



Spinal Cord Injury Nova Scotia Events

Peer Support Group

Tuesday March 10 | 6PM | 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

Wednesday March 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



SCINS Peer Survey

Spinal Cord Injury Nova Scotia is inviting you to complete an evaluation of our Peer Support Program. This year, in collaboration with McGill University, we've developed a national survey which will be used to evaluate Peer Support programs throughout Canada.

For more information, please reach out to Chris (crice@sci-ns.ca) or Deanna (dpalmer@sci-ns.ca)

Community and Other Events

Milano Cortina 2026 Paralympic Winter Games

Friday March 6 - Sunday March 15

The Milano Cortina 2026 Paralympic Winter Games will showcase around 665 athletes competing in 79 medal events across six sports - Para alpine skiing, Para biathlon, Para cross-country skiing, Para ice hockey, Para snowboard and wheelchair curling.

Meet the Canadian Athletes: [HERE](#)



Ability to Rise

Recordings Now Available via Youtube

The event recordings from Ability to Rise 2025 are now available. You can find it on NSLEO's YouTube Channel:

[HERE](#)

HRM Recreation Accessibility and Inclusion

Halifax Regional Municipality (HRM) Parks and Recreation to invite residents to share their input on how recreation programs can be more inclusive and accessible. There are 3 upcoming engagement sessions:

March 24th 6pm-8pm Dartmouth High School
March 30th 6-8pm St Andrews Community Centre
April 13th 6pm-8pm Virtual Town Hall



Registration is required to attend. Email inclusion@halifax.ca to register. If you are unable to attend one of these sessions or wish to share your feedback further, we also invite you to take our online engagement survey: [HERE](#)