



The Canadian Paraplegic Association of Nova Scotia | Newsletter

November 2024

Canadian Paraplegic Association Nova Scotia Peer Events



Peer Support Group

Date: Monday, November 18th, 2024

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: Wednesday, November 20th, 2024

Time: 6:00 PM

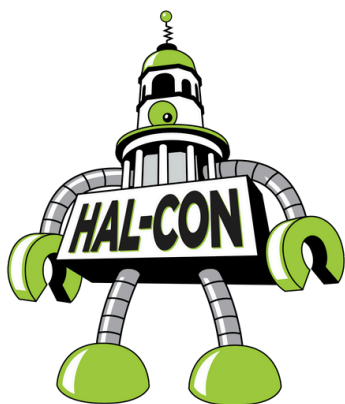
Where: Virtual (Zoom)

We are pleased to announce that we are starting a family/caregiver support group! 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



Hal-Con is Atlantic Canada's largest sci-fi, fantasy, and gaming convention, celebrating pop culture with a focus on inclusivity and community. It features celebrity guests, panels, cosplay, and gaming events, drawing fans from various genres. The event is well-known for fostering a welcoming atmosphere for all ages. If you have questions about accessibility at Hal-Con, you can review their website or contact their accessibility team below.

Date: November 8th - 10th, 2024

Where: Halifax Convention Center (1650 Argyle Street, Halifax, N.S.)

Website: <https://hal-con.com/information/venue>

Contact: accessibility@hal-con.com

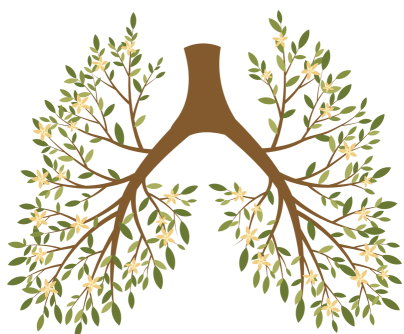
All abilities **wheelchair basketball** is taking place every Monday night from September 16th onward in New Minas. If you are interested in participating, please contact Steve Sampson ahead of time to be fitted for a wheelchair.

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



Spinal Cord Injury PEI is pleased to announce that **breathing classes are back!**

When: Every Wednesday and Friday until December 6th, 2024

Where: Virtual (Zoom)

Time: 1:00PM - 2:00PM

Join Zoom Link: <https://us06web.zoom.us/j/87997369248?pwd=FCQbiPbqG7vbmJyHUEJHMsO2LkErG.1>

Contact: Please reach out to Glenn Flood (gfflood@sci-pe.ca) or Peggy Doughan (admin@sci-pe.ca) to let them know you'll be attending.

Spinal Cord Injury PEI is also offering **zoom-based seated fitness program** run by Ivy Le with Kamala Yoga. Please note, there is overlap between the breathing sessions and the seated fitness program as they are scheduled to take place at the same times.

When: Wednesday and Fridays until end of November

Where: Virtual (Zoom)

Time: 1:00PM - 2:00PM

Contact: Please reach out to Glenn Flood (gfflood@sci-pe.ca) or Peggy Doughan (admin@sci-pe.ca) to let them know you are interested in attending.



A new **accessible, local grocery delivery** service called **Delivico** has just launched, and it's designed to meet the needs of those who may find traditional grocery shopping challenging. Place an order by phone—no tech skills required. Delivico offers flexible, personalized delivery.

Website: <https://delivico.ca/>

Get your groceries in 3 simple steps:

1. Call Delivico at (902) 536-3404 to share your grocery list—no apps or tech required!
2. They carefully hand-pick fresh, quality items for you.
3. Your groceries are delivered quickly and safely, however you need them.