

The Canadian Paraplegic Association NS Newsletter

MAY 2025

Canadian Paraplegic Association Nova Scotia Events

CPANS Peer Support Group May 5 & May 19 | 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 May 12 | 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: crice2312egmail.com

CPANS Peer Support Dinner May 15 | 6 PM | Boston Pizza Sackville

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

Registration Link: **HERE**



Community and Other Events



Have you had your mobility device damaged or lost

Help Improve Accessible Air Travel

during air travel in or out of Canada within the last 5 years? The Engineering Health Lab at KITE (Toronto Rehab) is looking for feedback from anyone whose wheelchair, scooter, or other mobility device was lost or damaged

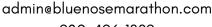
Eligible participants will receive a \$20 Amazon gift card.

Survey Link: **HERE**

Wheelchair users are encouraged to participate in any race!

2025 Bluenose Marathon - All Abilities Welcome!

However, the 5KM event offers a dedicated wheelchair start and is one of the most accessible and enjoyable routes. During registration, simply indicate any accommodations needed under the "Medical & Special Accommodation" section.



May 16 - 18, 2025

902-496-1889 Registration Link: **HERE**



Here is a list of self-identified accessible

Wheelchair Accessible Travel in Nova Scotia

places by region—like hotels, restaurants, museums, and tours—to help you plan a trip! Learn More: HERE



awareness and taking action. Events are shaped by people with lived experience to help make sure inclusion and accessibility are front and center. May 25 - May 31, 2025

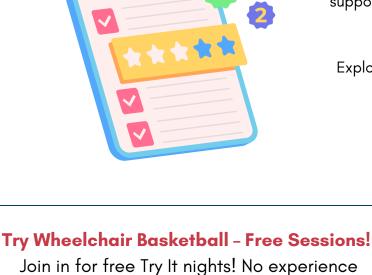
Access Awareness Week in Nova Scotia is about changing how we think about disability by raising

Learn More: HERE





Participants Needed - Self Managed Medication Toolkit MedManageSCI is a comprehensive, web-based toolkit to support medication self-management for adults with spinal



cord injury/ dysfunction (SCI/D). Explore the toolkit, complete surveys, and optionally join a follow-up interview.

Contact: medsci.study@utoronto.ca Website: **HERE** Screening Questionnaire: **HERE**

provided. Limited spots available.

Thursdays, May 1 - June 5 | 7-9 PM Greenwood Community Centre - 110 Church St, Greenwood

Registration Link: **HERE**



Natural Resources and Renewables office. Apply for a Fishing Licence: **HERE**

Find a Local DNR Office: **HERE**

View Accessible Fishing Spots: **HERE**

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

