



## The Canadian Paraplegic Association of Nova Scotia | Newsletter

February 2025

### Canadian Paraplegic Association Nova Scotia Peer Events



#### CPANS Peer Support Group

**Date:** Monday, February 3rd & February 17th

**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

#### Family/Caregiver Support Group

**Date:** Monday, February 10th

**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

#### Quality of Life Index (QOLI) Feedback Opportunity

The QOLI measures the quality of life for people with disabilities in Nova Scotia. This is used to monitor the implementation of the Nova Scotia Accessibility Act and the protection of human rights for people with disabilities.

The Nova Scotia League for Equal Opportunities is seeking community feedback on the draft indicators. Review the attached PDF and share your input via the attached Google Form. For detailed consultations, contact NSLEO directly.

**Quality of Life Index Draft:** [HERE](#)

**Feedback Google Form:** [HERE](#)

**Contact:** programsensleo.com.



#### Registered Disability Savings Plan (RDSP) and Disability Tax Credit (DTC) Tea and Talk

Join an informative session on the Registered Disability Savings Plan (RDSP) and Disability Tax Credit (DTC). Learn how these financial tools can help individuals with disabilities plan for the future, with potential savings of up to \$90,000 in grants and bonds. Experts from CRA and ESDC will be available to answer your questions.

**February 24, 2025 | 9:30 AM - Noon**

**VCLA's Community Hub, 118 Oakdene Ave, Kentville**

**February 26, 2025 | 1:00 PM - 3:30 PM**

**Kings County Family Resource Centre, 4 Calkin Dr, Kentville**

For more details or to RSVP, contact [lisa@moneypath.ca](mailto:lisa@moneypath.ca) or call 782-583-1319.



#### Spinal Cord Injury PEI is hosting breathing classes!

**When:** Every Wednesday and Friday

**Where:** Virtual (Zoom) Time: 1:00PM - 2:00PM

**Register:** Please email Glenn Flood ([gflood@sci-pe.ca](mailto:gflood@sci-pe.ca)) or Peggy Doughan ([admin@sci-pe.ca](mailto:admin@sci-pe.ca)) to confirm attendance and receive zoom link



#### Have Your Say: Accessible East Hants Survey!

East Hants is updating its Accessibility Plan to remove barriers and create a more inclusive community. They need your feedback on challenges that prevent individuals with disabilities from fully participating in society.

The survey is open until February 15, 2025—your voice matters! Help make our community more accessible by sharing your experiences and ideas. It's quick and easy!

**Survey Link:** [HERE](#)

Call 902-883-6122 to provide feedback **over the phone.**



#### HRM REC Inclusion Support Advisory Group

Halifax Regional Municipality (HRM) is forming a volunteer advisory group to guide the Inclusion Support Analysis and Evaluation for **Parks & Recreation**. Participation provides residents the opportunity to shape the future of the municipality's inclusivity efforts and increase access to recreation programming.

They are seeking 8-12 members throughout HRM, including:

- ✓ Persons with disabilities
- ✓ Parents of children and youth with disabilities
- ✓ Service providers for persons with disabilities

**Commitment:** Monthly meetings (excluding July & August) throughout 2025

**Application Link:** [HERE](#)

**Contact:** [inclusion@halifax.ca](mailto:inclusion@halifax.ca)

Apply by March 3, 2025!

