



Spinal Cord Injury Nova Scotia Events

Peer Support Group

Wednesday, February 4 | 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, February 9 | 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

Managing Nutrition Post SCI

Wednesday, February 18 | 7PM | Zoom

Spinal Cord Injury NS would like to invite all of our members and their loved ones to join us for a special webinar on managing bladder/bowel with nutrition post SCI. Jackie Silver, a registered dietician with lived experience, will be volunteering her time to share her expertise.

More Information & Registration: [HERE](#)



Community and Other Events

LaughAbility Comedy Show!

Thursday, February 26 | 7PM | The Westin Halifax

LaughAbility is a fundraiser for Dartmouth Adult Service Center (DASC) featuring comedians with disabilities! Proceeds support programs for persons with intellectual disabilities. Enjoy a night of laughter for a great cause!

More Information & Tickets: [HERE](#)



Nova Scotia Waitlist Settlement

This Settlement applies to people in Nova Scotia who were eligible for disability services under the Social Assistance Act through the Disability Support Program but were put on waitlists for those services or placed in Institutions, Nursing Homes, or Hospitals between April 1, 1998, and August 25, 2025. Claims can be submitted online until March 17, 2027.

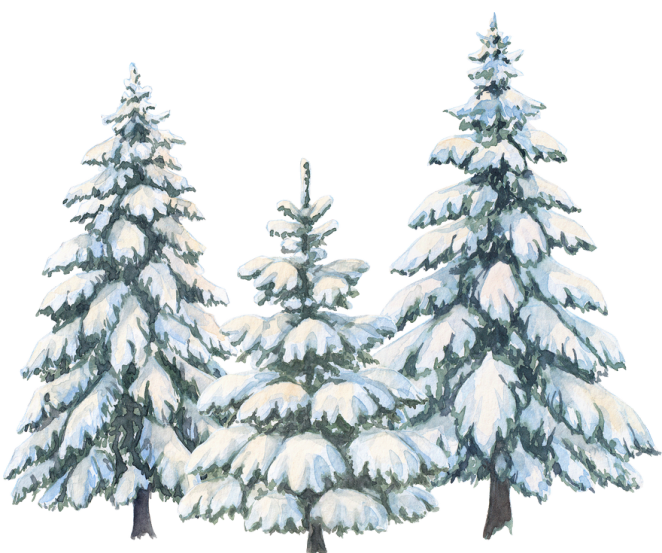
More Information & Application: [HERE](#)



HomeShare

HomeShare is a new supportive living option in Nova Scotia. It allows people with disabilities to live in a shared home with another Nova Scotian who provides support. HomeShare is for people who want to live in the community, build new relationships, and have a stable place to call home—all with the right supports in place. It's part of the province's move away from institutional settings toward community-based living.

Website and Information: [HERE](#)



Keeping Warm

February is often the coldest month in Nova Scotia, with wind chill making temperatures feel even colder. Dress in warm layers, cover exposed skin, stay dry, and limit time outdoors during extreme cold.

More Information: [HERE](#)