

Spinal Cord Injury Nova Scotia NEWSLETTER



September 2026

SCINS EVENTS

Peer Support Group

Tuesday, September 8 | 6PM | Teams

You're always welcome to join!

Contact: crice@sci-ns.ca

Family/Caregiver Support Group

Monday, September 14 | 7PM | Teams

A welcoming space for caregivers to connect

Contact: crice@sci-ns.ca



SCINS Education Session

Tuesday, September 15 | 7PM

Emergency Preparedness with a Disability

Tips to help you prepare and stay safe

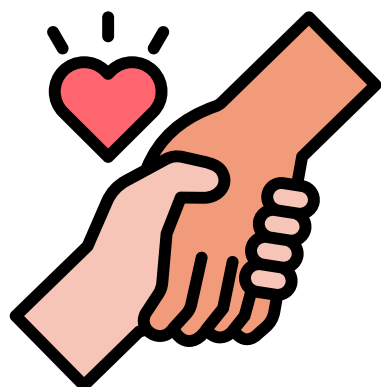
Register: [HERE](#)

Switch from Zoom to Microsoft Teams

We've switched from Zoom to Teams, so old Zoom links won't work anymore. New links are going out to everyone who's joined before, but if you're interested in joining, reach out to Chris to get set up: crice@sci-ns.ca



COMMUNITY AND OTHER EVENTS



Disability Showcase: Pathway to Connections

Saturday, September 12 | 10AM-2PM | Cedar Event Centre

Free, drop in and explore much needed resources to build a more inclusive community. Refreshments throughout the day and a lived experience panel at noon.

Halifax Recreation Registration Open!

Registration for Halifax Parks & Recreation's fall programs is open now, with something for all ages and abilities across health, wellness, outdoor, and arts programming.

Check out recreation programming near you: [HERE](#)

Inclusion and Accessibility information: [HERE](#)



Adaptive Sailing - Bay SailAble

Tuesdays & Thursdays | June–Sept | 3-7PM

Sail aboard a Martin 16 keelboat, built for adaptive use, with no prior experience needed. Open to adults and teens with physical, cognitive, or mental challenges who want to try sailing, build confidence, or just enjoy time on the water.

Contact: [Judy Lugar jlugar@smc.ca](mailto:jlugar@smc.ca)

Learn More: [HERE](#)

Back To School

Wishing everyone heading back to school a positive and successful year ahead!

Did you know that SCINS has a scholarship?

Find out more about the The Donald E. Curran Scholarship [HERE](#)

