



Spinal Cord Injury Nova Scotia Events

**The Canadian Paraplegic Association of Nova Scotia is now...
Spinal Cord Injury Nova Scotia!**

Our new name reflects the people we support and the wide range of lived experiences within our community. You'll notice updates rolling out across our materials and platforms in the coming weeks.

Peer Support Group

Wednesday, January 7 | 7PM | Zoom

Whether you've been actively involved with SCINS 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

Monday, January 12 | 7PM | 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

SCINS Estate Planning Webinar

Monday, January 19 | 7PM | Virtual

Spinal Cord Injury NS would like to invite all of our members and their loved ones to join us for a special webinar on estate planning, medical directives, and the Disability Tax Credit. Tarah Sawler, a lawyer from Halifax with lived experience, will be volunteering her time to share her expertise.

Register: [HERE](#)



Check Out Our New Website!

We're excited to share that our new website is live: www.sci-ns.ca

The site makes it easier than ever to learn about our programs and connect with us.

Community and Other Events



Built Environment Information Sessions

Tuesday, January 6 | 3PM - 4:30PM | Virtual

The Built Environment Accessibility Standard is now law in Nova Scotia. This means that organizations have new requirements, for designing, constructing, and managing their infrastructure.

Register [HERE](#) | accessibility@novascotia.ca

Introduction to the Registered Disability Savings Plan

Tuesday, January 13 | 8PM - 9:30PM | Virtual

Webinar for those who want to learn what an RDSP is, who qualifies, how to apply for the Disability Tax Credit, and how to open an RDSP. This is best suited to people who want to learn the basics of RDSPs and get general information about the plan. No background knowledge is needed.

604-439-9566 | learning@planinstitute.ca | Register: [HERE](#)



Accessible Sport - From Participation to Leadership

Tuesday, January 27 | 1PM - 2:30PM | Virtual

This virtual session explores real-life examples of how sport can be made more accessible and inclusive. Speakers will share practical case studies that show how people with disabilities can participate, lead, and thrive in sport at all levels.

Canadian Accessibility Network | Register [HERE](#)



As we welcome the New Year, we are grateful for the strength of our community and the partnerships that make our work possible. Together, we will continue to support, advocate, and connect people living with spinal cord injury across Nova Scotia. Wishing you a year of health, resilience, and possibility.