



Canadian Paraplegic Association Nova Scotia Events

CPANS Peer Support Group

April 7 & April 21 | 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

April 14 | 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.

Contact: crice2312@gmail.com

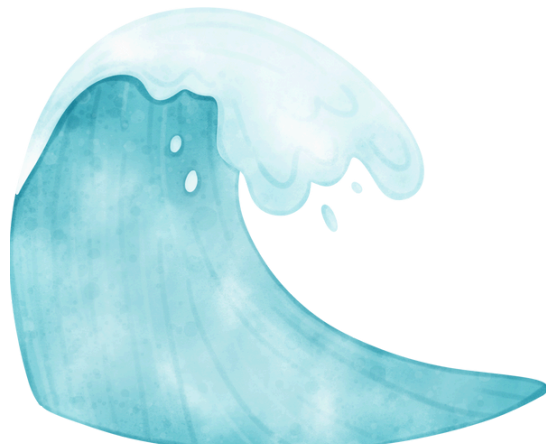


Thank You for Your Feedback!

A huge thank you to everyone who participated in our **peer support survey**! Your insights are incredibly valuable and will help shape the future of our programs. We appreciate you taking the time to share your thoughts. Your feedback helps us improve and better support our community.

There will be more opportunities to share your input in future surveys, so stay tuned! In the meantime, if you have any additional comments or ideas, feel free to reach out—we'd love to hear from you.

Community and Other Events



Registration for Life Rolls On is Now Open!

Life Rolls On is an award-winning event that empowers people with mobility disabilities to experience freedom and mobility by riding a wave.

Saturday August 16 | Martinique Beach

Registration Link: [HERE](#)

Wheelchair Skills

April 13 | 5-7 PM | CHEB Building Halifax

The Disabled Not Dead Society is putting on a wheelchair skills group. This will be open to all manual & power chair users. This is a peer skills group where participants will work through skills and obstacles together.

Registration Link: [HERE](#)



Fishing Season is Around the Corner!

If you have a disability, you may qualify for a free General Fishing Licence. You can apply online or contact your local Department of Natural Resources and Renewables office.

Apply for a Fishing Licence: [HERE](#)

Find a Local DNR Office: [HERE](#)

Looking for accessible fishing spots? Check out the Barrier-Free Fishing Site Mapping Tool to find inclusive locations:

View Accessible Fishing Spots: [HERE](#)

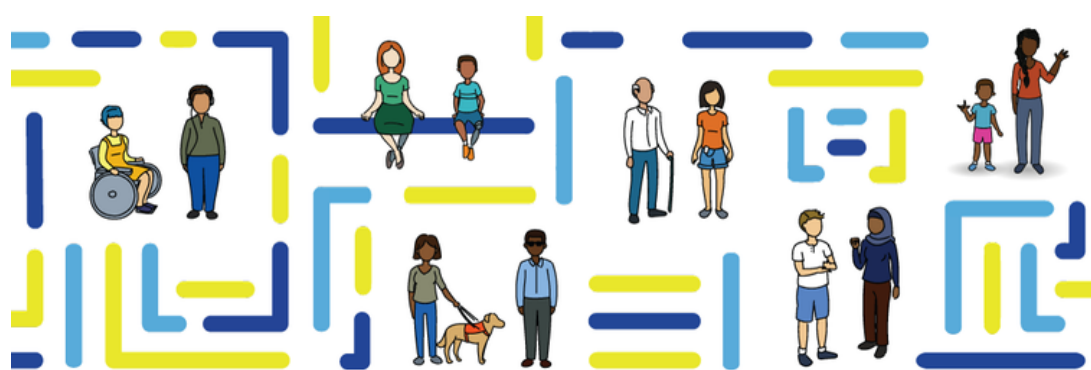
Happy fishing! 🎣

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](#)

Deadline: April 14th, 2025



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

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



Earth Day 2025

April 22nd is Earth Day! Earth day is a reminder to care for our planet and think about how we can reduce our impact. Whether it's planting trees, cleaning up a park, or spreading awareness, every action counts. Let's come together this Earth Day to make a positive difference, and keep that spirit alive every day.