



The Canadian Paraplegic Association of Nova Scotia | Newsletter

December 2024

Canadian Paraplegic Association Nova Scotia Peer Events



CPANS Peer Support Group

Date: Monday, December 2nd & December 16th

Time: 6:00 PM

Where: Virtual (Zoom)

Whether you've been actively involved with CPANS or haven't been engaged for a while, you're always welcome to join peer support! Please reach out to our peer coordinator, Chris Rice for more details on how to join.

Chris Rice: crice2312@gmail.com

CPANS Peer Support Dinner

Please note that this dinner is pay-your-own way. If this is a barrier to you, please email Chris or Deanna.

Date: Friday, December 13th

Time: 6:15 PM

Where: Moxies Restaurant

Address: 9 Countryview Drive, Dartmouth Crossing

Registration Link:

<https://docs.google.com/forms/d/e/1FAIpQLSdFZ8iISpbRcgH3Xn-VVBGPiTBikdsoqHlfw9inyoHPXN803A/viewform>



Family/Caregiver Support Group

Date: Thursday, December 19th

Time: 6:00 PM

Where: Virtual (Zoom)

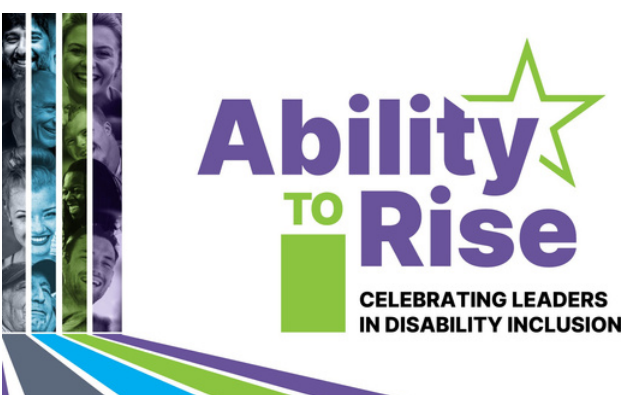
This group provides a welcoming space for caregivers to connect, share experiences openly, and gain practical insights. Topics will cover a range of needs. Please reach out to our peer coordinator, Chris Rice, for more details on how to join.

Chris Rice: crice2312@gmail.com

Community and Other Events

The International Day of Persons with Disabilities is observed annually on **December 3**. It highlights the importance of promoting the rights and well-being of persons with disabilities. It aims to raise awareness about the challenges people with disabilities face in political, social, economic, and cultural life, and emphasizes the need to eliminate barriers so they can participate fully, equally, and effectively in every aspect of society.

At the Canadian Paraplegic Association, we stand firmly behind this mission, working every day to support inclusion, accessibility, and empowerment for persons with disabilities.



Ability to Rise: Celebrating Leaders In Disability Inclusion

The day will be an opportunity to listen to leaders in disability inclusion with a keynote speaker, Prasanna Ranganathan, a panel discussion on Neurodiversity in the Workplace, organizations presentations, awards, and a musical performance from Dee Dee Austin.

Date: Tuesday, December 3, 2024

Time: 8:30 AM - 4:00 PM

Location: Virtual

Virtual Registration Link: bit.ly/AbilityToRise2024



Celebrate the holiday season at *Independent Living Nova Scotia's* annual **Holiday Gala Dance** with special musical performances by Signal Hill. Enjoy a vibrant atmosphere filled with toe-tapping music, and refreshing drinks.

Date: Friday, December 13, 2024

Location: The Halifax Marriott Harbourfront Hotel (1919 Upper Water Street) in their Nova Scotia Ballroom (2nd floor)

Time: 9 PM - 12 AM

Tickets (Dance Only): \$30/each

Tickets / Information Link: <https://www.zeffy.com/en-CA/ticketing/2024-ilns-holiday-gala-and-dance-2>

Halifax Boccia is partnering with Sport Nova Scotia and the Halifax Parks and Recreation Department's LeBrun Centre to offer an eight-week Boccia program on Saturday afternoons at the LeBrun Centre. Winter Registration Begins on **December 4th** continues right up to the start of the program.

Where: 36 Holland Avenue, Bedford, NS B4A 1L9 (Halifax Parks and Recreation Department's LeBrun Centre)

When: January 11th (for 8 weeks)

Time: 2:00pm to 4:00pm for ages 13 years and up

Registration Link: <https://recreation.halifax.ca/enterprise/account/login>



All abilities **wheelchair basketball** is taking place every Monday night from September 16th onward in New Minas. If you are interested in participating, please contact Steve Sampson ahead of time to be fitted for a wheelchair.

When: Monday Evenings (Ongoing)

Where: Louis Millett Community Complex (9489 Commercial Street, New Minas, N.S.)

Time: 7:00PM - 9:00PM

Contact: Steve Sampson 902-802-1642 (call or text) or email stevesampson@filsonite.com

Season's Greetings!

As we reflect on this past year, we are deeply grateful for the incredible community we have the privilege to support. Together, we continue to navigate challenges, celebrate successes, and create meaningful change in Nova Scotia.

Wishing you and your loved ones a holiday season filled with warmth, joy, and connection. Here's to a bright and hopeful new year ahead!