



Canadian Paraplegic Association Nova Scotia Events

CPANS Peer Support Group  
October 6 | 6 PM | Zoom

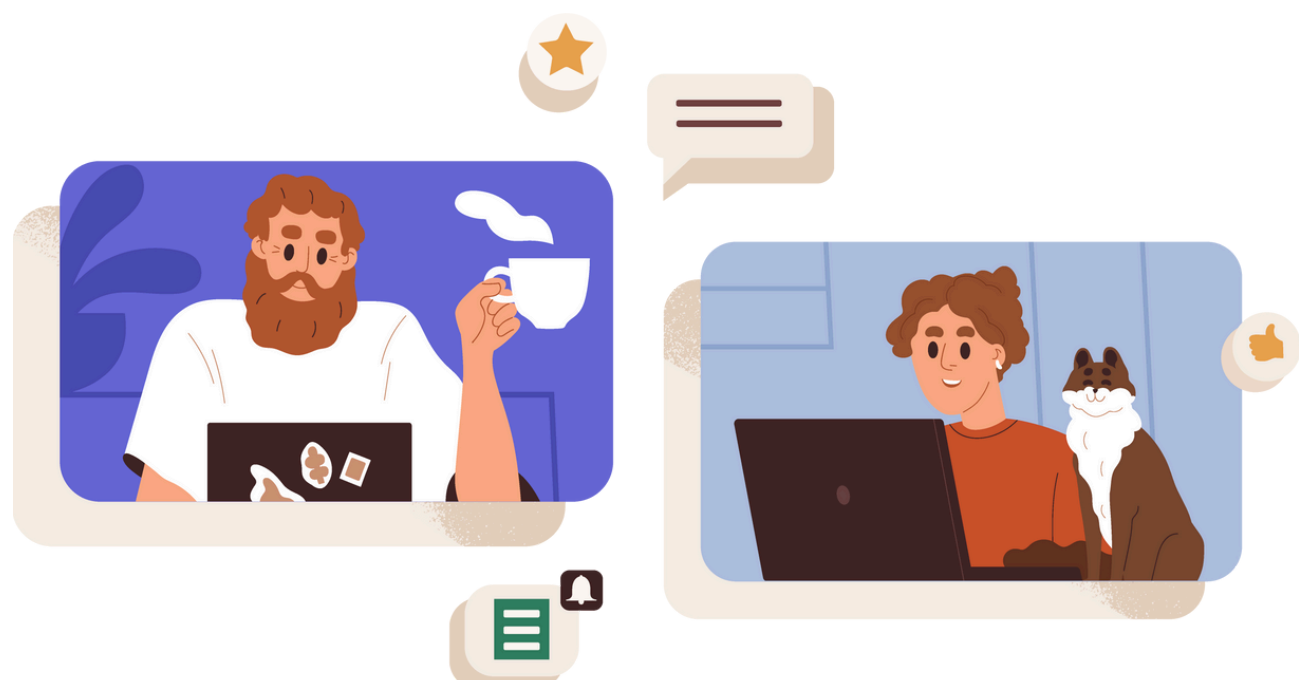
Whether you've been actively involved with CPANS or haven't been engaged for a while, you're always welcome to join! Please reach out to Chris Rice for details.

Contact: [crice@sci-ns.ca](mailto:crice@sci-ns.ca)

Family/Caregiver Support Group  
October 13 | 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](mailto:crice@sci-ns.ca)



Upcoming Webinar - SpineAlly

October 20 | 6PM | Zoom

Join us for a special session with the developers of *SpineAlly*, a new mobile health tool designed to support people living with SCI.

SpineAlly helps track daily health, provides trusted resources, offers data-driven insights, and supports early detection of preventable issues.

This free webinar is open to all members, with Q&A at the end.

Register: [HERE](#)



Check Out Our New Website!

We're excited to share that our new website is live: [www.sci-ns.ca](http://www.sci-ns.ca)

The site makes it easier than ever to learn about our programs and connect with us. It also includes an online contact form that many people are already using to reach out with questions or support requests.

Take a look and let us know what you think!



Community and Other Events

October is Disability Employment Awareness Month

Disability Employment awareness month is a time to recognize the contributions of people with disabilities in the workforce.

On October 16, 2025, communities across Canada will light up in purple and blue to celebrate National Disability Employment Awareness Month. This annual event highlights the contributions of people with disabilities in the workforce and promotes disability-inclusive hiring.

Find More Information: [HERE](#)



RDSP Information Sessions

The Registered Disability Savings Plan (RDSP) is a key tool for financial security. Join Plan Institute's 'Ask an Expert' events to get your questions on disability benefits and financial planning answered by a panel of experts.

DTC & Other Disability Tax Supports

When: Wednesday, October 22<sup>nd</sup>

Time: 12:00 PM to 1:30 PM PT

Register: [HERE](#)

RDSP & Other Disability Financial Planning Considerations

When: Wednesday, October 29<sup>th</sup>

Time: 12:00 PM to 1:30 PM PT

Register: [HERE](#)



Register Now for Fall Webinar Series

Neil Squire Society is hosting a variety of webinars designed to support job seekers with disabilities, injuries, or illnesses, and people who face barriers and challenges to employment. Each session dives into practical tools, insights, and resources that will help you take the next step in your employment journey.

They are all completely free!

More Information: [HERE](#)



Sitting Volleyball - 6-Week Program

When: Sundays from November 2 - December 7

Where: SMU Gym (920 Tower Road, Halifax)

Cost: Free to participate

Sitting volleyball is played from a seated position on the floor. Open to older teens and adults of all abilities. Participants must be able to transfer to the floor and scoot around (padding recommended).

Coached by two talented high school players—come get active, learn new skills, and have fun!

To register or learn more, please contact Ru:

[ruis.macdonald@gmail.com](mailto:ruis.macdonald@gmail.com)

