https://ywcavan.org/off-the-leash>

Certifications: Walks n Wags Pet First Aid, SuperHost and more.

YWCA – Believe Employment Program | View Online: [YWCA Believe | YWCA Metro Vancouver](#)

YWCA Believe is a free employment program for self-identified gender-diverse or LGBTQIA+ newcomers and refugees. Self-identified gender-diverse or LGBTQIA+ newcomers who are also one of the below:

- A Permanent Resident in Canada
- Convention Refugee or Protected Person
- Ukrainian temporary residents
- Temporary Foreign Worker with work permit under s.112 of the IRPR
- Live-in Caregivers (except language training)

New participants are welcomed every month.

YWCA – Career Paths for Skilled Immigrants | View Online: [Career Paths for Skilled Immigrants](#) | [YWCA Metro Vancouver](#)

YWCA Career Paths for Skilled Immigrants is an employment program to help skilled immigrants achieve progress towards employment in regulated or non-regulated professions. Participants must be a permanent Resident in Canada for no longer than 10 years, a protected person, or a refugee (with a notice of decision).

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

Survive to Thrive is a free up to 12-week program that offers specialized employment and skills training services for survivors of violence and/or abuse. We are currently accepting participants for upcoming and future cohorts.

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

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### Financial

Autism Support Network – Autism and Taxes All About the DTC | March 10, 2025 at 7 PM | View Online: [Autism and Taxes Level 1 - All About The DTC Tickets, Mon, 10 Mar 2025 at 7:00 PM](#) | [Eventbrite](#)

The Disability Tax Credit is not just a simple tax credit but a gateway to many more benefits. Parents may find the application process confusing. Dave is here to help you through the process and interpret all the jargon. This talk is intended for parents of

children with autism who have not yet applied (or need to re-apply) for the Disability Tax Credit.

If you have a child with autism, I can guarantee that you are experiencing financial stress. Dave is here to help alleviate some of this stress.

Canada Disability Benefit | View Online: [Canada Disability Benefit](#)

The Canada Disability Benefit (CDB) is an upcoming federal benefit for low-income Canadians with disabilities. The CDB was established to reduce poverty and improve the financial security of eligible individuals.

This website is managed by [Plan Institute](#), a national non-profit organization based in Burnaby, BC. The purpose is to provide individuals, families, and professionals across Canada with up-to-date information and resources on the Canada Disability Benefit (CDB). Our services and support are free and intended to help people make informed and empowered decisions.

Credit Counselling Canada | Phone View Online: [Home - Credit Counselling Canada](#)

Need help assessing your financial health? Credit Counselling Canada's Debt and Money Quiz can help.

Canada Revenue Agency – Line 31800 Disability Amount Transferred from a Dependent | View Online: [Line 31800 – Disability amount transferred from a dependant - Canada.ca](#)

If your dependent is eligible for the disability tax credit (DTC) and does not need to claim all or part of the disability amount on their tax return (on [line 31600](#)) to reduce their income tax, they may transfer it to you. This would allow you to claim all or part of the disability amount on your tax return on line 31800. A dependant may include, but is not

limited to, your parent, grandparent, child, grandchild, brother, sister, aunt, uncle, niece or nephew.

Credit Counselling Canada – Financial Literacy Education | View Online: [Financial Literacy Education - Credit Counselling Canada](#)

Ask about educational workshops, presentations, print resources and online tools by contacting your local Credit Counselling Canada [member agency](#).

Disability Alliance BC – Welcome to My DTC | View Online: [Guide to the Canadian Disability Tax Credit | My DTC from DABC](#)

The Disability Tax Credit (DTC) is a tax benefit from the Government of Canada. It is meant to help people with disabilities and their families reduce the amount of income tax they have to pay. Benefits like the [Registered Disability Saving Plan](#) and the new [Canada Disability Benefit](#) coming in **July 2025** can be accessed when you have the Disability Tax Credit.

My DTC is a free online guide to the Disability Tax Credit created by [Disability Alliance BC](#). It has information on benefits, eligibility and the overall process, as well as tools to help with applying. Please note, My DTC does not allow people to apply for the DTC directly. This is done through the Canada Revenue Agency (CRA).

Family Services of Greater Vancouver – Financial Empowerment Program | View Online: [Financial Empowerment | Family Services of Greater Vancouver](#)

The Financial Empowerment program at FSGV teaches financial literacy and helps people navigate government benefits. We envision a community where people are empowered to make the most of their money.

We do this by providing trauma-informed support in English, Español, Việt, Français, 粵語 (Cantonese), 普通话 (Mandarin), and برای ایجاد (Farsi). To view upcoming webinar sessions, go to: <https://fsgv.ca/events/category/financial-empowerment/>.

Finautonome – List of Federal & Provincial Programs | View Online: [Programs](#)

There are 80 programs, including many tax measures for people with disabilities and their families. Unfortunately, there are several barriers to accessing this available assistance. We've got tips and tricks to help you do just that. Register for our conferences to get the right information and get started on the right track.

Fraser Valley Regional Library – Drop-Off Income Tax Service | March 1 to April 30, 2025 |  
Maple Ridge Public Library

Local volunteers offer free drop-off tax filing at Maple Ridge Public Library for low income families and individuals. If you have a simple tax return, pick up a drop-off package starting March 1<sup>st</sup>. Please allow 2 weeks for the processing of your tax return. You will be notified by phone when your taxes are complete and ready for pick up. To use this service, you must show government issued ID.

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

Free tax clinics are generally offered between March and April across Canada, but some are open year-round. Tax clinics can be in person or virtual. Do you need help with your tax return? If you have a modest income and a simple tax situation, volunteers at a free tax clinic may be able to do your taxes for you. We have a national database you can use to source the closest free tax clinics near you.

Indigenous Disability Canada – Disability Tax Credit Navigation Program | 1-88-815-5511 |  
[dtc@bcands.bc.ca](mailto:dtc@bcands.bc.ca) | View Online: [Find the DTC Navigation Program poster here.](#)

Disability Tax Navigators are available to work with Indigenous individuals with disabilities all across Canada, including people who are Status, Non-Status, Métis and Inuit living both within and outside of First Nations communities. The program aims to assist individuals in qualifying for the DTC in preparation for the new Canada Disability Benefit.

Immigrant Services Society of BC (ISS of BC) – Maple Ridge & Pitt Meadows Tax Clinic |  
Saturdays from March 1 to April 26, 2025 from 10 AM to 3 PM | Maple Ridge ISSofBC  
Office | For More Info Email: [yumiko.king@issbc.org](mailto:yumiko.king@issbc.org) or call 778-372-6567

You can get your taxes prepared for FREE if you:

- Are a Maple Ridge ISSofBC client
- Are filing taxes for 2024 tax year only
- Lived in Canada as of December 31, 2024
- Meet the income criteria
- Have a simple tax situation
- Do not have rental, investment and self-employment income over \$1,000

If you are not an ISSofBC client you can register now to access this free tax clinic. Call the office for details.

Kinsight – PWD Benefits Series | View Online: Various Links Below

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

- [PWD Benefits: The Basics](#)
- [PWD Application - Step 1: Creating a My Self Serve Account](#)
- [PWD Application - Step 2: Completing the Online Application](#)

- [PWD Application - Step 3: Completing the Disability Designation Application](#)
- [PWD Monthly Reporting](#)

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 – Disability Planning Helpline | 1-844-311-7526 | View Online: [Disability Planning Helpline - Plan Institute](#)

Call the toll-free helpline offered by Plan Institute anytime from anywhere in Canada, leave a message, and one of their family experts will get back to you within 4 to 8 business days.

Topics include but are not limited to:

- Disability Tax Credit (DTC)
- Registered Disability Savings Plan (RDSP)
- Trusts and Estate Planning
- Advocacy Approaches
- Government Benefit Programs
- Social Network Building

Province of BC- BC Benefits Connector | View Online: [B.C. Benefits Connector - Province of British Columbia \(gov.bc.ca\)](#)

B.C. is a great place to live, but many people are facing big challenges from high interest rates and global inflation squeezing family budgets. That’s why we’re taking action to ease the pressures of everyday costs. Find out how you can save. Whatever type of provincial

government benefit you are looking for, you can find it - and details on how to apply - using the Connector.

Province of BC – Budget 2025 Announcement | View Online: [BC Gov News](#)

The provincial government has released Budget 2025: Standing Strong for B.C., a measured plan to protect jobs and the public services people rely on, while preparing British Columbia's economy to withstand the unpredictable impacts of unjustified tariffs.

Plan Institute – RDSP & Wills Trusts & Estate Planning Webinars | View Online: [Webinars & Training - Plan Institute](#)

## **RDSP**

The Registered Disability Savings Plan is a Canada-wide registered matched savings plan for those with disabilities to better financially plan for their futures. The Level 1 webinar is meant for those who want to learn about what the RDSP is, who qualifies, and how to apply. The Level 2 webinar is for those who already have a RDSP or have already taken Level 1.

- Next Level 1 Webinars:
  - March 13, 2025 | 10:00 AM – 11:30 AM
  - April 10, 2025 | 4:00 PM – 5:30 PM
  - May 14, 2025 | 7:00 – 8:30 PM
- Next Level 2 Webinar:
  - March 26, 2025 | 10:00 AM – 11:45 AM
  - April 23, 2025 | 4:00 PM – 5:30 PM
  - May 27, 2025 | 7:00 – 8:30 PM

## **Wills, Trusts and Estate Planning (BC Only)**

This webinar is meant for those who want to become better informed on the process of wills, trusts and estate planning to better secure the future of your relative or loved one

with a disability. There is a limit of 60 participants so early registration is encouraged!

Upcoming webinars include:

- March 20, 2025 | 7:00 PM – 8:30 PM
- April 17, 2025 | 10:00 AM – 11:30 AM
- May 22, 2025 | 7:00 PM – 8:30 PM
- June 12, 2025 | 10:00 AM – 11:30 AM

RDSP – Endowment 150 Program – One Time Grant of \$150 for RDSP | Application Deadline  
December 4, 2024 | View Online: [About Endowment 150 - RDSP](#)

Endowment 150 grants are available for all children in BC with RDSPs, and individuals and families with low incomes who are residents of BC and have an RDSP. Read the requirements and make sure you send in all the items on the checklist with your Application Form.

Vancouver Public Library – Webinar- Tax Tips for People with Disabilities: Do It Yourself |  
Wednesday March 19, 2025 from 2 to 3:30 PM | View Online: [Tax Tips for People with Disabilities: Do It Yourself | Events | Vancouver Public Library](#)

In this information session, learn more about why everyone should file taxes and how to do it yourself! Specific topics will include: an overview of non-refundable and refundable tax credits (Disability Tax Credit, Canada Caregiver Credit, Child Disability Benefit); medical expenses; readjusting your taxes, and options for tax relief.

Presented in partnership with [Disability Alliance BC](#).

## Housing, Parenting & Living Supports

ADHD Advocacy Society of BC | View Online: [Home](#) | [ADHD Advocacy Society of BC](#)

The ADHD Advocacy Society of BC champions equitable access to supports for individuals with ADHD. The society strives to share up to date information, services, and supports with the ADHD community.

Aunt Leah's – Housing Supports | View Online: [Our Properties](#) | [Aunt Leah's Properties](#)

Various housing projects including apartments, laneway homes, and communal housing options with varied eligibility requirements.

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

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

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

BC Housing Supportive Housing | View Online: [Supportive Housing](#) | [BC Housing](#)

Supportive housing is subsidized housing with on-site supports for single adults, seniors and people with disabilities at risk of or experiencing homelessness. These supports help people find and maintain stable housing.

Canadian ADHD Resource Alliance | View Online: [CADDRA | The Canadian ADHD Resource Alliance](#)

CADDRA is an independent, not-for-profit, resource organization for medical, healthcare and research professionals with an interest in the field of ADHD. We do not have any health professionals on staff to diagnose or to answer questions. If you are seeking these services, please consult your healthcare professional.

Care for Caregivers – Free Mental Health Support | View Online: [Home | Care For Caregivers](#)

Care for Caregivers provides **free, accessible** mental health support for healthcare providers in British Columbia. We aim to empower healthcare professionals to prioritize their well-being by cultivating a network of helpful resources and fostering a resilient community of caregivers supporting caregivers. This initiative is led by the Canadian Mental Health Association, BC Division in partnership with SafeCare BC, and proudly supported by the Province of British Columbia.

Centre for ADHD Awareness Canada | View Online: [CADDAC: Canadian ADHD Awareness | Education | Advocacy](#)

CADDAC is a national charity providing leadership in awareness, education, and advocacy for ADHD across Canada. CADDAC is committed to increasing the understanding of ADHD.

Child Psychology – Webinar – When Parenting Styles Collide | March 13, 2025 at 10 AM PST | View Online: [Institute of Child Psychology](#)

Join us for a practical and insightful presentation to help you bridge the gaps and work as a team, even when your approaches don't perfectly align. You'll learn about communicating effectively, finding common ground, and turning differences into strengths that support the whole family. Whether you're struggling to get on the same

page or simply want to understand each other better, this session opens a path to create a more unified parenting journey.

City of Maple Ridge – Be Emergency Ready! Workshops | Various Dates Below | View Online: [Be Emergency Ready! Tickets, Multiple Dates | Eventbrite](#)

Welcome to the City of Maple Ridge **Be Emergency Ready** event! Join us at the Albion Community Centre (ACC) to learn all about emergency readiness. Get tips on being informed about hazards, creating an emergency plan, gathering supplies for emergency kits, and staying safe during emergencies. This event is a great opportunity to connect with your community and make sure you're ready for any situation.

Attend Free 'Be Emergency Ready' Workshops! April 23 / May 28 / June 18 | Limited space so please register.

City of New Westminster – Community Resources | View Online: [Community & Social Services | City of New Westminster](#)

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

- Food Resource Calendar (March 11, 2025)
- Survival Resource Guide (March 11, 2025)
- Community Health Resources (June 2024)

City of New Westminster – Crises Response Outreach Team Drop-Ins | Every Thursday from 10 AM to Noon at the Queensborough Community Centre | February 27 to May 15 | To Learn More: [outreach@newwestcity.ca](mailto:outreach@newwestcity.ca)

The CRT Outreach team provides the following services on a drop-in basis:

- Assistance with filling out applications and paperwork
- Getting connected to health, mental health, or substance use services

- Getting assistance with BCID etc.

CoastMental Health Housing | View Online: [Coast Mental Health | Housing - Coast Mental Health](#)

We cover the full spectrum of the housing continuum, from fully licensed community homes with 24/7 staffing, to supported housing and supported independent living, to our [Forensics Cottages and Rehabilitation & Recovery Programs located on səmiq̓wəʔelə](#). In collaboration with local health authorities and other government and non-government organizations, we match clients to the type of housing and support that will best support their needs, wherever they are in their journey towards recovery.

Cornerstone Landing | Maple Ridge | View Online: [ABOUT | Cornerstone Rentals](#)

Cornerstone Landing is a brand new Fair Market Rental building conveniently located in the heart of Maple Ridge, walking distance to all amenities and services. Enjoy a swim at the leisure centre, get a book at the library, attend a free concert at the Maple Ridge Bandstand, or have a delicious meal at one of the many restaurants or coffee shops outside your front door. The Haney Place transit hub is two blocks away and connects you to the West Coast Express and Coquitlam Sky train.

FamilySmart – Parent Peer Support | View Online: [Parent Peer Support - FamilySmart](#)

We know how important you are, and that you might need some support too. We are also parents of kids with mental health challenges. We are here for you, and we want to help. We provide emotional support, information, resources, and help in navigating services for parents & caregivers of a child, youth, or young adult with a mental health and/or substance use challenge. Our Peer Support services are free. No waitlist. We get it.

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

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

FindSupportBC – Connecting Families of Persons with Disabilities with Community Resources | View Online: [Find Support BC](https://findsupportbc.com)

FindSupportBC has recently added over 200 resources and introduced several new categories including:

- Newcomers and Immigrants
- Caregiver Mental Health and Wellbeing
- Legal Rights
- Financial Assistance and Grants

Parent Support Services Society of BC – Neurodivergent Children Parenting Support Group | View Online: [Parenting Support Referral Form \(office.com\)](https://parentsupportbc.com)

We believe that all parent & kinship caregivers are the expert of their own family. Sometimes it just takes a bit of space to hear yourself and the voices of other parents to find your way through. Parenting Support Groups provide a safe, supportive place to share ideas, information, concerns, challenges, etc., with others who are also parenting.

Our groups are free and confidential and open to those in a parenting role who live in British Columbia, Canada

Parent Support Services of BC – Children with ADHD Parenting Support Group | Wednesday at 7 PM | Bi-Weekly Online | To Register Call 1-877-345-9777 or visit [Parenting Support Groups - Parent Support Services Society of BC](#)

Join us bi-weekly for an online group to support parents who are parenting children living with the label of ADHD.

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

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

Red Door Housing Society | Maple Ridge & Other Listings | View Online: [Market Housing - Red Door Housing Society](#)

The Red Door Housing Society is a non-profit housing society that has provided affordable rental housing in the Lower Mainland since 1985. We provide subsidized and below-market rent to families, older seniors, singles, and people with mobility issues with low to moderate incomes.

SafeCare BC – Free Training – Leading from the Inside Out | View Online: [Leading from the Inside Out - SafeCare BC](#)

**Leading from the Inside Out** is designed to:

- Support leaders in long-term and home care to be **resilient and effective** while leading themselves and others through uncertainty
- Provide leaders with a **safe space to connect, reflect, and share**, with the specific intention of learning how to care for themselves while taking care of others
- Improve and **enhance capabilities** as effective leaders
- Promote a community of learning

This **free** program includes six 90-minute sessions – each focused on a different topic.

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.

## Food Security

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.

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

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

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 Westminister
- Surrey
- Tri-Cities

Greater Vancouver Food Bank – Find Food Locations List | View Online: [Locations and Schedule](#) | [Greater Vancouver Food Bank](#)

Lists Community Agencies that are local non-profit organizations that provide various food security programs within their communities. The Greater Vancouver Food Bank supports people struggling with food insecurity who live in Vancouver, Burnaby, New Westminster and on the North Shore. Thanks to the collaboration between MAP and the Greater Vancouver Food Bank (GVFB), refugee claimant clients without ID or proof of address can now be referred for registration using a specific referral form.

Kiwassa Neighbourhood House – Low Cost Produce Market | Wednesdays 2 Pm to 4 PM | Location: 2425 Oxford Street, Vancouver | View Online: [Community Food Markets: Celebrating Harvest, Building Community and Addressing Food Insecurity at Kiwassa Neighbourhood House - Vancouver Neighbourhood Food Networks](#)

Kiwassa Neighbourhood House has a low-cost produce market on Wednesday's from 2:00pm - 4:00pm.

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

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

- 1) Tian-Jin Temple Fridge & Pantry  
**Where:** 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, 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.

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

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

Vancouver Community Fridge – Location List | View Online: [Find A Fridge | Vancouver Community Fridge Project](#)

[The Vancouver Community Fridge Project](#) is a decentralized food distribution network and mutual aid initiative created to provide healthy, free food and essential supplies to our communities across lower mainland.

Our mission is to combat food insecurity by encouraging our communities to take part in laterally directed mutual aid, starting with providing free, safe, non-policed, accessible and nutritious foods through community fridges and pantries

## 6.0 Health & Mental Wellness

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ACT – Video- Mental Health, Suicide, and Autism | View Online: [Watch this video](#)

Research practitioners, which include Autistic Adults, illustrate why we need to learn about mental health and suicide within the Autistic community. Learn the suicide risk factors and warning signs as well as practical strategies and resources to identify and support those in crisis.

ACT – New Diagnosis Hub: Autism Intervention Support | View Online: [View the New Diagnosis Hub](#)

The New Diagnosis Hub has been developed to help parents in British Columbia put an intervention program in place for their child who has been newly diagnosed with an Autism Spectrum Disorder (which we will refer to as autism).

Alcohol and Drug Information and Referral Service (ADIRS) | Phone: 604-660-9382 | View Online: [The Alcohol and Drug Information and Referral Service \(ADIRS\) - Result - 211 British Columbia](#)

Provides free, confidential, multilingual, information and referral regarding community resources for people in BC dealing with substance use and addiction issues. Resource navigators provide information about detox, counselling, treatment programs, recovery homes, and support groups.

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

BounceBack BC – Reclaim Your Health | View Online: [What is BounceBack®? – Bounceback](#)

It's common to feel low, stressed out, worried, depressed, irritable, angry, or nothing at all. With the right tools and practice, you can reclaim your mental health. You have the power to make beneficial changes, and we are here to help. Choose what's best for you from one of our three program delivery methods. Your journey, your pace.

Burnaby Family Life – MANifest Change – Youth Gender Based Violence Prevention Program | View Online: [MANifest Change: Empowering Male-Identifying Youth | Transformative Workshops — Burnaby Family Life - A place to go a place to grow](#)

MANifest Change is a groundbreaking program designed to empower male-identifying youth, fostering the development of healthier and more positive identities. Through a series of interactive workshops, discussions, and activities, participants will delve into critical topics such as power dynamics, patriarchy, intersectionality, and their relationship to gender-based violence (GBV). Our program is dedicated to preventing GBV, supporting survivors, facilitating healing, and seeking justice through collaborative solutions.

Burnaby 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.

Burnaby Primary Care Networks – Burnaby Community Resource Directory | View Online: [Social Supports - Burnaby Primary Care Networks](#)

The Burnaby Primary Care Networks, Burnaby Public Library, Burnaby Intercultural Planning Table, and Burnaby's Shared Care project teams have compiled a list of resources and supports for you and your family. Find information on health services and resources in Burnaby, BC and beyond. Many resources offered are free or low-cost. Contact the organization, or check their website to determine service eligibility.

Canadian Dental Care Plan | View Online: <https://www.canada.ca/en/health-canada/news/2024/06/adults-with-a-valid-disability-tax-credit-certificate-and-children-under-18-are-now-eligible-to-apply-to-the-canadian-dental-care-plan.html> OR Disability Alliance BC – Canadian Dental Care Plan Summary Sheet - [Canadian Dental Care Plan \(CDCP\) | DABC](#)

In June 2024, The Federal Government announced that eligible children under the age of 18 and adults with a valid Disability Tax Credit certificate can now apply for the Canadian Dental Care Plan (CDCP). Coverage is based on family net income and in some case percentages.

The services covered are quite extensive from cleanings to fillings to some dentures to some orthodontics and surgery. Just like PWD health benefits, pre-approval will be needed. PWD and CDCP will coordinate together what's required based on the provider,

CDCP will not top up. PWD will be the first payer and CDCP may provide additional coverage.

The benefit is meant for dentists to direct-bill Sunlife, our people's dentists may or may not have applied. They are continuing to register and to see if your dentist is listed please search here: <https://www.sunlife.ca/sl/cdcp/en/member/provider-search/>

- ***Annual Benefit Renewal*** - Current clients who have filed their 2024 tax return and received their Notice of Assessment from the Canada Revenue Agency will be able to renew their CDCP dental coverage. To avoid a gap in coverage, applications for renewals must be submitted by June 1, 2025. If a client fails to submit their application to renew or no longer meets the eligibility requirements, their coverage will end on June 30, 2025.
- ***Service Canada Community Outreach and Liaison Service*** | View Online: [Service Canada Community Outreach and Liaison Service - Canada.ca](#) – service referral initiative - The Service Referral Initiative (SRI) entails working with community organizations to help identify at-risk and vulnerable individuals who may be eligible for federal services and benefits and referring them directly to a Service Canada representative. These clients are those who experience barriers to service and cannot access benefits through other service channels.

Child and Youth Mental Health (Burnaby, New West, Ridge Meadows, & Tri-Cities) | View Online: [Child & Youth Mental Health Intake Clinics - Province of British Columbia \(gov.bc.ca\)](#)

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:

March 2025 List of Resources and Activities for Neurodiverse Youth and Families  
and those Leaving Government Care

- 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 Westminister  
201-1065 Columbia Street | New Westminister | 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

Chimo Community Services – Sexual Assault Services Program | Richmond | To register call: 604-279-7077 | View Online: [Sexual Assault Services \(SAS\) Program - Chimo Community Services \(chimoservices.com\)](https://www.chimoservices.com)

Are you a survivor of sexual assault seeking free counseling?

Chimo's SAS Counselling Program can assist folks living in Richmond to understand and process the impacts of their assault, enhancing your sense of control over your life, and improving your sense of well-being. This service is open to women and gender-diverse people aged 19 and up.

City of Burnaby – Video & Resources- Preventing Youth from Engaging with the Dangerous Gant and Gun Lifestyle | View Online: [Supporting youth | City of Burnaby](https://www.burnaby.ca)

The following videos feature messaging from caring professionals with important information to help parents and caregivers understand why kids might get involved in the gang lifestyle, to understand what to look out for, and the community of support programs available to help youth thrive and meet their full potential.

Community Action Initiative – Free & Low-Cost Counselling List by Health Authority | View Online: [Community Action Initiative Community Counselling Funds Community Profiles \(caibc.ca\)](#)

Provided here is a list of organizations and the type of free and/or low-cost counselling supports they provide. For example, if you lived in Maple Ridge / Ridge Meadows you would click on “Fraser Health Authority” to see the offerings, etc.

Crisis Centre BC | Phone 1-800-784-2433 | View Online: <https://crisiscentre.bc.ca/>

The Crisis Centre of BC offers 24/7 immediate access to barrier-free, non-judgmental support via phone lines and online services, providing help and hope to individuals, organizations, and communities. Our education and training programs promote mental wellness and empower schools, organizations, and communities to assist those at risk of suicide.

Developmental Disabilities Mental Health Services– Groups for Adults with Intellectual Disabilities | Call: 604-777-8475

DDMHS has following groups in 2025 by topic:

***Dealing with Feeling of Anxiety or Depression*** | Winter 2025 in Surrey starting January 15<sup>th</sup> & Spring 2025 in Chilliwack starting April 30<sup>th</sup> | Having a hard time dealing with your feelings? Feeling anxious, depressed, worried or overwhelmed? If you want to talk to others who are also feeling this way, join our group. Caregiver participation is required for this group.

***Keeping Up with Feelings of Anxiety or Depression*** | Spring 2025 in Ladner starting April 17<sup>th</sup> | This group is intended for people who have already been through the Dealing with Feelings group but feel they need more follow-up with their feelings or sadness or anxiety. Caregiver participation is required for this group.

**Healthy Relationships and Sexual Health** | Winter 2025 New West starting January 13<sup>th</sup> & Spring 2025 Surrey starting April 7<sup>th</sup> | A group for adults who would like to learn about friendships, dating and sex, gender, orientation, masturbation, human bodies, public and private, intercourse, refusal and consent, safety in relationships, contraception, pregnancy and so much more. There will be no caregiver participation for this group.

**Grief and Loss** | Winter 2025 Ladner starting January 16<sup>th</sup> | This is for participants who have experienced the loss of a loved one and may have had other life losses as well. This group is for sharing with both your support person as well as with others in the group who have experienced loss.

Explaining Autism to Kids | View Online: [Explaining Autism to Kids](#) | [Explaining Brains](#)

Helping a child understand autism is not just about knowing how their brain works, it's about helping them understand a part of their identity. As a society, we've become more aware of autism, but we are still learning to accept and appreciate autism as an important difference in brain wiring, rather than a deficit or disease. The site offers lots of great infographics and support.

Foundry Ridge Meadows BC – Activity Calendar | Phone: 1-833-308-6379 | View Online: [Ridge Meadows - Foundry - \(foundrybc.ca\)](#)

Foundry Ridge Meadows provides integrated health and social services for young people 12-24 in Pitt Meadows, Maple Ridge & Katzie First Nation! Previously known as Youth Wellness Centre, Foundry Ridge Meadows provides mental health and substance use support, peer support, primary care, and social services from a single place.

Services available through [Foundry Virtual BC](#) include:

- virtual counselling appointments
- youth & family peer support

March 2025 List of Resources and Activities for Neurodiverse Youth and Families  
and those Leaving Government Care

- groups & workshops
- physical & sexual healthcare services
- employment & education support

[Foundry BC - Disordered Eating Group](#) | Ages 16 to 24 | Thursdays starting March 20 to April 24, 2025 from 4 to 5:30 PM | Contact For More Info: [Epoirier@mrpmcs.ca](mailto:Epoirier@mrpmcs.ca)

The topics for this six week program includes:

1. Week 1 – Social Media / Social Influences
2. Week 2 – Body Image & Self-Compassion
3. Week 3 – Anxiety / Depression – Concurrent Disorders
4. Week 4 – Nutrition / Dietician
5. Week 5 – Body Neutrality / Body Liberation Movements
6. Week 6 – Resources and Wrap Up

[Fraser Health- Emergency Department Wait Times](#) | View Online: [Home - Emergency Department Wait Times \(edwaittimes.ca\)](#)

The 'Wait Time' shown is the time it takes for almost all patients – 9 out of every 10 who visit the ED – to be seen by a physician.

[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.

Fraser Valley Youth – LGBTQ2+ Youth Resource Guide for BC | View Online: [Click Here](#)

This 10-page guide aims to connect youth and service providers in British Columbia with the different resources offered in their communities.

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.

HealthLinkBC – HealthyBC Self-Assessment Tool | View Online: [HealthyBC Self-Assessment Tool | HealthLink BC](#)

The Ministry of Health has developed the [HealthyBC Self-Assessment Tool](#), which is designed to assess various aspects of your wellbeing. After completing the questions, you'll receive an immediate personalized summary report. Based on your results, you may get recommendations for health and wellness resources and support.

Information Children – Free Parent Support Helpline | Phone: 778-782-3548 | View Online: [Parent Helpline |](#)

Do you have questions or concerns about parenting in the early years (0-12)? We'd love to chat with you, offer strategies and suggestions, and provide resources that suit the unique needs of your family. Common topics caregivers ask us about: tantrums, sleep & bedtimes, screen-time limits, adjusting to daycare or new siblings, mealtime struggles.

Lifeguard Digital Health App – Overdose Prevention | View Online: [Lifeguard Digital Health Inc. | Lifeguard Digital Health \(lifeguarddh.com\)](#)

Free app helps to save lives by setting a timer before an individual takes their dose, after 50 seconds the app alarm sounds, if the user doesn't stop it increases in volume and then at 75 seconds a text-to-voice call will go straight to 911 alerting emergency medical dispatchers of a potential overdose and phone location services are used to pinpoint the individual's location.

This app also has Indigenous (Metis) specific resources in addition to customized crisis line when that stream is chose. It also provides under "alerts" highlights of recent toxic drug alerts throughout the province.

Maple Ridge Treatment Centre | View Online: [Maple Ridge Treatment Centre - Fraser Health Authority](#)

The Maple Ridge Treatment Centre (MRTC) offers a four or seven-week intensive bed-based substance use program for men who wish to seek treatment for substance use.

Moving Forward Family Services – Various Upcoming Groups (See Below) | To Register

Email: [hello@movingforward.help](mailto:hello@movingforward.help) or call 778-321-3054 | View Online:

[www.movingforward.help](http://www.movingforward.help) | Complete Online Service Request Form:

<https://hushforms.com/movingforwardfamilyservices>

At Moving Forward Family Services, we are committed to empowering underserved communities through innovative, accessible counselling services. Moving Forward is a non-profit charity organization that offers free short-term and affordable long-term counselling options to folks across British Columbia. Some of the upcoming opportunities include:

- **Online Men's Group** | Saturdays from 10 AM to 11 AM (open intake – participants can join any time) | To Register Email: [hello@movingforward.help](mailto:hello@movingforward.help) – topics include stress, anger, relationships, self-care, mental health and more.
- **Online Women's Group in English** | Thursday at 9:30 AM | To register email: [hello@movingforward.help](mailto:hello@movingforward.help) or text/call 778-321-3054 - – topics include self-care, stress management, anger management, and healthy relationships.

National Overdose Response Service – Virtual Safe Consumption Website (vNORS) | View Online: [NORS](https://nors.ca)

This website expands supervision to where an individual is using drugs, removes physical obstacles for differently abled participants and shares resources with participants based on their community.

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

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

North Fraser Youth Day Treatment Program | View Online: [Browse Supports | HelpStartsHere \(gov.bc.ca\)](https://www.helpstartshere.gov.bc.ca/browse-supports)

Offers comprehensive psychiatric treatment and educational programming to youth and their families living in the communities of Coquitlam, Port Coquitlam, Port Moody, Belcarra, Anmore, Pitt Meadows, Maple Ridge, Burnaby and New Westminster.

Opioid Treatment Access Line | 1-833-804-8111 | View Online:  
[www.HelpStartsHere.gov.bc.ca](https://www.helpstartshere.gov.bc.ca)

The Opioid Treatment Access Line makes it faster and easier to access life-saving medication that prevents withdrawal symptoms and reduces the risk of overdose, and to get connected to support that same day.

Get help to prevent withdrawal symptoms. Start your new path today. It's free and confidential.

PLEA – Trans & Gender Exploring Groups | PoCo 1<sup>st</sup> and 3<sup>rd</sup> Weds monthly / New West & Burnaby 2<sup>nd</sup> and 4<sup>th</sup> Tues Monthly / Ridge Meadows 2<sup>nd</sup> and 4<sup>th</sup> Weds Monthly | View Online: [TransSupport - PLEA Community Services](#)

We provide two facilitated groups: one for trans and gender exploring youth aged 13 to 25 years and one for parents/caregivers of the youth. Sessions are held at the same time and location in different rooms.

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](#).

Province of BC- Gender equity & 2SLGBTQIA+ resources | View Online: [Gender equity & 2SLGBTQIA+ resources - Province of British Columbia](#)

Too many people are deeply affected by barriers because of their gender, race, socio-economic status, sexual orientation or ability. People can often experience multiple, intersecting barriers such as poverty, racism, ableism, homophobia, and, or transphobia.

Work is underway to advance equity throughout B.C. New services and opportunities are helping to expand access to childcare, health care, education and training, affordable housing, counselling and crisis support services, as well as support for people facing gender-based violence. Work is also underway to create more opportunities for training, access to good jobs, and more balanced representation in leadership positions.

Province of BC – Help Starts Here Mental Wellness & Addiction Support Database | View Online: [HelpStartsHere \(gov.bc.ca\)](https://helpstartshere.gov.bc.ca)

Managed by the Ministry of Mental Health and Addictions, HelpStartsHere.gov.bc.ca has over 2,600 service listings publicly funded or not-for-profit mental health and substance use supports and many articles featuring easy to understand language and curated information about commonly searched topics.

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](#)

Qmunity – Trans ID Clinic (In-Person/Virtual) | View Online: [Trans ID Clinic](#)

QMUNITY's Trans ID clinic provides free support to folk that require assistance with name and gender marker changes. When? 1st Wednesday, 3rd Wednesday and 3rd Friday of the month from 4:00 PM - 6:00 PM.

Real Talk – Free Accessible Sexual Health Education – Video – How Do You Support Your Partner and Show Them Love? | View Online: [How Do You Support Your Partner and Show Them Love? - Real Talk](#)

If we've never had a romantic partner, we often think about all the things we might GET if we find one: love, affection, friendship, sex, support... But having a partner also means GIVING a lot of things to them. A good partner won't expect you to give them lots of

money or fancy gifts. More often partners give each other support and love. In this video, different people talk about how they support their partner and show them love.

Ridge Meadows Division of Family Practice – Where to Go for Care in Maple Ridge, Pitt Meadows and Katzie | View Online: <https://pathwaysbc.ca/ci/8022> | [Pathways | Community Service Directory - Maple Ridge - Pitt Meadows](#)

Where to go for care in Maple Ridge, Pitt Meadows, and Katzie outlines different medical resources available including but not limited to:

- Ask Fraser - Community care options, mental health resources and flu & vaccine information [Ask Fraser here](#) or visit [Fraser Health](#)
- Fraser Health Virtual Care with a Nurse - (10:00 a.m. to 10:00 p.m., 7 days a week) Call: **1-800-314-0999** or [video chat with a registered nurse](#)
- Health Link BC 811 Line with a Service Navigator - You can connect with a health service navigator to access information or connect with a nurse, dietitian, exercise expert, or pharmacist. [Click Here.](#)
- Maple Ridge Mental Health and Substance Use Centre - Center offers assessment, treatment, individual/group therapy, housing referrals, residential programs, community support, care transitions, programs for older adults, crisis intervention, and peer support. Call: **604-476-7165**

Riverstone Home / Mobile Detox / Daytox Program | View Online: [Riverstone Home - Mobile Detox - Daytox Program | Treatment Access](#)

Eligibility includes individuals who are 16 years and older who live in Abbotsford, Chilliwack, Mission, Agassiz, Hope and Maple Ridge/Pitt Meadows. You can self-refer by calling 1-866-795-0600, or can be referred by their advocate/surrogate, family doctor or other health care provider, community agency or social worker, with the individual's consent.

SafeCareBC – Free Program – Leading from the Inside Out | Self-Paced | View Online:  
[Leading from the Inside Out - SafeCare BC](#)

Leading from the Inside Out provides a safe space for leaders in continuing care to share their challenges and learn self-care practices. This **free** program includes six 90-minute sessions – each focused on a different topic.

Spinal Cord Injury BC – Burnaby Peer Meetup | Third Tuesday of Every Month from 1 PM to 3 PM | Email for Information: Reach out to Rod at [rbitz@sci-bc.ca](mailto:rbitz@sci-bc.ca) or 604-500-2900 if you have any questions.

Come by Brentwood Mall (Level 2 Food Court) to build connections, share experiences, and get support or advice from other people with SCI and related disabilities. We'll even treat you to a delicious beverage!

Suicide Crisis Helpline | View Online: [Get Help | 9-8-8: Suicide Crisis Helpline \(988.ca\)](#)

You deserve to be heard. We're here to listen. A safe space to talk, 24 hours a day, every day of the year.

The Deaf, Hard of Hearing & Deaf-Blind Well-Being Program (WBP) | Burnaby | View Online: [The Deaf, Hard of Hearing & Deaf-Blind Well-Being Program \(WBP\) | Vancouver Coastal Health](#)

The Deaf, Hard of Hearing & Deaf-Blind Well-Being Program (WBP) provides mental health services for Deaf, Hard of Hearing, and Deaf-Blind people throughout British Columbia.

Our vision is to empower all deaf, hard of hearing and deaf-blind people to feel supported and confident in their lives. We share techniques with clients for self-analysis, self-care and overall well-being. We prioritize culturally and linguistically accessible services that are tailored to clients' unique needs.

Toward the Heart – BCCDC Harm Reduction Services – Take Home Naloxone | [View Online: Naloxone | Toward the Heart](#)

If you are eligible for the Take Home Naloxone program, you can receive a naloxone kit at no cost, and overdose prevention and response training, at any program site.

TransCare BC – Peer Support Directory | [View Online: Peer support directory | Trans Care BC](#)

Find peer support groups and services across British Columbia for trans, non-binary and Two-Spirit children, youth and adults, as well as their parents, caregivers, families, partners and support networks.

Trans Lifeline | Phone 1-877-330-6366 | [View Online: Home - Trans Lifeline](#)

Trans Lifeline provides trans peer support for our community that's been divested from police since day one. We're run by and for trans people. Trans Lifeline connects trans people to the community support and resources we need to survive and thrive.

Treatment Access BC – Service Search | [View Online: Search | Treatment Access](#)

Enter as much information as you can to find services that best match your needs. This search does not require you to enter any personal information and we use industry standard security protocols. Review our [privacy policy](#) for more information. Please

navigate through the following form using the "Next" and "Previous" buttons only. Using your browser's standard "Back" button will take you away from the form and all inputted data will be lost.

Unsinkable – Mental Health Video Resources | View Online: [Unsinkable - Mental Health Support](#)

Unsinkable harnesses the power of storytelling to bridge the gap between traditional mental health resources and innovative, psychosocial support models. The Unsinkable Storytelling, Community Champion, and Youth programs draw from diverse personal stories to help others discover they are not alone, and recovery is possible.

All Unsinkable programs are digital first and designed for accessibility. The approach complements traditional healthcare and public health resources and is validated by mental health experts.

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.

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.

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

Wavefront Centre for Communication Accessibility | View Online: [Homepage - Wavefront Centre for Communication Accessibility](#)

Hearing healthcare and communication solutions for people who are Deaf, DeafBlind, and Hard of Hearing. Innovative hearing solutions and accessible communication services for individuals, organizations, and businesses.

## 7.0 Indigenous Programs, Events & Supports Resources

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BC Aboriginal Network on Disability Society (BCANDS) – Disability Services | View Online: [BCANDS Disability Services](#) |

If you are here on our website looking for disability case management services and assistance for either you, a family member or a client, you probably already know that many Indigenous persons living with a disability, within British Columbia, often find navigating and accessing services through the various disability and health systems an often a tiring, complex and difficult process.

Here's the good news, we're here to help! You are not alone.

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

Bi-Giwen: Coming Home, Truth Telling From the Sixties Scoop | View Online: [Bi-Giwen: Truth Telling From the Sixties Scoop](#)

The first of its kind, this exhibition explores the experiences of Survivors of the Sixties Scoop, which began in the 1960s, where Indigenous children were taken from their families, often forcibly and fostered and/or adopted out to non-Indigenous homes often far away from their communities and some across the globe. Developed with input from the National Indigenous Survivors of Child Welfare Network, this innovative and challenging exhibition features the first-person oral testimonies of 12 Indigenous Survivors of the Sixties Scoop, and reflects upon their pain, loss but also their enduring strength, courage and resilience. To listen to these oral testimonies, [click here](#).

First Nations Health Authority – Mental Health and Wellness Supports | View Online: [Mental Health and Wellness Supports](#)

The FNHA pages provides information related to:

- Culturally Safe and Trauma-Informed Services
- Support Available 24 Hours a Day
- Other Culturally Safe Supports
- Services Covered by First Nations Health Benefits
- Suicide Prevention Toolkit

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

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

First Nations Health Authority – Article- Celebrating Indigenous Women on International Women’s Day | View Online: [Honouring Indigenous Women on International Women’s Day](#)

Join FNHA on International Women's Day, March 8, in proudly celebrating the strength, resilience, and achievements of Indigenous matriarchs, mothers, aunties, sisters, daughters, granddaughters, nieces, and cousins. These incredible women are not only leaders and role models but also the heart of our communities, guiding us on our individual and collective paths to health and wellness.

First Nations Health Authority – Article- New Cultural Safety and Humility Standard | View Online: [HSO and FNHA to Launch First Assessment of the British Columbia Cultural Safety and Humility Standard](#)

FNHA is proud to continue its partnership with Health Standards Organization and Accreditation Canada to advance cultural safety and humility. Together, we are launching the first assessment of the BC Cultural Safety and Humility Standard, marking a significant step toward more inclusive and culturally safe health care.

First Peoples Lawcast | View Online: [First Peoples Lawcast](#) | [First Peoples Law LLP](#)

Welcome to First Peoples Lawcast, our podcast featuring conversations on the defence of Indigenous rights! You can listen to each episode below, [here](#) or wherever you get your podcasts. Special thanks to The Halluci Nation for the use of their music.

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

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

#### Program Services

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

Fraser River Indigenous Society (FRIS) – Monthly Events Calendar | View Online: [FRIS \(@fraserriverindigenoussociety\) • Instagram photos and videos](#)

The Fraser River Indigenous Society is an Indigenous organization providing services and programs for our community to acknowledge our past present and future generations. Monthly events include:

- Story Blanket Mondays from 10 to 11:30 AM
- Men's Circle from 6 to 8 PM every Wednesday
- Women's Circle from 5:30 to 7:30 PM every Thursday

Haida Gwaii Institute – Law & Governance by Dr. Bruce McIvor | March 31 to April 18, 2025 | View Online: [Co-Management of Natural Resources Online Micro-Certificate](#)

Check out and register for Bruce's upcoming online course, Law and Governance. This course is open to anyone and is part of the Haida Gwaii Institute's Micro-Certificate in Co-Management of Natural Resources.

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

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.

Jordan's Principle – About Jordan's Principle | View Online: [About Jordan's Principle - Jordan's Principle Enhanced Service Coordination Hub for BC](#)

Jordan's Principle is a legal rule that ensures that all First Nations children living in Canada can access the products, services and supports they need, when they need them.

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.

Metis Nations BC – Learn with Louis Newsletter | View Online: [Education: Early Learning | K-12 | MNBC](#)

The Métis Family Connections team is excited to share the Learn with Louis Newsletter. Each issue includes family-friendly educational content on Métis culture, including Métis traditions, language, and activities.

Musqueam First Nation, Ottawa sign self-government agreement – Article | View Online:  
[Musqueam First Nation, Ottawa sign self-government agreement | CBC News](#)

The federal Crown-Indigenous relations minister and the chief of the Musqueam Indian Band have initialled an agreement they say brings the band one step closer to self-governance. First Nation whose territories encompass modern-day Vancouver will still have to ratify agreement

Spirit of the Children - šxʷǰáləqʷaʔ YOUTH HUB Latest Calendar of Events | [View Online:](#)  
[Youth – Spirit of the Children Society](#)

Want to know what's happening in our youth program? Check out our latest calendar for all the details!

## 8.0 Intercultural Learning, Events & Resources

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Ase Community Foundation for Black Canadians with Disabilities | View Online: [Our Work](#)

The Ase Community is a national Black-led, Black-serving, and Black-focused organization rooted in Disability Justice, Black feminism, and decolonization. Our central mission revolves around valuing the lived experiences and unique strengths of Black disabled

individuals. With their impressive educational backgrounds, diverse work experiences, and equity expertise, we actively work towards promoting the engagement and inclusion of Black Canadians with disabilities, fostering their advancement and well-being in society.

Their work includes the release of the report “The Intersection of Blackness & Disability in Canada: A brief overview & a call to action.” | Click Here to Download the Report: [The Intersection of Blackness & Disability in Canada](#)

BC Office of the Human Rights Commissioner Report Rights in Focus: Lived Realities in BC  
| View Online: [https://baseline.bchumanrights.ca/wp-content/uploads/2024/08/BCOHRC\\_Aug2024\\_Rights-in-focus.pdf](https://baseline.bchumanrights.ca/wp-content/uploads/2024/08/BCOHRC_Aug2024_Rights-in-focus.pdf)

This report highlights significant inequities and injustices affecting B.C. residents, providing a crucial tool to understand the current state of human rights in our province and a kind of baseline to monitor change over time.

BC Office of the Human Rights Commissioner – EDI Hiring Q&A Document | View Online: [Equity, diversity and inclusion hiring Q and A | BC's Office of the Human Rights Commissioner \(bchumanrights.ca\)](#)

BC's Office of the Human Rights Commissioner (BCOHRC) developed this question and answer (Q and A) resource to provide information about EDI hiring practices. The purpose of this resource is to address common misconceptions.

BC Office of the Human Rights Commissioner – Systemic Discrimination: What Can We Do  
| March 26, 2025 at 2 PM | View Online: [Webinar Registration - Zoom](#)

By considering real-life stories and examples of successful actions, participants will reflect on how systemic discrimination shows up in their communities and organizations and consider strategies to address it.

By the end of the session, participants will:

- review the key characteristics and impacts of systemic discrimination
- consider reasons for taking action
- reflect on organizational or community-based examples of systemic discrimination
- become familiar with actions to address them
- consider resources to support next steps

Black History Month Educational Package | View Online: [Black History Educational Package - Canada's History](#)

This edition of *Kayak*, featuring guest co-editor [Natasha Henrylink opens in new window](#), shares some amazing stories and examples of the ways Black Canadians built and shaped this country. Not only will you get the same great stories as the original, we've added three new articles featuring people who have helped preserve and promote Black history, Black women's organizations with long histories, and we will introduce you to Canadians with Afro-Indigenous heritage.

Books & Ideas Podcast – Session with Canisia Lubrin & Dionne Brand in Conversation | View Online: [Canisia Lubrin and Dionne Brand in Conversation by Books & Ideas Audio](#)

Now available on the Books & Ideas Audio podcast, hear a conversation that is thought-provoking, cerebral, warm, and funny, between literary stars **Canisia Lubrin** and **Dionne Brand**.

Recorded at our 2024 Festival, this event was organized in collaboration with the Canada Council for the Arts to celebrate the finalists and winners of the Governor General's Literary Awards and presented in partnership with Hogan's Alley Society

Canada's Black Justice Strategy: An Implementation Plan for Canada's Black Justice Strategy | View Online: [Toward Transformative Change: an Implementation Plan for Canada's Black Justice Strategy](#)

This is part of the federal government's response to the external Steering Group's report: A Roadmap for Transformative Change: Canada's Black Justice Strategy released in June 2024.

Canadian Centre for Diversity and inclusion – Podcast – Leader Talks with Anne-Marie Pham | View Online: [Podcast](#)

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. Hosted by Anne-Marie Pham, CEO of the Canadian Centre for Diversity and Inclusion.

Canadian Race Relations Foundation (CRRF) – Hate Indicators: A Canadian Hate Crime Case Law Research Tool | View Online: [New research tool to help efficiently and effectively find hate crime case law – Canadian Race Relations Foundation](#)

The tool is designed to provide user-friendly research support to prosecutors and others who work on hate crimes to help them effectively and efficiently find relevant case-law.

Canadian Race Relations Foundation (CRRF) – Recorded Webinar- Five Good Ideas on Positive Change in Uncertain Times | View Online: [Five Good Ideas on positive change in uncertain times, with Mohammed Hashim](#)

At a time of unprecedented polarization, conversations on anti-racism are more charged than ever. In the webinar recorded above, Mohammed Hashim, Chief Executive Officer of the CRRF presents his five ideas to answer the question on how we can defuse the space and invite meaningful and fruitful connections.

Collective Change Lab – Video – Stories of What is Possible in Systemic Healing | View Online: [Stories of What is Possible in Systemic Healing: Introduction - YouTube](#)

We wrote these case studies because we've witnessed how collective healing can be a powerful force for change. Across many communities, trauma and division run deep, but so does the potential for healing. By capturing these stories, we hope to highlight that collective healing for systems change is not only possible—it's already happening.

Designing and Building Institutional Anti-Racist Spaces – Free Course | View Online: [Designing and Building Institutional Anti-Racist Spaces | Coursera](#)

Designing and Building Institutional Antiracist Spaces (D-BIAS) is a beginner-level course whose mission is to teach tenets of equity, anti-racism, and cultural justice and how to apply these ideas to achieve social change. The course is aimed at educators and administrators in educational spaces, lawyers, and advocates in spaces that touch civil rights, equity, and whose institutional mission it is to achieve greater cultural equity. The course involves creative approaches to social justice, racial justice, and advocacy while remaining open to anyone from any background who shares the same vision of the world as social change entrepreneurs.

Experiences Canada – List of Anti-Racism Resources | View Online: [Anti Racism Resources - Experiences Canada](#)

At Experiences Canada, we're committed to helping young Canadians open their minds, exploring the diversity of language, culture, and lived experiences within our country. We believe that systemic racism is best addressed at the earliest age, encouraging mutual understanding and respect through direct opportunities to learn from one another. In recent days we're reminded of why this work is so important, and how we always need to be thinking of how we can do better.

Federation of Canadian Municipalities – Best Practices Toolkit | View Online: [Best Practices Toolkit | Federation of Canadian Municipalities](#)

There are many ways of approaching anti-racism, equity and inclusion work and FCM believes each municipality is best suited to determine their own approach based on their unique needs, challenges, barriers, capacity, resources, financial means and more. Given the uniqueness of all communities, there is no blanket solution to this complex challenge. However, there are tried, tested and various best practices we can all learn from.

Globe and Mail – Recorded Webinar – Addressing Hate Crimes in Canada | View Online: [Addressing hate crimes in Canada - The Globe and Mail](#)

Ian Bailey, staff reporter with The Globe and Mail's Ottawa bureau moderated the webcast. Bob Watts, reconciliation practitioner with First Peoples Group conducted an opening ceremony to begin the webcast. A link to the full webinar is available in both French and English.

Inclusivity – 2025 Webinar Topics and Schedule | View Online: [Inclusivity Webinar Series - Inclusivity](#)

Organizations can select anywhere from 3 to 7 of the topics listed. All webinars will be delivered in partnership with someone from the respective community who brings knowledge and lived experience.

LenPierre Consulting – Indigenous Trauma & Equity Informed Practice Communications Guide | To Download: [Read Guide](#)

Applying a trauma and equity-informed lens, this communications guide provides some foundational knowledge, practical tools and guiding principles for those interested in building more culturally safe ways of communicating with Indigenous peoples. Applying Len Pierre Consulting's core Indigenous values of respect, reciprocity and relatedness, this guide unpacks the skills required to iteratively build cultural safety into the way we communicate.

McGill University – Anti-Racism Resources | View Online: [Anti-racism resources | Equity at McGill - McGill University](#)

McGill University is offering various anti-racism resources where you'll find topics such as Resources to confront anti-Asian racism, Resources to confront anti-Black racism, and General resources to confront racism.

Additionally, you will find self-care resources and education resources.

National Newcomer Navigation Network – Upcoming Webinars | View Online: [Upcoming Webinars - N4 - National Newcomer Navigation Network](#)

Visit the National Newcomer Navigation Network page where they have listed all upcoming webinars.

North Shore Immigrant Inclusion Partnership (NSIIP) – Anti-Racism Training: Enhancing Cultural Competence | Thursday March 13, 2025 at 12 Noon | View Online: [Anti-Racism Training: Enhancing Cultural Competence Tickets, Thu, Mar 13, 2025 at 12:00 PM | Eventbrite](#)

The training will focus on the following:

- The importance of inclusive language in the workplace
- How to identify and recognize our own cultural biases
- Strategies for communication in working with diverse teams

Registrants will receive the training recording, take home materials/ resources and post-event survey after the event.

Province of BC – Anti-Racism Research Priorities | View Online: [Anti-racism research priorities - Addressing Systemic Racism in B.C. \(gov.bc.ca\)](#)

Right now, too many people are facing systemic racism in our services. This is in part due to the long-lasting effects of [colonialism](#) and oppression. Here you will find research related to three of these research priorities. This is a first glance and gives us a starting point for future work to advance racial equity. This research is a small but important step forward.

SUCCESS BC- Building Bridges: Supporting Refugees Amidst Global Crises Resources | View Online: Various Links Below

As a follow-up, we are sharing a collection of resources that can help deepen your understanding of the challenges faced by refugees and racialized newcomers, particularly those impacted by the humanitarian crisis in Gaza. These tools are aimed at equipping you to contribute to building a more inclusive and welcoming community. Please explore the

resources below, and feel free to reach out with any questions or feedback.

- [Home - MARISTAN](#): An organization that offers culturally and religiously tailored mental health services, creating a secure haven for individuals to explore well-being within their faith.
- [About Us | Muslim Mental Health & Islamic Psychology Lab | Stanford Medicine](#): The Lab conducts extensive research into understanding Muslims' unique needs pertaining to mental health and the Islamic faith. Furthermore, it aims to tackle the stigma surrounding the Muslim community regarding seeking mental health services, and the association between mental health and spirituality.
- [Toolkit | CAMH](#): The Centre for Addiction and Mental Health offers a toolkit aimed at building capacity to support the mental health of immigrants and refugees.
- [Leading cases: Test for discrimination - BC Human Rights Tribunal](#): For more information about the Moore Test for establishing discrimination.
- [Home - COCo](#): Among the services it provides, COCo offers training and accompaniment to organizations looking to deepen their practice of anti-oppression or address issues of exclusion and discrimination in their workplaces.
- [Institute for Middle East Understanding \(IMEU\)](#): An independent non-profit organization that works with journalists to increase the public's understanding about the socio-economic, political, and cultural aspects of Palestine and Palestinians.
- [Independent Jewish Voices Canada – Voix juives indépendantes Canada](#): A grassroots organization grounded in Jewish tradition that opposes all forms of racism and advocates for justice and peace for all in Israel-Palestine. It offers resources on understanding the difference between Zionism and anti-semitism.

Tamarack – Black History Month Resource List Canada | View Online: [2023 Resources for Black History Month](#)

This blog posts offers a listing of relevant resources for those looking to celebrate Black History month, acknowledge the contributions people of African descent have made, and deepen their learning about Anti-Black racism. It was co-authored by Rochelle Ignacio and Angelina Pelletier.

*This resource was updated in February 2025.*

The Movement for Black Lives | View Online: [Home - M4BL](#)

The Movement for Black Lives (M4BL) formed in December of 2014, was created as a space for Black organizations across the country to debate and discuss the current political conditions, develop shared assessments of what political interventions were necessary in order to achieve key policy, cultural and political wins, convene organizational leadership in order to debate and co-create a shared movement wide strategy. Under the fundamental idea that we can achieve more together than we can separately.

Tri-Cities Local Immigration Partnership – Anti-Racism Tool Now Available in 7 Languages | View Online: [TCLIP Community Protocol](#)

In our efforts to fighting racism and ensuring that newcomers have the information they need to feel safe and supported in their new communities, we are now offering our Anti-Racism Tool in 7 languages: English, French, Arabic, Farsi, Korean, Traditional Chinese, and Simplified Chinese.

[Together Against Hate Forum: Eliminating Racism for a Better Future](#) | Saturday March 22, 2025 from 11 AM to 4 PM | Civic Hotel, Autograph Collection | View Online: [Together Against Hate Forum: Eliminating Racism for a Better Future Tickets, Sat, Mar 22, 2025 at 11:00 AM | Eventbrite](#)

DIVERSEcity has been proud to present the *Together Against Hate* project, a collection of workshops and community dialogues designed to foster authentic and courageous conversations about racism and hate.

Our project concludes with a free **Together Against Hate Community Forum** in recognition of the **International Day for the Elimination of Racial Discrimination**. The theme, "**Eliminating Racism for a Better Future**," calls on the community, including changemakers, community leaders, youth, families, educators, employers and other community members to come together in dialogue and action.

Government of Canada – The Canadian Guide to Understanding and Combatting Islamophobia | View Online: [The Canadian Guide to Understanding and Combatting Islamophobia: For a more inclusive Canada - Canada.ca](#)

The drafting of this guide was led by the Office of the Special Representative on Combatting Islamophobia. The Guide is organized around three overarching themes. First, we present a conceptual understanding of Islamophobia, offering a detailed definition, key drivers, and examples of its manifestations. Second, the Guide examines the impacts of Islamophobia on diverse communities. The last chapter presents practical strategies for individuals and organizations to prevent and combat Islamophobia to actively contribute to an inclusive society.

## 9.0 Legal, Advocacy & Rights-Based Supports

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Advocate for Service Quality | View Online: [Advocate for Service Quality - Province of British Columbia](#)

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

- Adults with a developmental disability (this includes Autism Spectrum Disorder and Fetal Alcohol Spectrum Disorder)
- Teens with a developmental disability who are almost an adult
- Teens with support needs
- Family members and others who support a person with a developmental disability

The OASQ may act as a neutral third party with you, your family and service providers. We'll help solve problems and find solutions to concerns and complaints.

BC Disability Collaborative | View Online: [BC Disability Collaborative | support for children and youth](#)

The BCDC acts as a collective voice to influence positive change. It consists of provincial (BC) non-profit organizations and associations registered under the Societies Act that support disabled children and youth and their families/caregivers.

Burnaby Family Life's – Legal Advocacy Program | View Online: [Law Advocacy Program — Burnaby Family Life - A place to go a place to grow](#)

Burnaby Family Life's Legal Advocacy Program works in partnership with the Law Foundation of BC to provide free and confidential legal information, advocacy and referrals to qualifying residents within certain cities of the Lower Mainland.

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

Complaint Quick Guide for BC | View Online: [Get The Guide](#)

This short but detailed guide discusses the available mechanisms and tips for making formal complaints and raising concerns across a range of issues., such as accessibility, childcare, healthcare, ICBC, and much more.

Real Equitable Authentic Lives (REA-L) – Calendar Events | View Online: [EVENTS](#)  
[CALENDAR - REAL](#)

(REA-L) is a non-profit organization that connects families across the province who are looking for alternatives to traditional services. Their goal is to create a space where families can share information, learn from each other and explore new options together.

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

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.

MCFD Complaint Process for Children and Teens | Phone: **1 877 387-7027** | Email: [MCF.Info@gov.bc.ca](mailto:MCF.Info@gov.bc.ca) | View Online: [Complaint Process for Children & Teens - Province of British Columbia \(gov.bc.ca\)](#)

MCFD has a complaint process in place to ensure that your voice is heard, and your needs are met. Advocates such as the RCY can help you make a complaint. Email your complaint to [MCF.Info@gov.bc.ca](mailto:MCF.Info@gov.bc.ca) – include your name, city, email, phone number, what your concern or feedback is and how and when they can reach you OR call and ask to speak with a complaints specialist – 1-877-387-7027.

Public Guardian and Trustee of BC | View Online: [Children and youth | Public Guardian and Trustee of British Columbia](#)

We work on behalf of and with children and youth to protect their legal and financial interests.

Representative for Children and Youth – Advocacy Support | Phone: 1-800-476-3933 | Email: [rcy@rcybc.ca](mailto:rcy@rcybc.ca) | View Online: [How we help | Office of the Representative for Children and Youth - RCYBC](#)

Advocates are available to help with:

- Transitions for youth eligible for Community Living BC services
- Transitions out of MCFD care
- Your rights and making sure they are respected
- Connections to programs and services available so that you thrive
- Providing support to speak up in a way that might solve your problem
- Being a part of discussions about the care and services you receive, and the decisions made about you

[United Way BC 211- Racist Incident Helpline](#) | Call Toll-Free: 1 833 457-5463 (1 833 HLP-LINE) | View Online: [Racist Incident Helpline](#)

Available Monday to Friday 9 AM to 5 PM, people in B.C. who witness or experience a racist incident can now call a new helpline to receive trauma-informed, culturally appropriate support in more than 240 languages.

The Racist Incident Helpline is a toll-free, accessible service established in partnership with United Way BC 211. The helpline was created for people who have been subjected to discrimination based on the colour of their skin, culture, ethnicity or place of origin

[Vela – Upcoming Training Events](#) | View Online: [Events Supporting Microboards and Individualized Funding](#)

Vela hosts monthly connection events and webinars for families wanting to learn more about Microboards, Individualized Funding and hiring their own staff.

## 10.0 Miscellaneous Resources

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Nothing to share this month.

## 11.0 Monthly Days of Observance – March 2025

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The following is a list of various days that might be of significance for community members during the month of March 2025. Each title is an active link where you can learn a bit more about the initiative:

- March 01 to March 31 | **Cerebral Palsy Awareness Month** | View Online: [Cerebral Palsy Awareness Month | Cerebral Palsy Alliance Research Foundation](#)
- March 01 to March 31 | **Developmental Disabilities Awareness Month** | View Online: [2025 DD Awareness Month: We're Here All Year! – NACDD](#)
- March 01 to March 31 | **Epilepsy Awareness Month** | View Online: [Epilepsy Awareness Month | Canadian Epilepsy Alliance](#)
- March 01 to March 31 | **Francophone Month** | View Online: [2025 edition - Les Rendez-vous de la Francophonie](#)
- March 01 to March 31 | **National Nutrition Month** | View Online: [Dietitians of Canada - Join one of the largest communities of dietitians in the world](#)
- March 01 to March 30 | **Ramadan** | View Online: [When Is Ramadan 2025 in Canada?](#)
- March 03 to 09 | **Black Mental Health Week** | View Online: [Black Mental Health Week | Black Mental Health Week 2024](#)
- March 17 to 23 | **Neurodiversity Celebration Week** | View Online: [Neurodiversity Celebration Week](#)
- March 01 | **International Wheelchair Day** | View Online: [International Wheelchair Day -](#)
- March 01 | **Self-Harm Awareness Day** | View Online: [Self-Harm Awareness Day](#)

March 2025 List of Resources and Activities for Neurodiverse Youth and Families  
and those Leaving Government Care

- March 03 | **World Hearing Day** | View Online: [World Hearing Day 2025](#)
- March 08 | **International Women's Day** | View Online: [IWD: About International Women's Day](#)
- March 11 | **National Day of Observance for COVID-19** | View Online: [BC Gov News](#)
- March 15 | **International Day to Combat Islamophobia** | View Online: [INTERNATIONAL DAY TO COMBAT ISLAMOPHOBIA - March 15, 2025 - National Today](#)
- March 19 | **Nowruz** | View Online: [International Nowruz Day | United Nations](#)
- March 20 | **International Day of La Francophonie** | View Online: [Canada and La Francophonie](#)
- March 21 | **International Day for the Elimination of Racial Discrimination** | View Online: [International Day for the Elimination of Racial Discrimination - Canada.ca](#)
- March 21 | **World Down Syndrome Day** | View Online: [Home - World Down Syndrome Day](#)
- March 25 | **International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade** | View Online: [Outreach Programme on the Transatlantic Slave Trade and Slavery | United Nations](#)
- March 26 | **Purple Day for Epilepsy** | View Online: [Purple Day | Epilepsy Foundation](#)
- March 31 | **International Transgender Day of Visibility** | View Online: [Trans Day of Visibility - Canadian Pride Historical Society](#)

This is not an extensive list and we welcome folks in our community to share other days they are observing this month.

## 12.0 Newcomer Programs and Resources

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BC Refugee Hub – BC Services and Assistance for Humanitarian and Vulnerable Newcomers (SAFE HAVEN) Directory of Services | View Online: [BC Refugee Hub – BC Safe Haven Program Service Directory – BC Refugee Hub](#)

This directory provides key contacts and information for the BC Safe Haven program, which supports the integration of newcomers and vulnerable populations across British

Columbia. The information provided will facilitate referrals to organizations funded to provide BC Safe Haven programs and supports.

Combatting Racism: A Community Information Handbook (PDF Document) | View Online: [Antiracism Community Information Handbook Final - with reporting \(1\) - Adobe cloud storage](#)

This handbook is compiled for the East and Southeast Asian communities who have been traumatized by anti-Asian racism during the COVID-19 pandemic and continue to be the targets of racism and discrimination. It brings together the needed information to help the communities know their rights, recognize the various forms of racism, and learn practical strategies to respond to racial discrimination, harassment, bullying and hate crimes.

Diversity Institute – AdaPT for BC Newcomers | View Online: [ADaPT for BC Newcomers - Diversity Institute - Toronto Metropolitan University \(TMU\)](#)

Welcome to the Advanced Digital and Professional Training (ADaPT) program for British Columbia (BC) Newcomers! This program supports newcomers in building their essential skills, improving their employment readiness and helping to connect them to employers for paid work placements. The program is for newcomers aged 19 years or older who are residents of British Columbia.

ISS of BC – Monthly Calendar of Events | View Online: [Events from July 13 – July 20 | Immigrant Services Society of BC \(ISSofBC\) \(issbc.org\)](#)

Visit this monthly calendar of events, activities and training sessions coordinated by ISS of BC.

Mental Health Research Canada – Report – Examining the Mental Health Experiences of Newcomers | To Download: [Read Report](#)

This report provides an analysis of mental health indicators for newcomers to Canada, focusing on key aspects such as demographics, mental health, accessibility of services, and financial concerns, as well as an overview of key findings from interviews with people who have moved to Canada in the last ten years and who mentioned some level of mental health concerns (high anxiety, depression, access to mental health support services, etc.). The data consists of 2,152 foreign-born individuals, of which 17% are students and 4% are refugees.

Naseeha Mental Helpline | Toll Free: 1-866-627-3342 | View Online: [About us — Naseeha Mental Health](#)

Naseeha Mental Helpline provides the Islamic community with the tools needed to address mental health. With the confidential helpline, youth receive immediate, anonymous, and confidential support over the phone.

National Newcomer Collective for Truth & Reconciliation – Video Resources | View Online: [Blog 2 — National Newcomer Collective for Truth and Reconciliation](#)

NNCTR emerged from the desire to bring together newcomer-serving organizations and groups committed to the Truth and Reconciliation Commission (TRC) Calls to Action. The following resources linked aim to assist in expanding understanding of the Canada's Truth and Reconciliation Commission (TRC) proposed 94 Calls to Action including the final two, #93 and #94.

New to BC – Settlement Information for Newcomers | View Online: [English Language Learning Materials - NewToBC](#)

Libraries in BC have many books, videos, and online tools to help immigrants learn and improve their English. Here you can search for materials by language level, by language topic or skill, and by type of material. These resources have been recommended by English Language teachers and will get you started. You will find many more resources in libraries.

Refugee and Immigrant Tutoring Program | For More Information Email:  
[ritutoringprogram@gmail.com](mailto:ritutoringprogram@gmail.com)

The RITP is made up of SFU undergraduate and graduate students who recognize the need for more free resources regarding educational support. The RIPT provides a free resource to support those new to Canada, particularly those pursuing education in grades K-12.

VAST – Provincial Refugee Mental Health information & Support Line | View Online: [VAST: Provincial Refugee Mental Health Information and Support Line – BC Refugee Hub](#)

VAST offers a local phone and a toll-free support line for those supporting newcomer survivors of forced migration, war, and torture in BC. This non-crisis support line provides support to frontline primary care and mental health professionals, managers, settlement workers, social service providers, and private sponsors of refugees.

## 13.0 Podcast, Webinars, Video & Print Resources

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Accessible Employers – Disability Inclusive Language Guide | View Online: [Disability Inclusive Language Guide - AccessibleEmployers.ca](#)

This document is meant to guide employers and their staff regarding the use of inclusive language for disabilities. It will also highlight some terminology you may hear within different disability communities.

ACT – List of Autism Organizations in BC | View Online: [Autism Organizations in BC - ACT - Autism Community Training](#)

British Columbia is home to numerous organizations dedicated to supporting neurodiverse individuals, their families, and the professionals who work with them. These organizations provide a wide range of services, resources, and community initiatives designed to foster inclusion, understanding, and support for neurodiversity.

Autism Community Training (ACT) – Various Educational Videos | View Online: [Autism Videos @ ACT - ACT - Autism Community Training](#)

ACT Videos are presented by respected clinicians committed to sharing the latest in research and clinical experience. Some of the latest offerings include:

- ***Mental Health, Suicide & Autism – Recordings from ACT's 2024 Focus on Research Conference*** | View Online: [Mental Health, Suicide, and Autism - ACT - Autism Community Training](#) - Research practitioners, which include Autistic Adults, illustrate why we need to learn about mental health and suicide within the Autistic community.

- ***Neurodiversity101 & Autism Acceptance*** | View Online: [Neurodiversity 101 & Autism Acceptance - ACT - Autism Community Training](#) - Global advocate Dr. Morénike Giwa Onaiwu presents on “Neurodiversity 101” & “Autism Acceptance”. These two presentations incorporate research, community-led efforts, nomenclature, and lived experiences via an intersectional lens.
- ***Transitions to Adulthood for Neurodivergent Youth*** | View Online: [Transitions to Adulthood for Neurodivergent Youth - ACT - Autism Community Training](#) - This panel presentation shares the personal insights and experiences of autistic individuals as they navigate their transitions to adulthood.

Autism Support Network- Pajamas & iPads: Friendships in a Post-Covid Social World |  
Wednesday March 26 at 7 PM | View Online: [Pajamas & iPads: Friendships in a Post-Covid Social World Tickets, Wed, Mar 26, 2025 at 7:00 PM | Eventbrite](#)

Being able to make and maintain friendships can sometimes be difficult. However, keeping up with the social expectations to make this happen can be even more of a challenge. This is especially true in our post-covid world of pajamas and iPads. Our social culture has shifted away from play-based exploration, the expected gold standard for how we grow and develop our social and conversation skills into adulthood. However, it is never too early or too late to start growing social connections!

Autism Support Network – Navigating Puberty in Autistic Youth | Wednesday April 9, 2025  
| View Online: [Navigating Puberty in Autistic Youth Tickets, Wed, Apr 9, 2025 at 7:00 PM | Eventbrite](#)

In this workshop, parents will learn about:

- Sexual health development leading up to puberty – what is expected and what is essential to know, and when
- Skills that can help autistic youth manage puberty changes that aren't ‘sex-ed specific’
- Important puberty knowledge to have and some ways to help our kids understand

- Important puberty skills to have and some ways to help our kids do them
- And.....have a chance to ask questions!

BC Children's Hospital – Document – How To Start a Conversation About Bullying | View  
Online: [Bullying](#) | [Kelty Mental Health](#)

Bullying is when a person behaves in a hurtful or aggressive way, again and again, in order to make others feel uncomfortable, scared or upset. It is common, but bullying should not be a normal part of growing up. Bullying can significantly impact a young person's mental health and well-being. Parents, caregivers and educators can play an important role in intervening if bullying is suspected.

BC Refugee Hub – Webinar – The Refugee Claim Process | March 11, 2025 at 1 PM | View  
Online: [Meeting Registration - Zoom](#)

The BC Refugee Hub will be hosting a webinar to support organizations working with refugee claimants. This webinar will review the refugee claim process, including the steps claimants must take, documentation required, and multilingual resources available for all refugee claimants to access.

Canadian Accessibility Network | View Online: [Homepage - Canadian Accessibility Network](#)

The Canadian Accessibility Network is pleased to share the following collection of resources with individuals, organizations, businesses, and communities working to advance accessibility across Canada.

Canadian Blood Services – Webinar- Rebuilding Trust for Workplace Inclusion |  
Wednesday March 26 at 12 Noon EST | View Online: [Webinar: Rebuilding Trust: Lessons from Canadian Blood Services for Workplace Inclusion \[EN\] - Pride At Work Canada](#)

This session will focus on the ongoing efforts by Canadian Blood Services to rebuild and strengthen trust with 2SLGBTQIA+ communities. With the historic apology and updates to blood and plasma donor eligibility criteria, this webinar will highlight how Canadian Blood Services is addressing its past while looking forward. The event will explore the internal and external changes implemented to ensure inclusivity and equity, particularly for 2SLGBTQIA+ employees and donors.

Canadian Centre for Diversity and Inclusion – Webinar- A path forward: Anti-racism in action, from individuals to organizations | April 1, 2025 at 1 PM EST | View Online: [A path forward: Anti-racism in action, from individuals to organizations](#)

This webinar will focus on practical steps to combat racism at both personal and organizational levels. Participants will learn concrete strategies to foster inclusion and bring about meaningful change in their communities and workplaces.

Canadian Observatory on Homelessness – Prevention Matters Podcast: How Housing First for Youth Transforms Lives | View Online: [Yes, It Works: How Housing First for Youth Transforms Lives | The Canadian Observatory on Homelessness](#)

Housing First for Youth ([HF4Y](#)) is a youth-focused adaptation of the well-established Housing First program used to address homelessness for adults. Housing First asserts that housing should not be contingent upon readiness or on 'compliance' (for instance, sobriety) because housing is a human right. Therefore, it challenges all of us to think differently about what it takes to meet people where they're at and create long-term change.

Disability with Possibility – Podcast | View Online: [Disability with Possibility Podcast – Apple Podcasts](#)

Disability with Possibility is a must-listen podcast that amplifies the voices of disabled Canadians. Each episode delves into the unique experiences and challenges faced by people with disabilities, highlighting their strength, creativity and determination. By offering a platform for these stories, we aim to reshape the conversation around disability.

Down Syndrome Resource Foundation – 3.21: Canada’s Down Syndrome Magazine “The Recreation Issue” | View Online: [DOWNLOAD 3.21 ISSUE #22](#)

In this Recreation Issue of 3.21 Magazine, self-advocates share how they became involved in a variety of recreational activities from Taekwondo to starting a book club, and the unforeseen benefits they experienced.

You’ll also hear first-hand from organizations that are actively running inclusive recreation programs in Canada and what makes them so successful. They’ll be sharing their best advice on accommodations other organizations can implement to make their programs inclusive for children with developmental disabilities.

Encouraging Abilities Podcast brought to you by Developmental Disabilities Association | View Online: [Encouraging Abilities Podcast | communicationsz8](#)

A podcast devoted to the developmental disability community is brought to you by the Developmental Disabilities Association (DDA). Some recent episodes include:

- BC Artist / Author Rox Maclean ([roz macLean – art and illustration](#)) Creates Kids’ Books that Focus on Diversity
- Life Skills – Langley Mom Creates a Guide Inspired by Her Son to help people with cognitive delays navigate daily life.
- Theatre Terrific – Expanding the Horizons for Anyone with the Acting Bug

[Epilepsy Toronto – Webinar – Understanding Epilepsy & Seizure First Aid](#) | March 25, 2025  
| 9 AM PST | View Online: [Webinar: Understanding Epilepsy & Seizure First Aid](#)

In celebration of Epilepsy Awareness Month, OCASI's Accessibility Initiative and the Journeys to Active Citizenship cordially invite you to our upcoming webinar led by Noura Hamade is the Diversity, Equity and Inclusion Lead at Epilepsy Toronto. Join us to gain key information about epilepsy and how to provide immediate assistance when someone is having a seizure. This session is perfect for anyone interested in learning more about epilepsy and how to support individuals with the condition.

[Family Support Institute \(FSI\) – Webinar – Learn About Support Worker Central](#) | Tuesday April 1 from 10 to 11 AM | View Online: [Meeting Registration - Zoom](#)

Support Worker Central is a province-wide job board where people with disabilities and their families can find support staff, and people looking for work can find a job supporting someone with a disability. There are over 1400 job seekers currently utilizing the job board. Learn more at [www.supportworkercentral.ca](http://www.supportworkercentral.ca).

[Family Support Institute \(FSI\) – Webinar – What is Natural Authority](#) | Monday April 14 from 9:30 to 11 AM | View Online: [Meeting Registration - Zoom](#)

In this presentation you will learn the following in a simple and clear manner:

1. The meaning and importance of "natural authority".
2. Introduction to the Public Guardian and Trustee of BC (PGT), and what they do to support vulnerable people, which is closely connected to "natural authority".
3. Introduction to 12 PGT legal decision-making tools, starting with the least intrusive to the most intrusive options. These tools can get easily misunderstood and misused when people are not accurately informed.

Fraser Health – Webinar – Question, Persuade and Refer: Suicide Prevention Education |  
Saturday March 22, 2025 | View Online: [Question, Persuade and Refer \(QPR\): Suicide prevention education - Fraser Health Authority](#)

You do not need to be a trained health care professional to play an important role in identifying people at risk of suicide who you may come across in your everyday life.

In this 90-minute virtual session, you will learn to:

- Recognize suicide warning signs.
- Have a conversation with someone who may be at risk for suicide.
- Encourage someone to get the help they need.
- Refer at risk individuals to the appropriate services.

Inclusion BC – Article – Love, Dating and Disability: Breaking Barriers for People with Intellectual and Developmental Disabilities | View Online: [Love, Dating, and Disability: Breaking Barriers for People with Intellectual and Developmental Disabilities - Inclusion BC](#)

Love is for everyone. Whether romance, friendship or any deep connection, all people deserve relationships that make them happy. But for people with intellectual and developmental disabilities, outdated ideas and a lack of sex education make this much more complicated than it should be.

Institute of Child Psychology – Video – Chores: Getting Kids to Help | View Online: [Chores: Getting Kids to Help](#)

Spring Cleaning with Kids – Turn chores into a fun and rewarding activity! We'll share age-appropriate tasks and creative ways to get your child involved in tidying up.

Kelty Mental Health Resource Centre – ADHD for Parents and Caregivers: Webinar Series  
| View Online: [ADHD for Parents and Caregivers: Webinar Series | Kelty Mental Health](#)

These previously recorded webinars are part of a free education series, providing parents and caregivers with information on the basics of ADHD, evidence-based treatment options, self-regulation tools for children with ADHD, tips on parenting a child with ADHD, and how to help a child with ADHD at school.

Kelty Mental Health Resource Centre – Keeping Tech in Check – Resources | View Online: [Keeping Tech in Check | Kelty Mental Health](#)

Technology is all around us - from internet use and social media to smart phones and video games. In this high-tech world, many parents and caregivers are concerned about the effect all this screen use is having on their kids. Is my child spending too much time on screens? Playing too many video games? Sharing too much on social media? One of the key challenges for parents and caregivers is how to have a healthy balance between time spent both on and off screens. The good news is there are ways you can work towards finding that balance.

Pride at Work Canada – Webinar – Legal Best Practices for Addressing Workplace Harassment | April 2, 2025 at 12 Noon EST | View Online: [Webinar: Legal Best Practices for Addressing Workplace Harassment \[Partners Only - EN\] - Pride At Work Canada](#)

Legal expert and guest speaker, Stephanie Young, will guide participants through the intersection of human rights principles, occupational health and safety obligations, and relevant case laws. Additionally, the session will cover strategies to prevent and address harassment in the workplace, ensuring compliance with legal standards while promoting a safe and supportive environment for all employees.

Pride at Work Canada- Matrices: Trans, Non-Binary & Agender Digital Connect | Tuesday  
March 25 at 12 Noon EST | View Online: [Matrices: Trans, Non-Binary & Agender Digital  
Connect \[EN\] - Pride At Work Canada](#)

In this session, we will explore a peer networking style of learning, where attendees will dive into meaningful discussions, share experiences, and offer mutual support. Participants will engage in multiple breakout sessions, while forging valuable connections with other professionals and job seekers. Following these individual interactions, we will come together as a group to reflect on the insights gained and close the event with a collaborative wrap-up.

Technology for Living – Balance Newsletter | Download Link: [Home - Technology for Living  
with Disabilities](#)

TFL provides people who experience physical barriers with peer support, innovative technologies, respiratory therapy services and equipment that address unmet needs and increase independence, inclusion and wellbeing.

The Child Psych Podcast | View Online: [Podcast - Institute of Child Psychology](#)

In episode 120, Dr. Dick debunks the myth that parenting techniques alone determine a child's future. She looks at how Extraversion, Emotionality, and Effortful Control underline each child's predisposition and how the key to raising a child isn't to try harder to mold them, but rather to adapt your parenting to the way they are wired.

The Transition Hub | View Online: [Transition to Adult Care Hub - Children's Healthcare  
Canada](#)

We aim to bridge the gap for youth and young adults transitioning from pediatric to adult health care.

UBC Learning Circle – Webinar- Between Membership & Belonging: Life Under Section 10 of the Indian Act with Dr. Damien Lee | March 13, 2025 at 10 AM | View Online: [March 13th, 2025 – Between Membership & Belonging: Life Under Section 10 of the Indian Act with Dr. Damien Lee | UBC Learning Circle](#)

2025 marks the 40th anniversary of section 10 band membership – an aspect of the Indian Act that allows First Nations to determine their own membership lists. While section 10 was touted as a success in self-governance, problems have emerged. In this talk, Dr. Damien Lee examines positives and negatives of First Nation-controlled band membership four decades on.

UBC Learning Circle – Webinar – Disconnect to Reconnect with Vanessa and Ariana from Decolonize and Rize | March 20, 2025 at 10 AM | View Online: [March 20th, 2025 – Disconnect to Reconnect with Vanessa and Ariana from Decolonize and Rize | UBC Learning Circle](#)

Email, social media, and other online platforms keep us constantly plugged in to the outside world. In this circle participants will reflect on simple ways to disconnect from the digital world so they can reconnect with themselves. We will also explore accessible ways to cultivate a deeper connection to the land regardless of where one resides.

UNESCO – Document – Disability Equality in the Media: Representation Accessibility Management | View Online: [Disability equality in the media: representation, accessibility, management; practical manual - UNESCO Digital Library](#)

The Practical Manual and Master Class provide hands-on advice to editorial teams on how to ensure fair and unbiased coverage of disability. For content producers, it details how to make media content and services accessible. To managers and decision makers, the material inspires change, demonstrating how disability equality can contribute to media industry growth and create new revenue streams. This work contributes to the implementation of the United Nations Convention on the Rights of Persons with Disabilities (2006) and promotes freedom of expression, media development, and access

to information for the meaningful participation of persons with disabilities in public debate.

Untapped Accessibility – Recorded Webinar – Operationalizing the Accessible BC Act – Stories from Accessibility Leaders | View Online: [Operationalizing the Accessible BC Act - Stories from Accessibility Leaders](#)

On October 29, 2024, Untapped Accessibility hosted a webinar focused on the practical implementation of the Accessible BC Act. The session was moderated by Yat Li (Accessible Employers). The discussion highlighted actionable insights and stories from accessible leaders across sectors, including Colin Reid (BC CAISE), Keely Kidner (District of Squamish), and Therese Boullard (WorkSafeBC). The panelists shared their experiences in advancing accessibility within their organizations.

Vancouver Public Library – In-Person- Omar El Akkad: *One Day, Everyone Will Have Always Been Against This* | Wednesday March 12, 2025 at 6 PM | View Online: [Omar El Akkad: One Day, Everyone Will Have Always Been Against This | Events | Vancouver Public Library](#)

The award-winning writer has now expanded that idea into a book [One Day, Everyone Will Have Always Been Against This](#), where he calls out the hypocrisy of Western ideals, explores the rupture of the “rules-based-order”, and reckons with the implications of the war for all of us.

World Health Organization – Webinar- Guidance on Mental Health Policy and Strategic Action Plans | Tuesday March 25, 2025 at 5 PM PDT | View Online: [Webinar Registration - Zoom](#)

This updated guidance marks a critical step in supporting countries to develop their mental health policies and strategic action plans that meet today’s challenges. Incorporating lessons learned over the past 20 years, it offers practical guidance and tools

to strengthen governance, enhance service delivery, and build a skilled mental health workforce.

## 14.0 Surveys, Feedback & Engagement Opportunities

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BC People First Society – Self Advocates Conference | Virtual March 17 to 19, 2025 | View Online: [Advocacy In Action! BCPF Self-Advocate Conference 2025 \(Virtual Online Events\)](#) | [BC People First](#)

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

These events are for:

- BCPF members and other self-advocacy group members
- Self-advocates or people interested in self-advocacy
- People with intellectual and developmental disabilities
- Allies and supporters of people with intellectual and developmental disabilities

City of Pitt Meadows – Survey for Accessibility Plan | Deadline to Participate Sunday March 23, 2025 | View Online: [Accessibility Plan](#) | [City of Pitt Meadows](#)

The City of Pitt Meadows is developing an Accessibility Plan to help build a fully accessible and inclusive community. To guide this effort, we will be conducting a brief survey to identify areas for improvement to support accessibility in our City. Your input is invaluable.

CLBC – Join Your Local Community Council | View Online: [Get to know CLBC Community Councils - Community Living BC](#)

CLBC Community Councils welcome volunteers to join their many initiatives across the province. If you are interested in becoming a volunteer, join your local council as a guest to learn more about their work.

CLBC – Nominate Leaders in Inclusion for a WOW Award | Deadline Monday March 31, 2025 | View Online: [WOW Awards 2025 - Community Living BC](#)

The 2025 WOW Awards will highlight the incredible progress that families, self-advocates, volunteers, businesses, service providers, municipalities and others have made in building more inclusive and accessible communities across British Columbia.

We invite you to nominate people and places in your community who go above and beyond to create inclusive spaces and advance full citizenship for adults with developmental disabilities. Nominating someone or some place is easy and takes just 10 or 15 minutes.

Down Syndrome Resource Foundation – World Down Syndrome Day 2025 | March 21, 2025 | View Online: [MemoryFox Mobile](#)

On March 21<sup>st</sup>, join the global voice speaking up for the rights of people with Down syndrome! This World Down Syndrome Day we will be sharing videos from Canadians with Down syndrome and their loved ones urging our government to improve support for people with Down syndrome. To join the movement, submit a video on one of two topics:

1. Canada Disability Benefit
2. Supports for children and youth with Down syndrome in BC

[Home Sharing Support Society of BC \(HSSSBC\) – Board Position Recruitment](#) | [View Online: Home - HSSSBC](#)

Want to contribute to the future of inclusive housing options for people with disabilities? The Home Sharing Support Society BC (HSSSBC) is seeking passionate and dedicated individuals to join our volunteer Board of Directors. If you are interested in making an impact in the disability sector, and the desire to contribute your expertise, we invite you to apply.

We are particularly looking for individuals outside the Lower Mainland with experience as Self-Advocates, Home Sharing Providers, Service Providers, or with a background in Finance/Accounting.

[Inclusion BC – Everybody Belongs 2025 Conference – Registration Open!](#) | June 19 to 21, 2025 | [View Online: Home - Everybody Belongs! 2025](#)

Join over 400 people for a transformative 3-day gathering focused on inclusion, diversity, and community building. Self-advocates, family members, professionals, and allies will come together to share ideas, learn from each other, and make lasting connections.

[Maple Ridge Engage](#) | [Deadline to Participate Deadline March 12, 2025](#) | [View Online: Community Engagement Framework | Engage Maple Ridge](#)

Review our first-ever engagement framework and give us your feedback by March 12<sup>th</sup>.

[Rick Hansen Foundation – Nominations Open for a Young Leader Difference Maker](#) |  
Deadline Sunday April 6, 2025 | View Online: [School Program](#) | [Rick Hansen Foundation](#)

The awards celebrate and recognize youth between the ages of 5-18 years old that are leaders in making a positive impact for inclusion and accessibility for people with disabilities in their school or wider community. Individual award recipients will each receive \$500 to recognize their work, while classrooms and youth groups will receive \$1,000 to share.

[2025 WorkSafeBC Student Safety Video Contest](#) | Deadline Tuesday April 1, 2025 at 5 PM  
| View Online: [Student safety video contest - WorkSafeBC](#)

You can enter the contest if you're a B.C. student in Grades 8 to 12 with a teacher or youth organization sponsor. There's one category for students in Grades 8 to 10 and one for students in Grades 11 and 12.

There's a total of \$10,000 in prize money to be awarded to the winning students and their schools or youth organizations. Entries will be judged on the impact of their safety message, original creative concept, and technical execution.

## 15.0 Youth in & from Government Care

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[AgedOut.com](#) | View Online: [News & Events - Agedout.com](#)

AgedOut.com is for young adults who were in government care in BC. It's an up-to-date warehouse of information on resources and services available to young adults and a learning tool to help people feel empowered as they leave care.

[AgedOut.com- Get a BC Services Card \(Carecard\) Quest](#) | View Online: [Click here](#)

Your BC Services Card (or CareCard) lets you access the BC Medical Services Plan (MSP) for any medical service in BC.

[BC Child and Youth in Care Week – Youth Artist Opportunity](#) | Application Deadline March 10, 2025 | To Connect Email: [taylor.burnett@fbcyicn.ca](mailto:taylor.burnett@fbcyicn.ca)

BC Child & Youth in Care week has put a call out for an artist to create the artwork for their Recognition Award card. Deadline to submit your art is March 10th at 9:00am.

To apply, send a sample of your work that demonstrates your art style to Taylor Burnett at [taylor.burnett@fbcyicn.ca](mailto:taylor.burnett@fbcyicn.ca).

[Belonging Network – Funding Opportunities](#) | View Online: [Bursaries - Belonging Network](#)

The Belonging Network's bursary programs provide funding to help youth go to college or university, pursue a trade, or attend other training programs. Bursaries can be applied to tuition or to related expenses, including living costs while studying.

[Collective Impact TRRUST](#) | View Online: [TRRUST Opportunities](#) | [McCreary Centre Society \(mcs.bc.ca\)](#)

The common interest of all TRRUST members is to achieve system-wide improvements in the outcomes for youth transitioning out of government care in Vancouver, British Columbia.

Family Services of Greater Vancouver – PRIYD Program | View Online: [PRIYD - Family Services of Greater Vancouver \(fsgv.ca\)](#)

Assessments and referrals are made independently of FSGV and PRIYD. Once an official diagnosis has been received, families are assigned a social worker with MCFD. Together with the family, the MCFD social worker will develop a support plan for the child or youth – a portion of which may include the PRIYD program, resulting in a referral to FSGV.

Federation of BC Youth in Care Networks – Youth Retreat Registration Open | Deadline May 2, 2025 | View Online: [Youth Retreats](#) | [Federation of BC Youth in Care Networks](#)

Calling all youth in and from care between the ages of 14-24! We are currently accepting applications for Youth Retreat #84! Youth Retreats are a three-day event where young people meet other young people from care, have their voices heard, guide the Fed in the work we do, and most importantly have FUN and CONNECT with others!

Federation of BC Youth in Care Networks – Summer Youth Internship | Application Deadline March 24, 2025 | For More Info Contact: [Shannon.dolton@fbcyicn.ca](mailto:Shannon.dolton@fbcyicn.ca)

Have you thought about applying for our Summer Internship program?

If you're a youth in and from care between the ages of 15 - 28 years old than this may be the opportunity for you. Applications for the Fed Internship open on March 10 and include an online pre screen form. The internship is a full-time role, with work happening Monday to Friday between May and August.

Federation of BC Youth In Care Networks – Workshop – Self-Care & Sustainability | March 25, 2025 from 6 to 7 PM | View Online: [Event Management](#)

Join a Fed Skills workshop to connect with other youth from care. Participants will receive a certificate of completion for each workshop which can be used for job or school applications or go towards SAJE/AYA life skills hours.

**After completing this training you should:**

- Understand what stress is
- Know strategies to reduce expected and unexpected stress
- Know stress management techniques
- Identify your support system
- Know strategies to fuel one's physical and mental health

Federation of BC Youth in Care Networks | View Online: [What We Offer | Federation of BC Youth in Care Networks \(fbcyicn.ca\)](#)

Our programs are open to all youth in and from care in BC between the ages of 14 and 28 and our goal is to make sure that all young people are connected with opportunities to express their unique voice and reach their full potential. Find the resources and support you need by checking out our different services.

Foster Parent Support Services Society – Resources for Youth in Care | View Online: [FPSS Foster Parent Support Services Society – Serving the Foster Parents of the Vancouver Island Region \(fpsss.com\)](#)

Two resources for caregivers and youth in/from care about education compiled by Foster Parent Support Services Society:

- [A Guide to Scholarships, Bursaries, Tuition Waivers & Awards Available to Children in and from Government Care in British Columbia](#)

- Opening Doors to Education for Children and Youth in Care. This [Guide](#) will help caregivers recognize, understand, and address the unique challenges faced by children and youth in and from care as they move through the education system. Much of the material here will apply equally to children and youth being cared for under Kinship Agreements.

Learning Fund for Young Adults | View Online: [Learning Fund for Young Adults \(LFYA\) - Province of British Columbia](#)

The Learning Fund for Young Adults (LFYA) grant provides eligible young adults with care experience a one-time payment of \$1,500 to contribute to the costs of participating in an educational, employment, training or life skills-based program or activity of their choice. To qualify for the LFYA grant, young adults must meet **all 3** of the following requirements: be born on or after January 1, 2006, be at least 17 years of age, and have 12 months of care between birth and their 19<sup>th</sup> birthday in at least one of the qualifying legal statuses.

MCFD – Request for SAJE Eligibility Check Form | View Online: [Common Hosted Forms](#)

The Strengthening Abilities and Journeys of Empowerment (SAJE) program can provide support to young adults (ages 19 to 27, up to the end of the month of their 27th birthday) who had previous involvement with the Ministry of Children and Family Development (MCFD) or an Indigenous Child and Family Service Agency (ICFS Agency). Through this form you can submit a request to confirm if you're eligible for this post-majority program.

StudentAid BC- Provincial Tuition Waiver Program | View Online: [Provincial Tuition Waiver Program | StudentAid BC](#)

The Provincial Tuition Waiver Program waives tuition and eligible fees for B.C. students who are current and former children or youth in care studying full-time or part-time, below the graduate level, at a B.C. public post-secondary institution, the Native Education College, or an approved union-based trades training provider.

Public Guardian and Trustee (PGT) – Financial Wellness Workshops | For More Info Email:  
Patricia Hanley at [PHanley@trustee.bc.ca](mailto:PHanley@trustee.bc.ca)

This is an interactive, trauma informed, youth friendly basic money management workshop that takes place on Teams or Zoom and is available to children and youth under guardianship and youth that have transitioned out of care.

PGT – Financial Wellness Guide – Dollars and Sense | View PDF: [A Guide for Your Money](#)

For those eligible, there are monthly in-person and virtual options money management training sessions. The workshop covers general financial information, budgeting skills and basic money management in an interactive, trauma informed, youth friendly environment.

PGT Educational Assistance Fund | Deadline April 15, 2025 | View Online: [PGT educational assistance fund](#) | [Public Guardian and Trustee of British Columbia](#)

The Public Guardian and Trustee (PGT) Educational Assistance Fund was established through a trust created in June 1989 by combining three private donations. The purpose of the fund is to help those who were in provincial care reach their educational goals. The bursary funding ranges between approximately \$500.00 and \$4,000.00 per year per approved applicant. The amount available varies each year depending upon the interest gained in the trust and can be applied towards fees, books, maintenance and transport.

Representative for Children and Youth – Podcast – Welcome to My World Podcast | Email:  
View Online: [Welcome to My World Podcast | Office of the Representative for Children and Youth - RCYBC](#)

Welcome to My World is a podcast created by Louis, a member of the Representative's Social Media Youth Team. Louis is a Métis youth with primarily high-functioning Autism-Asperger's Syndrome, as well as other invisible disabilities. His podcast provides an authentic glimpse of life from the point of view of a person living with developmental disabilities – including his personal experiences and tips.