



### Canadian Paraplegic Association Nova Scotia Events



#### Peer Support Zoom Session with Guest Speaker!

**March 17 | 6 PM | Zoom**

Brea Hindy will share valuable insights on traveling with a disability, including tips, planning, key considerations, challenges, and hidden accessible destinations!

This session is open to clients, family members, and caregivers.

Got questions for Brea? Send them our way in advance!

Please reach out to Chris Rice for details.

**Contact:** crice2312@gmail.com

#### CPANS Peer Support Group

**March 3 | 6 PM | Zoom**

Whether you've been actively involved with CPANS or haven't been engaged for a while, you're always welcome to join!

Please reach out to Chris Rice for details.

**Contact:** crice2312@gmail.com



#### Family/Caregiver Support Group

**March 10 | 6 PM | 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 Chris Rice for details.

**Contact:** crice2312@gmail.com

#### Peer Support Group Dinner

**March 27 | 6 PM | Boston Pizza Dartmouth**

(111 Shubie Drive)

All are welcome! Join us for a great opportunity to connect, share experiences, and enjoy a meal together. Please note, dinner is pay-your-own-way. If this is a barrier to attending, please contact us.

Registration Link: [HERE](#)



#### Share Your Feedback – Peer Support Survey

**Deadline: March 31st, 2025**

We're seeking your input to improve our peer support services! Your feedback is invaluable and will help shape the future of our programs.

This short survey is anonymous unless you choose to share your name or email. It takes just a few minutes to complete, and your insights will make a real impact.

Survey Link: [HERE](#)

### Community and Other Events

#### Disability Tax Credit (DTC) Drop-In Sessions Near You!

ILNS is hosting free in-person sessions to help you or your loved ones with DTC support. Stop by to learn about eligibility, how to apply, and get answers to your questions.

**March 4 | 3-7 PM | Glace Bay Public Library**

**March 5 | 4-7 PM | Truro Public Library, J. Harris Read Room**

**March 6 | 4-7 PM | Kentville Fire Hall**

**March 29 | 11:30AM - 2:30PM | Musquodoboit Harbour Public Library**

No registration required, but you're encouraged you to sign up to help them better assist you: [HERE](#)

**Contact:** Kaitlyn at [dtc@ilns.ca](mailto:dtc@ilns.ca) or 1-902-453-0004 ext. 239.



#### Free online health & wellness classes for Nova Scotians!

HealthyNS offers free online health and wellness classes for Nova Scotians. Topics include *Self-Management, Healthy Eating, Physical Activity, Mental Wellness*, and more. Classes are led by experienced health care professionals from NS Health. No referral needed—anyone can join!

If you are having issues registering for a class or have any questions, please email [HealthyNS@NSHealth.ca](mailto:HealthyNS@NSHealth.ca)

PDF Brochure and Registration Link: [HERE](#)

#### Accessibility Standards Canada - Open for Public Review

Accessibility Standards Canada is looking for public feedback focused on service delivery. Their goal is to promote equitable and accessible service experiences for all Canadians by removing barriers, and creating inclusive, user-friendly ways to receive services.

Your knowledge and lived experiences help them deliver standards that reflect the diverse needs of Canadians.

To provide feedback visit their website: [HERE](#)

