



EVENTS

Sketchbook Club Fidelia Bridges' Flowers in a Pitcher

Celebrate spring with guided sketching inspired by Fidelia Bridges' Flowers in a Pitcher. National Gallery of Art teaching artists lead free, 30-minute sketches inspired by works of art from the National Gallery's collection. Add new drawings to your sketchbook or just doodle along with them. All you need are a pencil and paper.

Date: March 11

Time: 5:00 pm - 5:30 pm

Location: Online

[Learn More](#)





Real Talk LGBTQ Dinner and Chat

LGBTQ folks with cognitive disabilities (or folks with cognitive disabilities who are questioning or curious about their gender and / or orientation) meet in person for some casual snacks, watch some Real Talk videos, and participate in a conversation facilitated by a certified sexual health educator.

Date: March 14

Time: 6:00 pm - 8:00 pm

Location: New Westminster

[Learn more](#)



Elephant in the Room

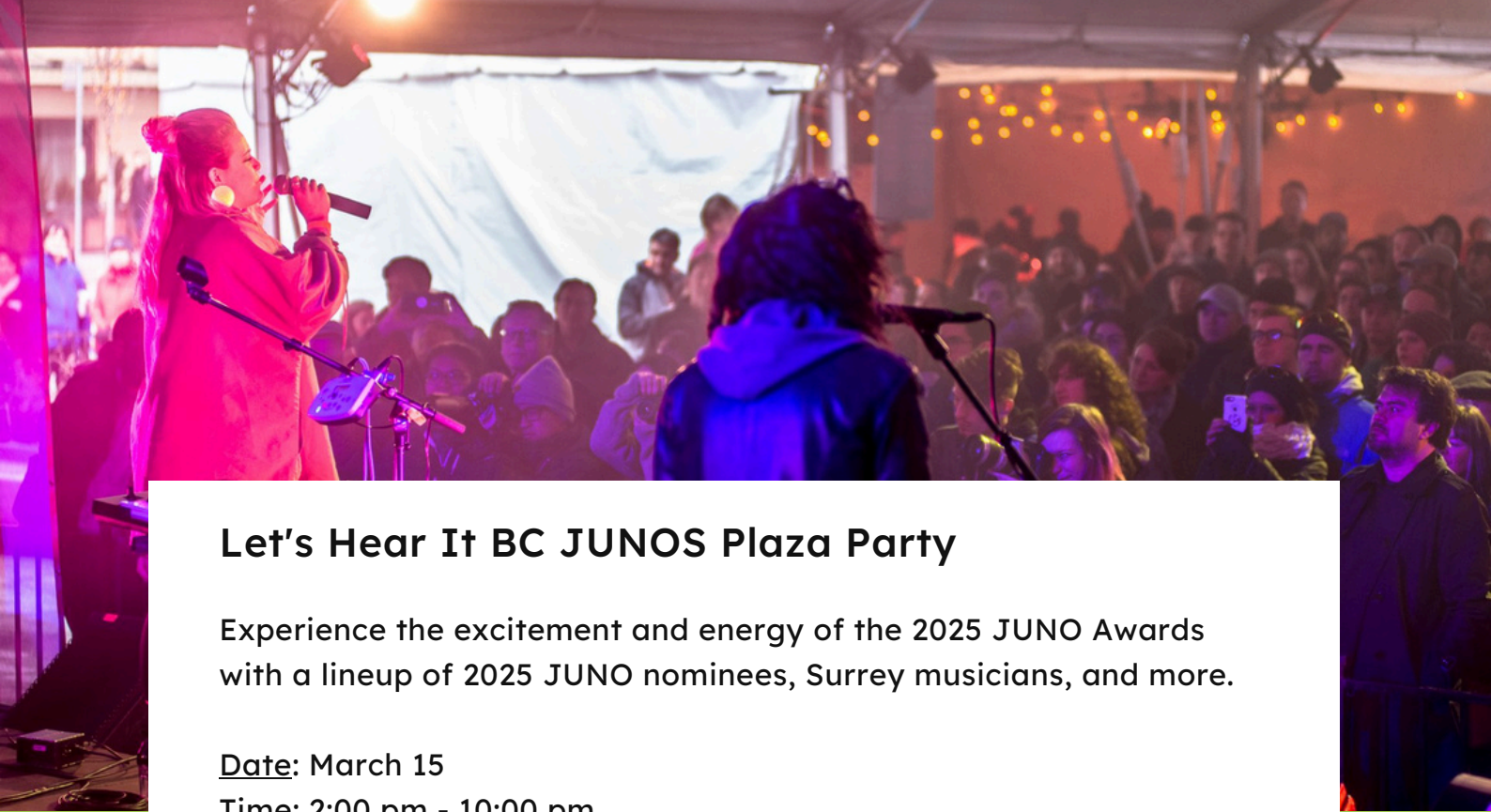
Join this facilitated conversation to get curious about a stranger. Why? We're taught to be polite with strangers and avoid disagreements - but keeping our distance can also make us feel a little lonely and disconnected. What if we could invite our elephant friends into the room, and practice engaging with strangers in more meaningful ways?

Date: March 15

Time: 12:00 pm - 4:00 pm

Location: Vancouver

[Learn more](#)



Let's Hear It BC JUNOS Plaza Party

Experience the excitement and energy of the 2025 JUNO Awards with a lineup of 2025 JUNO nominees, Surrey musicians, and more.

Date: March 15

Time: 2:00 pm - 10:00 pm

Location: Surrey Civic Plaza

[Learn more](#)



Spaces of Belonging

Join this virtual event to learn about SAP's physical spaces for employees and customers that were designed with neurodivergent inclusion principles in mind. Discover how these thoughtfully designed environments empower neurodivergent talent yet are beneficial to the well-being and productivity for everyone.

Date: March 19

Time: 7:00 am - 8:00 am

Location: Online

[Learn more](#)

nourishing the soul



Let's get together and talk about life!

posAbilities staff, persons served, family and friends are invited to join conversation circles hosted by imagineacircle. We will be discussing and reflecting on what brings us joy and how we can bring more of that to our everyday lives.

Food and drinks provided!

Events take place:

March 27th 5-8pm in Vancouver & March 28th 11-2pm in Burnaby
(locations to be sent in registration confirmation email)

HOW DO I SIGN UP? SCAN THE QR
CODE or email
nina.gaind@posabilities.ca to register



If you have any questions or accessibility needs, please contact
nina.gaind@posabilities.ca



ANNOUNCEMENTS

Free music therapy first sessions

Peoples Music Therapy is now offering **FREE** first sessions for all new clients at their East Vancouver studio every Wednesday from **March 1 - March 31, 2025**. This is the perfect opportunity to experience the benefits of music therapy in a welcoming and creative environment.

Spaces are limited, so book your session today!

[Learn more](#)



Nominations are now open for CLBC's 16th Annual Widening Our World (WOW) Awards

The 2025 WOW Awards will highlight the incredible progress that families, self-advocates, volunteers, businesses, service providers, municipalities and others have made in building more inclusive and accessible communities across British Columbia.

You are invited to nominate people and places in your community who go above and beyond to create inclusive spaces and advance full citizenship for adults with developmental disabilities. Nominating someone or some place is easy and takes just 10 or 15 minutes.

Nomination Deadline: March 31, 2025 at 5:00 pm

[Learn more](#)

BUDGET 2025

WWW.BCBUDGET.CA



NEWS

Standing strong for B.C.: Budget prepares to defend British Columbians

Budget 2025 allocates \$380 million over three years to Community Living BC, supporting over 29,000 adults with developmental disabilities. An additional \$1.6 billion will address rising demand for income, disability, and supplementary assistance, benefiting around 253,000 people. The budget aims to enhance affordability, inclusion, and quality of life for individuals with disabilities.

[Read more](#)

