



July / August 2025

Canadian Paraplegic Association Nova Scotia Events

CPANS Peer Support Group

July 7 & 21 | 6 PM | Zoom

August 4 & 18 | 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: crice@sci-ns.ca

Family/Caregiver Support Group

July 14 | 6 PM | Zoom

August 11 | 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: crice@sci-ns.ca



Community and Other Events

Pride Across Nova Scotia

Pride events are happening all summer across the province—celebrating inclusion, identity, and community.

Many offer accessible spaces and disability-friendly programming. From Halifax to the Valley and beyond, there's a place for everyone to feel seen and supported.

Check local listings for events near you!

Halifax Pride Festival — July 14-24

Pride Cape Breton — August 5-11

South Shore Pride — August 14-20



Ride the Wave with Life Rolls On

Life Rolls On is an award-winning event dedicated to adaptive surfing. By removing the barriers to the beach, LRO allows individuals with mobility disabilities to catch some waves with the help of supportive volunteers.

When: Saturday, August 16, 2025

Where: Martinique Beach, East Petpeswick

Register: [HERE](#)

Learn more: [HERE](#)



Art of Disability Festival

Whether you're a creator ready to share your work or a community member excited to explore local talent, the

Art of Disability Festival offers a vibrant space to connect and be inspired. With visual art, crafts, and more, it's a celebration of creativity and diverse artistic voices. This event is free and open to all!

Date: Saturday, August 9, 2025

Location: Pier 21 (2nd Floor) 1055 Marginal Rd, Halifax

Time: 11:00 AM - 4:00 PM

Learn More: [HERE](#)

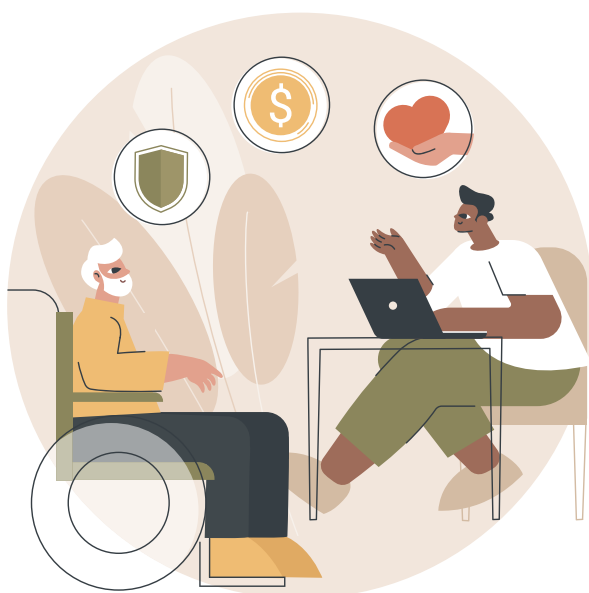


Canada Disability Benefit - First Payments July 2025

The Canada Disability Benefit (CDB) is a new federal program that will provide direct monthly financial support to people with disabilities aged 18-64, aiming to reduce poverty and improve financial security. First payments are expected in July 2025.

To learn more about eligibility and how to apply, visit the **Government of Canada** website: [HERE](#)

For support or questions, contact **Deanna** at dpalmer@sci-ns.ca



We're Changing Our Name!

The Canadian Paraplegic Association of Nova Scotia is becoming **Spinal Cord Injury Nova Scotia**. This new name better reflects the people we serve and the diversity of lived experiences within our community. While the full transition will take some time, you'll start to see changes soon. Stay tuned!

