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~ With Gratitude ~

Thank you to neurodiverse youth, families, those with government care experience and community partners who share their knowledge, experience, and resources used to create these monthly lists.

If you have resources, you'd like to share feel free to email it to me at julian.wilson@gov.bc.ca.

Wishing you happy planning folks!

1.0 Art, Theatre, Singing, Dance & Recreational Programs

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Artists Helping Artists | View Online: [Artists Helping Artists](#) | [Burnaby BC](#) | [AHA Burnaby](#)

An inclusive community-based artists cooperative that provides artists with space, affordable materials, and the opportunity to pursue their aspirations concerning artistic expression.

BC Special Olympics Programming – Various Locations | View Online: [Community Links Listed Below](#)

BC Special Olympics provides individuals with intellectual disabilities the opportunity to enrich their lives and celebrate personal achievement through positive sports experiences. It is available in many communities including:

- 1) Burnaby | View Online: [Burnaby | Special Olympics British Columbia](#)
- 2) Coquitlam | View Online: [Coquitlam | Special Olympics British Columbia](#)
- 3) Ridge Meadows | View Online: [Ridge Meadows | Special Olympics British Columbia](#)
- 4) Surrey | View Online: [Surrey | Special Olympics British Columbia](#)

Note there is no New Westminster specific chapter, so communities close in proximity were provided. When you are on the page, scroll down to the bottom and under the heading “Downloads” you’ll find the current community specific program schedule.

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Canucks Autism Network (CAN) – Program Registration Open | View Online: [Programs - Canucks Autism Network](#)

Take a look at the Spring 2025 Program Guide including activities like:

- Wellness and mental health pop-up opportunities
- Craft and connect
- Music to move your mood
- Yoga

City of Burnaby – Public Art Roster – Call to Artists | Deadline: April 15, 2025 | View Online: [Public Art Roster | City of Burnaby](#)

The City of Burnaby invites artists to submit portfolios for our new Public Art Roster. Art is essential to shaping the character of our public spaces. This program offers artists the chance to contribute to small-scale projects integrated into civic infrastructure and the public sphere.

Community Parks and Recreation – Spring Program & Recreation Pass Info | Registrations are now Open | View Online: See Links Below by Community

Using the links below find community-based parks and recreation activities for the Fall months:

- City of Burnaby – Recreation & Shadbolt Centre for the Arts - <https://www.burnaby.ca/our-city/whats-new/sign-up-for-enewsletters> | Spring 2025 Activity Guide - [Activities & Registration | City of Burnaby](#)
- City of Coquitlam – Parks, Recreation and Culture E-News - <https://www.coquitlam.ca/767/Parks-Recreation-Culture-E-News> | Spring 2025 Program guide - [Program Guide | Coquitlam, BC](#)

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- City of Maple Ridge – E-Newsletters - [Stay Connected with Your City | Maple Ridge, BC](#) | Spring 2025 Program Guide - [Program Guide | Maple Ridge, BC](#)
- City of New West – Parks & Recreation Newsletter - <https://www.newwestcity.ca/signup> | Spring 2025 Active Living Guide - [Active Living Guide - New Westminster Parks and Recreation | City of New Westminister](#)

Communities also have subsidized programs that usually those on fixed incomes, like PWD Benefits, can access to support their participation in parks and recreation programs. The links below take you to community based financial support info:

- City of Burnaby – FAIR Play (formerly Recreation Credit) Program – [Recreation Credit Program | City of Burnaby](#)
- City of Coquitlam – Financial Assistance for Recreation Program - [Financial Assistance for Recreation | Coquitlam, BC](#)
- City of Maple Ridge – Access Pass Program - [Financial Access | Maple Ridge, BC](#)
- City of New Westminister – Active Pass Program - [Access & Inclusion | City of New Westminister \(newwestcity.ca\)](#)

DSRF – Summer Camp & Programs – Registration Opens April 4 | View Online: [Group Programs - Down Syndrome Resource Foundation](#)

We offer educational and recreational group programs for youth and adults with Down syndrome. Please note: registration for Summer 2025 programs will open on April 4; registration for Fall 2025 programs will open on May 2.

Find Support BC – Resource Database | View Online: [Find Support BC](#)

We connect families of persons with disabilities with resources available to them. It's simple; just select your criteria below to get started. (Please Note: We are always tweaking and adding to the resources found here. If you know of a missed resource or notice a change that should be made, please fill out the [Suggest a Resource](#) page.)

Mayday Youth Choir for Neurodiversity – Silent Disco: A Night of Fun and Dancing! |
Langley | July 4, 2025 | View Online: [Silent Disco - Mayday Club Youth Choir](#)

Get ready to vibe to the beats of your choice, as you flip between the 3 available channels of music. Check-in at registration, grab your headphones, pick your channel, and dance the night away. Your headphones will glow according to what channel you're on, so you can find other people to dance with!

Pottery Works | View Online: [Home \(potteryworks.ca\)](#)

Pottery Works is a collection of artists overcoming their disabilities through art. Pottery Works offers special classes, workshops, and events, and provides studio space for disabled artists to work on their original works, including paintings, pottery, jewelry, and more.

Vancouver Youth Writing Contest | Entry Deadline May 31, 2025 | View Online: [Youth Writing Contest](#) | [Vancouver Writers Fest](#)

The Vancouver Writers Fest's [Youth Writing Contest](#) is open now to students in British Columbia! Spread the word to a young writer in your life. Entries will be accepted for previously unpublished short stories and personal essays.

Vicuna Art Studio Maple Ridge | View Online: [Home](#) | [Vicuna Art Studio](#)

A studio devoted to supporting artists with diverse abilities to embrace their individuality, develop their talent and create inspiring works.

2.0 Community-Based Developmental & Social Programs

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Access2Card | View Online: [Apply First Time – Access2 \(access2card.ca\)](#)

Easter Seals Canada's Access 2 Card program provides individuals with disabilities a card, allowing a companion free entry at over 500 participating venues nationwide. Many major entertainment hubs, from movie theatres to museums, support this initiative.

ACT – Monthly Events | View Online: [Community Events in BC - ACT - Autism Community Training \(actcommunity.ca\)](#)

ACT lists workshops and conferences in BC related to autism and other diverse needs that are provided by local agencies and organizations. We are listing this information in the interest of providing support to families and professionals seeking additional training and information on a range of diverse needs.

AutismBC – Calendar of Monthly Events | View Online: [Click Here](#)

We empower, support, and connect the autism community in BC. This webpage offers ASD info, support groups, webinars, events, and education resources.

Autism Support Network – Monthly Events Page | View Online: [Events & Calendar – Autism Support Network \(autismsupportbc.ca\)](#)

Browse our upcoming events for the month. We also have a Google document that is always kept up to date.

Canucks Autism Network – Learning Hub | View Online: [CAN Learning Hub](#)

Five online courses to create a more inclusive & welcoming community for Autistic individuals. The CAN Learning Hub will create safer, more accessible, and more inclusive communities for Autistic individuals and their families.

Community Living BC – Process to Request Eligibility for Services | View Online: [Am I Eligible for CLBC Support? - Community Living BC](#)

You can request confirmation of CLBC eligibility once your child turns age 16. For those served in Burnaby, New Westminister, the Tri-Cities and Maple Ridge / Ridge Meadows, the process to request confirmation of CLBC eligibility requires two steps:

1. Call the CLBC Port Moody Office at 604-933-2000 (and is physically located at #400 205 Newport Drive, Port Moody, BC, Canada, V3H 5C9) to complete the CLBC intake process over the phone with the CLBC Admin staff (usually takes approximately 5 to 10 minutes)
2. Submit any documents requested by CLBC to support processing the application for eligibility. These assessment documents may include things like a Psych-Ed report, CLBC Assessor Report, potentially school records, or other assessments completed (Psychological Assessment/FASD Assessment/ASD Assessment). If CLBC needs you to follow any additional steps, the Admin that you speak to during the intake will let you know what else they require.

The CLBC Eligibility Lead will review the materials submitted to confirm if a young person is eligible for CLBC supports or not.

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Community Living BC – (in-person) [Welcome Workshops Registration Open](#) | Tuesdays
April 1, 8, 22, 29, 2025 at 5:30 PM | CLBC Port Moody Office | To Register Email:
bryan.oulton@gov.bc.ca or call 604-933-2000 as space is limited

In these four welcome sessions we introduce Community Living BC and show how
community and different service and supports fit together in the big picture of adulthood.

1. Getting Started – April 1st
2. Community Connections – April 8th
3. Planning Options – April 22nd
4. The Real Deal – April 29th

Community Network – Maple Ridge Pitt Meadows Katzie – Member Resources | [View Online: Member Resources – Community Network – Maple Ridge, Pitt Meadows, Katzie \(resourceyourcommunity.com\)](#)

The Community Network has a wealth of resources to share thanks to our amazing
members. This page provides links to other websites and documents sorted by
topic. [Email](#) us if you don't see what you're looking for or if you're looking to have an item
added. The Community Network is your one stop shop to connect to local resources.

Community Repair Café – Burnaby | Next Date May 31, 2025 | For More Info Contact Lynn
at kitchens@burnabynh.ca

Bring in your small appliances, clothing, electronics, computers or bicycles that need fixing
for free advice or repair help from volunteers.

Connect Teach Sustain Youth Society – 2025 Summer Camps | View Online: [Summer 2025 Calendar - CTS Youth Society](#)

A schedule of outdoor camp opportunities for the summer of 2025.

[Curiko – Featured Experiences in April](#) | View Online: Various Links Below

This month, there are lots of chances to use your imagination to explore the connections in your life and do some designing of your own!

Kris' Creature Corner | One-on-One | In-Person | View Online: [Curiko](#)

- Welcome to Kris's Creature Corner where you will go on a creative adventure to craft your very own stuffed animal creature.

Rock & Roll Trivia | Tuesday April 22 at 2 PM | Group | In-Person | View Online: [Curiko](#)

- Join Elizabeth for an engaging two-part experience during which participants will both play a game of Rock & Roll trivia and co-create their own new trivia game.

Transit Adventures with Andrew | Tuesday April 11 at 12:30 to 2:30 PM | Group | In-Person | View Online: [Curiko](#)

- This month, we'll explore and venture from Waterfront to Lonsdale Quay taking the SeaBus.

Create Your Own 'Moment' Board with a Coach | One-on-One | In-Person | View Online: [Curiko](#)

- Let's explore this together and take action into discovering ways to create more of the moments you want!

Search online for other experiences near you!

[Earth Day '25 – Poetry & Photo Contest & Volunteer Opportunity](#) | Maple Ridge | Saturday April 26, 2025 | View Online: [Celebrate Earth Day in Maple Ridge « Ridge Meadows Recycling Society](#)

Our 2025 event theme is **"Stories"** – stories bring people together and connect us across time and distance. Opportunities to participate include:

1. **Poetry & Photo & More Contest** | Entry Deadline Monday March 31, 2025 | View Online: [Earth Day Poetry & Photo Contests « Ridge Meadows Recycling Society](#) - We would love to see your poetry, flash fiction, video, or photos around our “Stories” theme to celebrate Earth Day!
2. **Volunteer** | View Online: [Earth Day Volunteer Page « Ridge Meadows Recycling Society](#) - We are looking for people who want to learn about event planning, and those who want to get involved in their community or those who just need volunteer hours!!!

Family Support Institute (FSI) – Calendar of Events | View Online: [FSI Events - Family Support Institute \(familysupportbc.com\)](#)

FSI offers various Family Hangouts and Learning Explorations.

- Family Hangouts: A safe space for families and caregivers to come together for support, inspiration, and troubleshooting. Sessions are either themed or open for general conversation.
- Learning Explorations: Free online sessions that offer families, individuals, and professionals the chance to learn, connect and share on a variety of topics.

PLEASE NOTE: All FSI Zoom sessions can be accessed by telephone. If you need assistance registering for any session, please call our office at 1-800-441-5403.

Foundry Ridge Meadows – NeuroDiversity Club | Wednesdays from 5 PM to 6 PM |
Where: 22932 Lougheed Hwy. #2, Maple Ridge, BC | View Online: [Foundry Ridge Meadows | Community Service Program \(comservice.bc.ca\)](#)

Foundry Ridge Meadows offers a NeuroDiversity Club for youth ages 16-24! Join their inclusive community where they celebrate every unique mind. Whether you're

April 2025 List of Resources and Activities for Neurodiverse Youth and Families
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neurodivergent or simply curious, all are welcome! Let's learn, grow, and support each other together.

[Foundry Ridge Meadows – Epic Eats: Let's Cook](#) | Maple Ridge | Wednesdays from 5 to 6:30 PM | To Register Call 604-690-2203

Limited spots are available for youth ages 16 to 24 to come together and cook a meal every Wednesday at the Foundry Ridge Meadows.

HandyDART | View Online: [BC Transit - Register](#) | [handyDART](#) | [BC Transit](#) | Application Form Link: <https://www.bctransit.com/documents/1529721190548> | Simplified Form Instructions Link: [Click Here](#)

HandyDART is a door-to-door, public ride service that uses specially equipped vehicles designed to carry passengers with disabilities who are unable to use regular public transit without assistance. The driver will come to your home, help you board the vehicle, and get you to the door of your destination safely. Please note that HandyPASS is a separate benefit and useful in that it allows an attendant riding with a youth to ride for free on a fixed route bus. It also allows for participation in the taxi saver program.

Home Sharing Support Society of BC – Calendar of Events | View Online: [Events - HSSBC \(homesharingbc.ca\)](#)

A list of events intended to develop the knowledge, skills and abilities of home share providers and community professionals who engage with the home sharing community in BC.

[Homelessness Services Association of BC – Upcoming Training & Events](#) | View Online:
[HSABC Training Calendar - HSABC](#)

This page shares what activities are scheduled for the coming month relating to dealing with a range of topics including debriefing essential workers, dealing with compassion fatigue and burnout, introduction to decolonization and more.

[Kinsight – In-Person Event – Exploring Sexual Health & Wellbeing Caregivers/Parents Education Series](#) | Thursdays starting May 1st from 6:30 to 8:30 PM | Tri-Cities Children’s Centre Port Moody | View Online: [Exploring Sexual Health & Wellbeing: An Educational Series](#)

Navigating sexuality can be challenging for parents/caregivers, particularly when your youth has extra support needs. Join us for explorative conversations about sexual health and wellbeing for youth with developmental disabilities. Over the 3 sessions, we will:

- Review commonly held myths about disability and sexuality
- Explore current sexual education practices, impacts of sexual education on well-being
- Become better informed about healthy sexuality for youth with developmental disabilities.
- Share other related resources

[Kinsight – In-Person Event – Life & a Place to Call Home – Employment](#) | Port Moody BC | Saturday April 5, 2025 from 10 AM to 2 PM | View Online: [Life and a Place to Call Home - Employment](#)

This interactive session will include parents, caregivers, youth and young adults ages 14-26 for a deeper dive into employment for young people with extra support needs. Join us for a facilitated learning journey through preparation and readiness, services and supports that can help, and how different pathways to employment can take us from impossible to probable!

April 2025 List of Resources and Activities for Neurodiverse Youth and Families
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[Maple Ridge Pitt Meadows – Volunteer Fair 2025](#) | Tuesday April 29 from 10 AM to 2 PM |
Maple Ridge Public Library | For More Info Call Kim Dumore 604-839-2390 or email:
kdumore@mrpmcs.ca

This event is open to all ages and abilities. Come out and:

- Find volunteer opportunities
- Network with organizations
- Connect with your local community

[Mayday Club Youth Choir for Neurodiveristy – 4th Annual Talent Show](#) | Sunday April 27
from 5 PM | Murrayville Hall, Langley BC | View Online: [Talent Show - ACT - Autism
Community Training](#)

This event is open to EVERYONE. It will be completely non-judgmental, non-competitive,
fun and loving – just a fun night to showcase and celebrate everyone’s unique talents!!!!

[Meridian Farm Market’s Annual BBQ](#) | Saturday April 26 from 11 AM to 2 PM | Ralph’s
Farm Market in Langley

Enjoy the best smokies in town at **Meridian's annual BBQ** in support of CAN! We hope to
see you there!

[Momentum Economic Growth & Success Expo](#) | May 22, 2025 from 1 PM to 2:30 PM |
Thomas Haney Secondary School in Maple Ridge

The Inclusion Action Committee (formerly the LAST Committee) is proud to collaborate
with Momentum event and bring you 2025’s version of the Transition Fair. Are you a
student with diverse needs? You and your family and/or caregiver can learn more about:

- Post-secondary Education
- Employment Services
- Recreational & Social Activities

North Shore Disability Resource Centre- Zoom Adult Program (ZAP) | Online | View
Online: [community-based services - NSDRC](#)

ZAP is a virtual service, on Zoom, for adults with disabilities who are isolated and want to socialize. This program is designed for individuals who want to improve their academic, vocational, life skills and social life during the COVID 19 pandemic. It is free of charge and self-referrals are accepted.

To access the ZAP Program contact Cathy Verge, Program Manager at 604-240-1277.

Pacific Autism Family Network – Learn 4 Independence Program | Richmond | For More
Info contact Brenda Webster at Brenda@pacificautismfamily.com or 604-207-1980 (ext. 2017) | View Online: [Learn 4 Independence](#)

This program is accessible to CLBC Participants. Learn 4 Independence is a research-based life skills program where adults (18+) with autism and other neurodiversities can maximize their capacity to become more self-sufficient and employment ready. Semesters run throughout the year and laptops, headphones and learning materials are provided during program hours.

Planned Lifetime Advocacy Network - Calendar on Support Events | View Online: [Events for March 2025 - Planned Lifetime Advocacy Network](#)

Check here to find a range of programs and supports that are aligned with the work PLAN does centered around the question “What will happen to our children with disabilities when we are gone?” PLAN’s worker partners with families and people with disabilities on three key activities:

- 1. Personal Support Networks**

We collaborate to build personal support networks that empower contribution, security and citizenship for people with disabilities. [Click to learn more.](#)

2. **Planning For a Good Life**

We partner with families on planning and advocacy to ensure loved ones with disabilities are safe and secure for their lifetime. [Click to learn more.](#)

3. **Family Support and Leadership**

Our network of families regularly comes together for mutual support, to share solutions and promote family leadership in our community. [Click to learn more.](#)

[Playing with Clinical Jargon – In-Person Event](#) | Saturday April 12 from 12 Noon to 4 PM | 4926 Imperial Street Burnaby | View Online: [Playing With Clinical Jargon Tickets, Sat, 12 Apr 2025 at 12:00 PM | Eventbrite](#)

In this hands-on sensory methods and writing workshop, we experiment with jargon through medical ephemera and clinical objects. This workshop guides participants through material cultures of jargon while asking: how does jargon feel? What worlds does it give us access to? What worlds does it obscure? How is jargon improvised, hacked, recycled, and repurposed for other uses?

- Financial Planning Advice
- Transportation Assistance and more

[posAbilities – Fee for Service Supports](#) | View Online: [posAbilities - Getting Started](#)

posAbilities also offers privately funded services. Typically, this would include individuals who need additional support, who may not qualify for government funded services, or those who do not wish to wait for a government referral.

Services most frequently requested include:

- Community Connecting Service
- Explore – Journey Facilitation Service

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- **posAbilities** Employment Service
- Laurel Behaviour Support Services – Children/Youth funded through the Autism Funding Unit, or services to adults

Purpose Calendar of Events for Burnaby and New West | Burnaby: [Burnaby YOUth HUB – Lower Mainland Purpose Society for Youth and Families](#) | New Westminster: [New Westminister YOUth Hub – Lower Mainland Purpose Society for Youth and Families](#)

At the Burnaby Youth Hub, we offer drop-in support services, empowering youth to access community resources and engage in crisis and goal-oriented counseling. Events include:

- PWD Application Assistance | Tuesdays from 3 to 4 PM | Contact: Jennifer.1.Davis@gov.bc.ca
- Trans & Gender Support Group | Every 2nd and 4th Tuesday of the month from 6 to 8 PM
- Pop-Up Thrift Store

The New West Youth Hub is a vibrant and inclusive community space dedicated to empowering young individuals aged 12-25. Events include:

- PWD Application Assistance | Wednesdays from 3:30 to 4:30 PM | Contact: Christina.1.Porte@gov.bc.ca
- Let's Talk mental health focused program for youth ages 14 to 24 | Tuesdays from 5:30 to 6:30 PM
- Weekly Workshop series | Mondays and Wednesdays from 3:30 to 5:30 PM
- Odyssey Substance Counselling | Tuesdays and Thursdays Afternoons

Real Talk – Sexual Health Program Monthly Events | View Online: [Events - Real Talk \(real-talk.org\)](#)

Adults with cognitive disabilities chat via Zoom with a Certified Sexual Health Educator. All genders and orientations are welcome! Everybody has questions about dating, love, relationships, and sex. Things like:

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- How do I meet a boyfriend / girlfriend / partner?
- How do I let my family know that I want to date?
- How do I come out to my friends or family?
- How can I make sex safer?
- What is consent?

It's totally normal. But sometimes it can be hard to know where to get good information. At this event, we'll watch some Real Talk videos, and have a conversation hosted by a Certified Sexual Health Educator. We'll talk about where to get good information, who can support us with this stuff, and how to figure out confusing situations. People are welcome to talk about things, or to just listen if they don't want to talk.

[Repair Café in Maple Ridge](#) | Saturday April 26, 2025 from 10 Am to 2 PM at the Bandstand in Memorial Peace Park Maple Ridge | View Online: www.mrrepaircafe.ca

Repair Cafés are pop-up events where residents can bring their broken items and volunteer expert “fixers” are available to help residents learn how to repair their stuff. Items fixed in previous years include small appliances, lamps, electronics, jewelry, clothing, and small toys or furniture.

Did you know that some of the repair team fixers identify as being neurodiverse? Did you know that young people and young adults with an interest in becoming a fixer can ask to be a “Repair Apprentice?” If this describes you reach out to Leanne at 604-463-5545, or email her at leanne@rmrecycling.org, to learn more.

Ridge Meadows Association for Community Living (RMACL) – Youth Programming | Maple Ridge / Ridge Meadows | Various Links by Program Below

RMACL provides a range of programming including:

1. Fun with Friends Teen Social Skills Group (fee for service) offered to youth ages 13 to 18 with a limit of six spots on Wednesdays from 4 to 5:30 PM or Thursdays from 6 to 8 PM. The goal is to help youth develop essential life skills and the next group will start after June 19, 2025 | To Ask Questions please call 604-466-1144 or email margaret.cleaver@rmacl.org | Intake Form: <https://forms.office.com/r/YDpZRvQcFe>
2. Youth Visions After School Program for Youth Aged 13 to 18 focuses on Life Skills, Recreational Opportunities and Building Friendships | To Ask Questions please call 604-466-1144 or email margaret.cleaver@rmacl.org | Intake Form: <https://forms.office.com/r/ZjHqeQdjMR>

Science World – Sensory Friendly Morning | Saturday April 5 from 8 AM to 11 AM | View Online: [Sensory-Friendly Morning at Science World - ACT - Autism Community Training](#)

Sensory-Friendly Mornings are inclusive events for individuals and families with neurodiverse or accessibility needs. Guests can explore our exhibits and galleries in a comfortable, welcoming and less crowded environment. Wherever possible, exhibits will have adjusted operations and lowered volume levels from 8 – 11 AM. Volume levels and exhibit operations will return to their usual settings at 11 AM. Guests are welcome to stay and explore Science World as long as they wish.

[Shifting Forms Symposium](#) | April 11, 2025 to April 13, 2025 | Emily Carr University | View Online: [Shifting Forms Symposium | Emily Carr University of Art + Design | Vancouver, Canada](#)

We're excited to invite you to Shifting Forms - A Symposium of Indigenous Moving Image Art and Animation. SHIFTING FORMS is a FREE and accessible three-day gathering foregrounding the perspectives of Indigenous storytellers working in Animation, Interactive and Media-based art forms.

[Sibling Support Project – Local SibShops](#) | View Online: [FIND A SIBSHOP NEAR YOU – Sibling Support Project](#)

Founded in 1990, the Sibling Support Project is the first national program dedicated to recognizing, promoting and addressing the life-long and ever-changing concerns of millions of siblings of people with developmental, health, and mental health concerns. Our work spans books and publications, online communities for teen and adult siblings, and workshops and training. We are best known for helping local communities start Sibshops—lively peer support groups for school-age brothers and sisters of kids with disabilities and health concerns.

[Siblings Canada – Workshop – Acceptance and Commitment Training](#) | Starts April 22, 2025 at 6:30 PM EST | View Online: [WEBCAST | Acceptance and Commitment Training for Siblings Information Session](#)

Spring is just around the corner, and Siblings Canada is excited to announce that they will be hosting a new Acceptance and Commitment Training (ACT) workshop designed specifically for adult siblings of people with disabilities.

Services to Adults with Developmental Disabilities (STADD) – Transition Planning Support for Neurodiverse Youth & Young Adults | View Online: [Find a Navigator - Province of British Columbia \(gov.bc.ca\)](#)

If you're a young person with a developmental disability, moving to adulthood can be a challenge. If you're the parent, guardian, or caregiver of a young person with a developmental disability, helping them move towards adulthood can be just as challenging. A Navigator can help you and your family with this transition.

Square Peg Society – Upcoming Events Calendar | View Online: [Welcome - Square Peg Society](#)

We know that ASD individuals want to live as independent adults, in communities where they feel respected and included. We assist ASD adults in achieving this goal, by building confidence, pride, and skills, within our community, and by increasing inclusion, engagement, and participation, within our community and with society at large. To support this, we offer a list of monthly for consideration.

The Family Education & Support Centre's – Family Freecycle Event in Maple Ridge – Donate &/or Attend | Saturday April 26, 2025 from 10 AM to 2 PM | For More Info Email: v.tong@familyed.ca

Drop off your items (gently used clothing, wearable sporting equipment, toys and books) in front of the Leisure Centre on April 25, 2025 from 5 Pm to 7 PM or on Earth Day during the event. Then for those interested come and find something new to you on Saturday April 26 at the Leisure Centre.

The Poverty Studies Summer Institute | May 5 to 16, 2025 | View Online: [Poverty Studies Summer Institute — Canadian Poverty Institute](#)

The Poverty Studies Summer Institute is a unique study opportunity that brings together practitioners, students and community members into an intimate learning community to explore the causes and impacts of poverty and best practices in how to reduce and end it.

Youth Alliance for Intersectional Justice | View Online: [Social Programs \(yaij.org\)](#)

We are a Black youth-led collective of Black and racialized neurodiverse youth, adults (with and without disabilities), and allies. Our mission is to create and support Afro-centered safe spaces in which Black and racialized neurodiverse youth can navigate the education, technology, and entrepreneurial systems through meaningful, engaging and community supported youth led projects, programs, and research. Our programming includes:

- Art Program
- Music Workshops
- Healthy Relationships
- Understanding Your Rights
- Go Karting

3.0 Education (Post-Secondary) Resources & Supports

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BCIT – Transition into Post-Secondary Studies (TIPS) | View Online: [Transition Into Post-Secondary Studies \(TIPS\) \(MOOC 0100\) - BCIT](#)

The transition process to post-secondary education can be exciting as well as confusing and even a little intimidating. This course was designed to guide you through the planning required, and to provide you with the information, knowledge and skills that will help you

confidently start your journey into post-secondary education, campus life, your practicum experiences and beyond.

Burnaby School District – [A Path Forward: Supporting Youth with Disabilities or Diverse Abilities](#) | Thursday April 10 from 6 PM to 8 PM | Burnaby Central Secondary |
Registration Form: [A Path Forward: Supporting Youth with Disabilities or Diverse Abilities Towards Adulthood](#)

Join us as approximately 30 organizations that provide support in securing work, leisure and post-secondary opportunities will be in attendance to share information. This is an information evening for:

- Parents and caregivers thinking about their child's future
- Students from Grades 8 to 12 with physical and social employment challenges
- Students in a pre-employment program
- Students in an ACCESS program
- Teachers or support workers

[Capilano University – Modified Skill Building Courses](#) | View Online: Various Links Below

At Capilano University there are a variety of modified courses offered in specific subject areas including:

- 1) Money and Math | View Online: [DEP 007 - Money and Math - Capilano University](#)
- 2) Social Skills | View Online: [DEP 008 - Social Skills - Capilano University](#)
- 3) Transitions | View Online: [DEP 006 - Transitions - Capilano University](#)

Deaf Children's Society of BC – Online ASL Courses | View Online: [Sign Language Learning - DEAF CHILDREN'S SOCIETY OF BC](#)

Do you have a deaf child or grandchild under 5 years old? Support meaningful communication with them by enrolling in sign language lessons! Deaf Children's Society of BC is offering 10 week opportunities for parents and grandparents. They will take place on Tuesdays or Thursdays in the afternoon, starting April 1.

Our Sign Language Learning page is designed to support families, educators, and professionals in embracing the beauty and benefits of sign language. Whether you're just beginning your journey or looking to expand your skills, you'll find a wealth of resources, tools, and guidance to help you along the way.

Douglas College – Adapted Post-Secondary Programs | View Online: [Vocational Education and Skills Training | Douglas College](#)

Douglas College offers the LIST Program (previously called Basic Occupation Education) trains students for employment in four industry sectors:

- 1) [Electronic and General Assembly](#) (now includes bike assembly)
- 2) [Food Services](#) (now includes barista/food prep training)
- 3) [Retail and Business Services](#)
- 4) [Customer Service and Cashier Training \(CSCT\)](#)

****Even if you believe you're on a waitlist at Douglas College for VEST programs, please go ahead and apply through Education Planner BC.****

Douglas also offers programs to help folks explore what type of work they may want to do in the future:

- 1) [Career and Employment Preparation \(CAEP\)](#)
- 2) [Fit and Ready for Skills Training \(FRST\)](#)

Kwantlen Polytechnic University (KPU) – Literacy Communities Program (LCOM) | View Online: [Literacy Communities | KPU.ca - Kwantlen Polytechnic University](#)

Kwantlen Polytechnic University (KPU) offers its Literacy Communities Program (LCOM) to help students with intellectual disabilities learn and practice primary language, math and computer skills using Individualized Learning Plans.

Kwantlen Polytechnic University – Including All Citizens Pathway | View Online: [INCLUDING ALL CITIZENS PATHWAY \(IACP\) | KPU.ca - Kwantlen Polytechnic University](#)

Including All Citizens Pathway (IACP) is a student-centered learning environment where everyone is included and valued on equal basis. It is one of the first for-credit fully inclusive programs to include students with intellectual, developmental, and/or learning disabilities on par with their peers.

Kwantlen Polytechnic University – Breaking Barriers Breakfast | Thursday June 19 from 9 AM to 12 Noon | KPU Richmond Location | View Online: [Breaking Barriers | KPU.ca - Kwantlen Polytechnic University](#)

Join the **Future Students' Office** and the **Faculty of Academic and Career Preparation** for a free breakfast, where you will:

- Receive up-to-date information about KPU's programs and services
- Learn how we can support the educational needs of your clientele
- Enjoy the opportunity to network, meet faculty members, and visit various services areas at KPU

[Lisa Huus Bursary for Physically Disabled Students Attending Post Secondary](#) | Deadline to Apply May 31, 2025 | View Online: [Lisa Huus Bursary - Children's Health Foundation](#)

The purpose of the fund is to provide bursaries, in the range **of \$500 - \$5,000 annually per recipient**, to assist persons with disabilities to undertake or continue their post-secondary education at an **accredited post-secondary institution in British Columbia or Alberta**. Bursaries may be used for items such as tuition fees, textbooks, equipment, transportation, residence and support worker costs

Steps Forward – Student Openings List | View Online: [Student Openings - WWW.BC-IPSE.ORG](#)

Applications are now open for an inclusive post-secondary experience! Steps Forward helps young adults with developmental disabilities access post-secondary education. Check out 2025 openings for local schools such as Simon Fraser University and Emily Carr University.

StudentAidBC | View Online: [I have a disability: Full-time studies](#) | [StudentAid BC](#) or [I have a disability: Part-time studies](#) | [StudentAid BC](#)

Review a list of proposed programs that might be helpful if you have a documented permanent disability (such as PWD) or a persistent prolonged disability and will be studying at a designated post-secondary institution. Supports include a list of:

- Provincial grants and bursaries;
- Federal grants and bursaries; and
- Additional BC based accessibility and communication post-secondary supports

Vancouver Community College – Community and Career Education Department Programs
| View Online: [Adult special education - Vancouver Community College \(vcc.ca\)](https://www.vcc.ca/adult-special-education/)

VCC's Community and Career Education (CACE) Department offers adult special education [programs and courses for students with disabilities](#). Areas of study include:

- 1) [career awareness and exploration](#),
- 2) [food service careers](#),
- 3) [retail and hospitality](#),
- 4) [computer applications, literacy, and numeracy](#).

Group tours are also welcome.

4.0 Employment & Volunteer Opportunities & Job Skill Training Programs

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ACCESS – Available Training Programs | View Online: [ACCESS - Aboriginal Community Career Employment Services Society - Training Opportunities \(accessfutures.com\)](https://www.accessfutures.com/)

ACCESS lists their current training program openings for Indigenous Peoples – Status, Non-Status, Metis, and Inuit peoples.

All Nations Trust Company – Pathways to Technology Program | View Online: [Trust Services | All Nations Trust Company \(antco.ca\)](https://www.antco.ca/)

Pathways to Technology, a project managed by All Nations Trust Company, is an initiative to bring affordable and reliable high-speed Internet to all 203 First Nations in BC. We're working to ensure First Nations people can connect with the world no matter where they live.

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Arts New West – Apply Now Summer Job Positions | View Online: [Now Hiring: Canada Summer Job Positions - Arts New West](#)

Be part of a really fun summer of arts and culture events in New Westminster!

Arts New West is currently accepting applications for summer employment opportunities (May 13 – August 1, 2025) through the Canada Summer Jobs program:

Back in Motion – WarehouseAbilities Program | View Online: [Home - WarehouseAbilities | Warehousing for Persons with disabilities](#)

Back in Motion has partnered with Universal Learning Institute to provide a 12-week training program designed to address the challenges of people who face multiple barriers to employment experience. WarehouseAbilities provides skills training and support to prepare individuals for sustainable employment in the high-demand warehousing sector. The program is funded by the Government of Canada, through the Canada-British Columbia Workforce Development Agreement.

BC Centre for Ability – Opportunities Fund Employment Programs | View Online: [Opportunities Fund | BC Centre for Ability](#)

The Opportunities Fund can provide disability supports for both individuals and employers.

Canucks Autism Network – Employment Programs | View Online: See Links Below

- [Skills Training & Employment Program \(STEP\)](#): This free program helps autistic adults to gain valuable pre-employment skills and hands-on work experience with a focus on the hospitality industry. The participants receive up to 5 weeks of classroom training (5 days a week, 6 hours per day) and 120 hours of paid work experience in the Lower Mainland. Registration for this program is based on an application and intake interview. More information about this program can be

found [here](#).

- [Ready, Willing and Able \(RWA\): Career Navigation](#) - can support you in finding your path to success by connecting you to community agencies and services that:
 - provide pre-employment and employment readiness training
 - are connected to businesses in a variety of industries and help job seekers apply and interview for competitive jobs
 - provide additional supports or accommodations that may be needed on the job (e.g. job coaching, assistive technologies)
 - support individuals in connecting to resources in mental health, life skills, housing, etc.
 - support students in their post-secondary studies (e.g. tutoring, classroom/ internship accommodations)

Capilano University – Discover Employability Certificate | View Online: [Discover Employability Certificate - Capilano University](#)

The Discover Employability Certificate program at Capilano University is eight months long and helps young adults with learning differences develop the skills employers are looking for. It includes small class size and combines in-class instruction with on-the-job work experience.

CMHA – Echo Clubhouse | View Online: [ECHO Clubhouse - CMHA Vancouver-Fraser \(cmhavf.ca\)](#)

ECHO supports individuals, living with a mental illness, in their rehabilitation and recovery journey through holistic services that range from vocational (job, volunteering, education), recreation, health and wellness and life skills. ECHO builds personal efficacy around wellness and provides a safe place to connect, reducing isolation and increasing well-being.

CNIB – Various Length Volunteer Roles | View Online: [Volunteer with CNIB Guide Dogs | CNIB](#)

Volunteers are a critical part of our guide dog program, and we're always in need of volunteer puppy raisers and boarders. With support from CNIB Guide Dogs staff, you would play a pivotal role in raising a puppy to become a guide dog and help change the life of someone who is blind, Deafblind, or has low vision. We offer short-term and long-term volunteer opportunities; previous experience with dogs is not required. If you're eager to learn, the CNIB Guide Dogs team is here to provide you with support and training, so you can feel confident in your volunteer role.

Community Services – Maple Ridge Supported Volunteer Program | View Online: [Supported Volunteer Program | Community Service Program | Community Services Maple Ridge & Pitt Meadows \(comservice.bc.ca\)](#)

The key focus of this program is to assist adults with developmental disabilities to integrate more fully into our community by way of a volunteer position in a non-profit agency.

Dan's Diner – Job Skills Training | View Online: [Dan's Diner – Job Skills Training - Dan's Legacy \(danslegacy.com\)](#)

Located in New Westminster, We teach youth ages 18 to 26 in the Lower Mainland. Our goal is to help youth build self-esteem, maintain positive mental health, and secure employment in the food service industry. Students in our 3-month program learn basic cooking skills, food service business management and valuable life skills. The entire program is free of charge. Train and work with us for 3 months, Monday-Friday, 4 hours per day.

Douglas College – Voice Employment Program for BIPOC Folks with Disabilities | [View Online: VOICE Employment Program | Douglas College](#)

Welcome to VOICE (Vocational Opportunities, Inclusion, and Career Empowerment), a transformative program dedicated to supporting BIPOC individuals with disabilities on their path to meaningful employment or self-employment.

Intersections Media for Youth Society – Film and Employment Virtual Training Workshops | [View Online: Home \(intersectionsmedia.com\)](#)

For youth between the ages of 19 and 29, Participants are paid minimum wage during the course of the workshop (40 hours per week). All program and support materials will be provided, and certifications are paid for on the participants' behalf.

One of the requirements for participation is that youth not be on PWD and we can discuss how your PWD benefits can be suspended temporarily to allow you to remain eligible to participate in this program.

[JobsWest](#) | [View Online: Job Seekers | Employment for People With Disabilities | Jobs West](#)

Jobs West is an employment program for adults with developmental disabilities. Our staff work together with program participants to find and maintain work placements within your community. Work options include volunteer, work experience, and paid employment. The program works on a continuous intake basis. Semi-independent skills are required for success in the program and in the community work placements. Our services include pre-employment skills, college referrals, workshops, skills assessment, community resources, and employment support.

Kinsight – Employment: Thinking About Getting a Job? | Saturday April 5, 2025 from 10 AM to 2 PM at the Springs in Port Moody | View Online: [Life and a Place to Call Home - Employment](#)

This interactive session will include parents, caregivers, youth and young adults ages 14-26 for a deeper dive into employment for young people with extra support needs. Join us for a facilitated learning journey through preparation and readiness, services and supports that can help, and how different pathways to employment can take us from impossible to probable!

Low Entropy Foundation – Thrift & Thrive: future Leaders Internship Program | Coquitlam | View Online: [Thrift & Thrive Youth Internship – Low Entropy](#)

Join us for the Thrift & Thrive: Future Leaders Internship Program for youth aged 16-24!
Requirements

- Must be between 16-24 years of age
- Must be able to travel to the internship location: 552 Clarke Rd, Coquitlam, BC

Makers Making Change – Clubs that Care: Youth Leadership Micro-grants | View Online: [Clubs That Care](#)

Funded by Government of Canada, the **Clubs That Care Micro-grants** supports youth leaders ages 15-30 in making a difference in the lives of people with disabilities.

Successful applicants will:

- Receive a \$3,000 micro-grant
- Engage 10 volunteers through build events
- Complete and deliver 20 assistive technologies to Canadians with disabilities
- Purchase tools, 3D printers, and supplies to host build events

- Be supported by Makers Making Change staff and fellow leaders across Canada

NeilSquire – Computer Comfort Program for those with Sensory or Physical Disability |
View Online: [Computer Comfort - Neil Squire Society](#)

Computer Comfort provides the perfect starting point to develop those computer skills. If you have a disability, we provide one-on-one computer tutoring at no cost in a supportive, comfortable environment; [a refurbished donated computer for the home](#), if needed; and ongoing technical support. Computer Comfort is [also available online via Distance Learning](#).

NeilSquire – Empower 3D Employment Program for Youth with Disabilities | View Online:
[Empower3D - Neil Squire Society](#)

Empower 3D, specializes in supporting youth with disabilities to build essential skills and gain valuable paid work experience. With 4 training cohorts per year, we have **limited spots available in each cohort**. The program is designed to help youth with disabilities overcome barriers to employment through skills development, wrap around supports and paid work experience in the manufacturing sector. The program includes:

- 14 weeks of small group skills training (3 days per week, 4 hours per day)
- 12 weeks of paid work experience, above minimum wage, with a manufacturing company (up to 30 hours/week)
- Opportunities for certifications such as WHMIS, First Aid, Safety Start, First Aid
- Small groups with individualized attention

PCRS – Baristas Program Surrey & Vancouver | View Online: [Baristas Program | Employment, Feature Resources | PCRS](#)

Baristas is a six-week employment program for youth 16-30 years old. The program focuses helping participants find work in the customer service and food industry. The program provides workshops on life and employability skills such as Time Management and Organization, Effective Communication/Conflict Resolution, and more.

Participants achieve certificates in Foodsafe, Serving It Right, and SuperHost. Program facilitators assist participants with job search so they can meet their employment and career goals.

PLEA – Employment Opportunities for Youth Program (Vancouver, Tri-Cities & Maple Ridge) | View Online: [Employment - PLEA](#)

We accept referrals from professionals working for the Ministry of Children and Family Development. We identify the youth's skills and interests and help with their resume, interview skills and job searches. We assist them in obtaining their Social Insurance Number, BC Identification, and any other relevant certifications such as FoodSafe, Forklift Operator's licenses, First Aid, and Workplace Hazardous Materials Information System (WHMIS).

posAbilities Employment Service – First Aid & CPR / AED Training | View Online: [posAbilities Employment Service \(pesworks.ca\)](#) | To Inquire Email: employment@posabilities.ca

Liane brings over 20 years of experience supporting individuals with diverse abilities to build new skills. As a certified instructor, Liane will aim to provide First Aid courses that engage participants through hands-on skill development, role play scenarios, media aids, as well as both group and individual work.

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Classes typically run over 2 days, 5.5 hours per day and the costs can vary between \$175-\$225. Any youth supported by CLBC supports in Vancouver Coastal East and who is served by posAbilities, can access the First Aid training for free.

Ridge Meadows Recycling Society (RMRS) – Supported Worker Program | View Online: [Supported Work Program < Ridge Meadows Recycling Society \(rmrecycling.org\)](#) | Program Video: [RMRS Supported Work Skills Development Program \(youtube.com\)](#)

Our Employment Skills Program is a partnership between RMRS and [Community Living British Columbia](#). This unique program incorporates a supported work environment to teach job skills training and provide employment to people with diverse abilities and is specifically designed for them to experience success in a work setting.

Triangle Community Resources – Futures for Youth Employment Program | Maple Ridge | View Online: [Futures for Youth Program - Triangle Community Resources](#)

The Futures for Youth Program provides a supportive environment for young Canadians aged 15 to 30 to learn life and employability skills, discover their interests, and obtain the training and paid work experience to successfully find and sustain meaningful employment. Youth will be provided with a living allowance during the 5 week workshop series and other supports as needed while gaining the confidence, skills and experience necessary to be successful in employment.

United for Volunteering – iVolunteer Searchable Volunteer Opportunity Database | View Online: [iVolunteer Powered by United Way British Columbia](#)

United Way British Columbia's iVolunteer program pairs individuals with organizations and causes they are passionate about, helping create healthy, caring, inclusive communities for everyone. Through the online hub, www.ivolunteer.ca, non-profits post volunteer opportunities and volunteers find opportunities.

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In 2018, the hub launched in the Lower Mainland and Fraser Valley and today has a volunteer base of 11,000 people and over 340 non-profit partners as of August 2023. The program is expanding to serve the following BC regions: Central & Northern Vancouver, the Southern Interior and the Thompson Nicola Cariboo. Contribute meaningfully to your community in a way that honours your gifts, passion, and abilities.

University of the Fraser Valley – Workplace TASK Program | View Online: [Workplace TASK - University of the Fraser Valley \(UFV\)](#)

Located at the Chilliwack Campus, UFV's Workplace TASK is an eight-month program that offers students with disabilities the opportunity to learn self-management and employment skills. It is a full-time program that runs four days a week from 8:30 to 2:30 each day from September to late April, in a safe and supportive classroom setting. And, depending on your personal circumstances, funding may be available to cover tuition costs, books, and supplies.

Volunteer BC – Resources for Volunteers | View Online: [For Volunteers](#) | [Volunteer BC](#)

Our programs help British Columbians mobilize their talents as volunteers, offer educational opportunities, and provide useful tools and ways to address critical community needs.

Volunteer Connector BC – Searchable Database | View Online: [Browse Volunteer Opportunities](#) | [Volunteer Connector](#)

Use VolunteerConnector to find unique volunteer opportunities in BC non-profits. Giving back to your community has never been easier. Govolunteer.ca provides geocoded maps, allowing you to search for volunteer opportunities in your neighbourhood.

WorkBC Centres – Location Search | View Online: [People with Disabilities | WorkBC](#)

There are WorkBC centres across the province available to help you find your next job and support customized employment to those living with the labels of intellectual and developmental disabilities. WorkBC Centres include:

- **Burnaby Brentwood** | View Online: [WorkBC Burnaby-Brentwood \(workbccentre-burnaby-brentwood.ca\)](#)
- **Burnaby Edmonds** | View Online: [WorkBC Burnaby-Edmonds \(workbccentre-burnaby-edmonds.ca\)](#)
- **Burnaby Metrotown** | View Online: [WorkBC Burnaby-Metrotown \(workbccentre-burnaby-metrotown.ca\)](#)
- **Coquitlam** | View Online: [WorkBC Centre Coquitlam \(workbccentre-coquitlam.ca\)](#)
- **Maple Ridge** | View Online: [WorkBC Centre Maple Ridge | WorkBC Centre Maple Ridge \(workbccentre-mapleridge.ca\)](#)
- **New Westminster** | View Online: [WorkBC Centre – New Westminster \(workbccentre-newwestminster.ca\)](#)
- **Port Coquitlam** | View Online: [WorkBC Centre Port Coquitlam \(workbccentre-portcoquitlam.ca\)](#)
- **Port Moody** | View Online: [WorkBC Centre Port Moody \(workbccentre-portmoody.ca\)](#)
- **WorkBC Apprentice Services** | View Online: [WorkBC Apprentice Services |](#)

YMCA – Youth Beat Employment Program (Vancouver & Chilliwack) | View Online: [Youth Breakthrough to Employment and Training | YMCA BC](#)

Supports youth ages 17-29 who experience mental health barriers to employment. YMCA Youth BEAT (Breakthrough to Employment And Training) is a free online program that supports individuals to gain the confidence, skills, and experience needed to enter the labour market. YBEAT is offered both in the Lower Mainland and the Fraser Valley. The groups run as 5 weeks of group-based online workshops followed by 12 weeks of support while participants enter employment or further training/education. Includes Short-term

certificate training based on employment goals and requirements of hiring employer (eg. WHMIS, Food Safe etc.).

YWCA- Off the Leash Program | View Online: <https://ywcavan.org/off-the-leash>

Certifications: Walks n Wags Pet First Aid, SuperHost and more.

YWCA – Believe Employment Program | View Online: [YWCA Believe](#) | [YWCA Metro Vancouver](#)

YWCA Believe is a free employment program for self-identified gender-diverse or LGBTQIA+ newcomers and refugees. Self-identified gender-diverse or LGBTQIA+ newcomers who are also one of the below:

- A Permanent Resident in Canada
- Convention Refugee or Protected Person
- Ukrainian temporary residents
- Temporary Foreign Worker with work permit under s.112 of the IRPR
- Live-in Caregivers (except language training)

New participants are welcomed every month.

YWCA – Career Paths for Skilled Immigrants | View Online: [Career Paths for Skilled Immigrants](#) | [YWCA Metro Vancouver](#)

YWCA Career Paths for Skilled Immigrants is an employment program to help skilled immigrants achieve progress towards employment in regulated or non-regulated professions. Participants must be a permanent Resident in Canada for no longer than 10 years, a protected person, or a refugee (with a notice of decision).

YWCA – Survive to Thrive Employment Program | Continuous Intake | View Online: [Survive to Thrive](#) | [YWCA Metro Vancouver \(ywcavan.org\)](#) | Info Session Sign Up: [Info-Session & Registration - Referral Sign-up - Survive to Thrive \(office.com\)](#)

Survive to Thrive is a free up to 12-week program that offers specialized employment and skills training services for survivors of violence and/or abuse. We are currently accepting participants for upcoming and future cohorts.

5.0 Financial, Food Security, Housing & Living Supports

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Financial

Benefits Wayfinder Tool – Find Government Benefits | View Online: [Home - Benefits Wayfinder](#)

Your guide to government benefits that can help put more money in your pocket.

Canadian Disability Benefit – Eligibility & Application Process | View Online: [Canada Disability Benefit Update - Inclusion BC](#)

The Canada Disability Benefit (CDB) regulations have been approved and will come into effect on May 15, 2025. This means individuals holding the Disability Tax Credit (DTC) certificate who have filed their 2024 income tax return can apply for the CDB starting in June, with their \$200 a month payments beginning in July this year (2025).

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CLBC Announces Provinces Increases its 2025 Budget | View Online: [Province invests in CLBC-funded services in its 2025 Budget - Community Living BC](#)

The province has increased CLBC's budget for the 2025/26 fiscal year by \$127 million for caseload service provision, along with \$10 million for the Shared Recovery Mandate, bringing the total budget for CLBC to \$1.8 billion. The increase in funding of \$127 million will help address CLBC's caseload growth, the 1,200 people expected to newly become eligible for CLBC in 2025/26 and the increase in requested services. The number of people who receive CLBC-funded supports has grown by about 25% over the last five years.

Credit Counselling Canada | Phone View Online: [Home - Credit Counselling Canada](#)

Need help assessing your financial health? Credit Counselling Canada's Debt and Money Quiz can help.

Credit Counselling Canada – Financial Literacy Education | View Online: [Financial Literacy Education - Credit Counselling Canada](#)

Ask about educational workshops, presentations, print resources and online tools by contacting your local Credit Counselling Canada [member agency](#).

Disability Alliance BC – Welcome to My DTC | View Online: [Guide to the Canadian Disability Tax Credit | My DTC from DABC](#)

The Disability Tax Credit (DTC) is a tax benefit from the Government of Canada. It is meant to help people with disabilities and their families reduce the amount of income tax they have to pay. Benefits like the [Registered Disability Saving Plan](#) and the new [Canada Disability Benefit](#) coming in **July 2025** can be accessed when you have the Disability Tax Credit.

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My DTC is a free online guide to the Disability Tax Credit created by [Disability Alliance BC](#). It has information on benefits, eligibility and the overall process, as well as tools to help with applying. Please note, My DTC does not allow people to apply for the DTC directly. This is done through the Canada Revenue Agency (CRA).

Family Services of Greater Vancouver – Financial Empowerment Program | View Online:
[Financial Empowerment | Family Services of Greater Vancouver](#)

The Financial Empowerment program at FSGV teaches financial literacy and helps people navigate government benefits. We envision a community where people are empowered to make the most of their money.

We do this by providing trauma-informed support in English, Español, Việt, Français, 粵語 (Cantonese), 普通话 (Mandarin), and برای ایجاد (Farsi). To view upcoming webinar sessions, go to: <https://fsgv.ca/events/category/financial-empowerment/>.

Fraser Valley Regional Library – Drop-Off Income Tax Service | March 1 to April 30, 2025 |
Maple Ridge Public Library

Local volunteers offer free drop-off tax filing at Maple Ridge Public Library for low income families and individuals. If you have a simple tax return, pick up a drop-off package starting March 1st. Please allow 2 weeks for the processing of your tax return. You will be notified by phone when your taxes are complete and ready for pick up. To use this service, you must show government issued ID.

Government of Canada – Free Tax Clinic Page | View Online: [Free tax clinics - Canada.ca](#)

Free tax clinics are generally offered between March and April across Canada, but some are open year-round. Tax clinics can be in person or virtual. Do you need help with your tax return? If you have a modest income and a simple tax situation, volunteers at a free

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tax clinic may be able to do your taxes for you. We have a national database you can use to source the closest free tax clinics near you.

Indigenous Disability Canada – Disability Tax Credit Navigation Program | 1-88-815-5511 | dtc@bcands.bc.ca | View Online: [Find the DTC Navigation Program poster here.](#)

Disability Tax Navigators are available to work with Indigenous individuals with disabilities all across Canada, including people who are Status, Non-Status, Métis and Inuit living both within and outside of First Nations communities. The program aims to assist individuals in qualifying for the DTC in preparation for the new Canada Disability Benefit.

Immigrant Services Society of BC (ISS of BC) – Maple Ridge & Pitt Meadows Tax Clinic | Saturdays from March 1 to April 26, 2025 from 10 AM to 3 PM | Maple Ridge ISSofBC Office | For More Info Email: yumiko.king@issbc.org or call 778-372-6567

You can get your taxes prepared for FREE if you:

- Are a Maple Ridge ISSofBC client
- Are filing taxes for 2024 tax year only
- Lived in Canada as of December 31, 2024
- Meet the income criteria
- Have a simple tax situation
- Do not have rental, investment and self-employment income over \$1,000

If you are not an ISSofBC client you can register now to access this free tax clinic. Call the office for details.

Nidus – Representation Agreements | View Online: [Accessibility - Nidus](#)

[Our two Accessibility Project videos are now live!](#) To watch “An Introduction to Personal Planning & Representation Agreements in BC” and “Nidus Registry – An Introduction” – [please visit this page.](#) These educational videos feature personal, real-life stories from

people across British Columbia, highlighting the usefulness of personal planning and Representation Agreements.

PLAN Institute – Disability Planning Helpline | 1-844-311-7526 | View Online: [Disability Planning Helpline - Plan Institute](#)

Call the toll-free helpline offered by Plan Institute anytime from anywhere in Canada, leave a message, and one of their family experts will get back to you within 4 to 8 business days.

Topics include but are not limited to:

- Disability Tax Credit (DTC)
- Registered Disability Savings Plan (RDSP)
- Trusts and Estate Planning
- Advocacy Approaches
- Government Benefit Programs
- Social Network Building

Plan Institute – RDSP & Wills Trusts & Estate Planning Webinars | View Online: [Webinars & Training - Plan Institute](#)

RDSP

The Registered Disability Savings Plan is a Canada-wide registered matched savings plan for those with disabilities to better financially plan for their futures. The Level 1 webinar is meant for those who want to learn about what the RDSP is, who qualifies, and how to apply. The Level 2 webinar is for those who already have a RDSP or have already taken Level 1.

- Next Level 1 Webinars:
 - April 10, 2025 | 4:00 PM – 5:30 PM
 - May 14, 2025 | 7:00 – 8:30 PM
- Next Level 2 Webinar:
 - April 23, 2025 | 4:00 PM – 5:30 PM
 - May 27, 2025 | 7:00 – 8:30 PM

Wills, Trusts and Estate Planning (BC Only)

This webinar is meant for those who want to become better informed on the process of wills, trusts and estate planning to better secure the future of your relative or loved one with a disability. There is a limit of 60 participants so early registration is encouraged!

Upcoming webinars include:

- April 17, 2025 | 10:00 AM – 11:30 AM
- May 22, 2025 | 7:00 PM – 8:30 PM

June 12, 2025 | 10:00 AM – 11:30 AM

Housing, Parenting & Living Supports

Aunt Leah's – Housing Supports | View Online: [Our Properties](#) | [Aunt Leah's Properties](#)

Various housing projects including apartments, laneway homes, and communal housing options with varied eligibility requirements.

BC Housing – Housing Lists | View Online: [Housing Listings PDFs](#) | [BC Housing](#)

To increase your chances of securing [rental subsidized housing](#), we recommend that you:

- 1) Apply online directly to [The Housing Registry](#); AND
- 2) Apply directly with non-profit societies and co-operatives who manage their own application lists.

BC Housing Supportive Housing | View Online: [Supportive Housing | BC Housing](#)

Supportive housing is subsidized housing with on-site supports for single adults, seniors and people with disabilities at risk of or experiencing homelessness. These supports help people find and maintain stable housing.

Child Care Resource Center – Lending Library | Maple Ridge | View Online: [Child Care Resource & Referral Maple Ridge/Pitt Meadows](#)

Child Care Resource Centre in Maple Ridge has a lending library where you can borrow toys and games!

City of New Westminster – Community Resources | View Online: [Community & Social Services | City of New Westminster](#)

The City of New Westminster provides a range of quick access resource lists including:

- Food Resource Calendar (March 11, 2025)
- Survival Resource Guide (March 11, 2025)
- Community Health Resources (June 2024)

City of New Westminster – Crises Response Outreach Team Drop-Ins | Every Thursday from 10 AM to Noon at the Queensborough Community Centre | February 27 to May 15 | To Learn More: outreach@newwestcity.ca

The CRT Outreach team provides the following services on a drop-in basis:

- Assistance with filling out applications and paperwork
- Getting connected to health, mental health, or substance use services
- Getting assistance with BCID etc.

Cornerstone Landing | Maple Ridge | View Online: [ABOUT | Cornerstone Rentals](#)

Cornerstone Landing is a brand new Fair Market Rental building conveniently located in the heart of Maple Ridge, walking distance to all amenities and services. Enjoy a swim at the leisure centre, get a book at the library, attend a free concert at the Maple Ridge Bandstand, or have a delicious meal at one of the many restaurants or coffee shops outside your front door. The Haney Place transit hub is two blocks away and connects you to the West Coast Express and Coquitlam Sky train.

FamilySmart – Parent Peer Support | View Online: [Parent Peer Support - FamilySmart](#)

We know how important you are, and that you might need some support too. We are also parents of kids with mental health challenges. We are here for you, and we want to help. We provide emotional support, information, resources, and help in navigating services for parents & caregivers of a child, youth, or young adult with a mental health and/or substance use challenge. Our Peer Support services are free. No waitlist. We get it.

Family Support Institute – Family Support | View Online: [Family Support - Family Support Institute \(familysupportbc.com\)](#) | Call: 1-800-441-5403

The Family Support Institute of BC (FSI) supports families who have a family member with a disability by connecting them to trained volunteers referred to as “Resource Parents/Peers” (RPs) . This provincial network supports families by sharing experiences, expertise, and guidance. All RPs have a family member with a disability.

FindSupportBC – Connecting Families of Persons with Disabilities with Community Resources | View Online: [Find Support BC](#)

FindSupportBC has recently added over 200 resources and introduced several new categories including:

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- Newcomers and Immigrants
- Caregiver Mental Health and Wellbeing
- Legal Rights
- Financial Assistance and Grants

Parent Support Services Society of BC – Neurodivergent Children Parenting Support Group |
View Online: [Parenting Support Referral Form \(office.com\)](#)

We believe that all parent & kinship caregivers are the expert of their own family. Sometimes it just takes a bit of space to hear yourself and the voices of other parents to find your way through. Parenting Support Groups provide a safe, supportive place to share ideas, information, concerns, challenges, etc., with others who are also parenting.

Our groups are free and confidential and open to those in a parenting role who live in British Columbia, Canada

PrepareBC – Emergency Preparedness Resources for People with Disabilities | Download Link: [resources for people with disabilities](#)

CLBC wants to ensure the people and families we support are prepared in case of an emergency. Check out the above emergency guide to assist in being ready in the event of a natural disaster emergency.

Purpose Society - Rent Banks in Burnaby & New Westminister | View Online: [Burnaby Rent Bank – Lower Mainland Purpose Society for Youth and Families](#) | [New Westminister Rent Bank – Lower Mainland Purpose Society for Youth and Families](#)

The Purpose Rent Banks in Burnaby and New Westminister offers low-fee, no-interest, short-term loans to low to moderate-income individuals and families that live in Burnaby and are at risk of eviction or essential utility disconnection due to a temporary and unexpected financial crisis. This helps to increase housing stability and prevent homelessness across the City.

Support Worker Central – Find Support / 121 Workers | View Online: [Home - Support Worker Central](#)

[Support Worker Central](#) is a free, province-wide job board created for people with disabilities and their families who hire their own support staff. The site also shares [guidance on hiring staff](#), legal obligations, necessary paperwork, and other valuable information needed when becoming an employer. There are currently over 500 profiles of people looking for work on Support Worker Central.

Food Security

BC Food Banks – Find a Food Bank Directory | View Online: [Find a Food Bank](#) | [Food Banks BC](#)

To find a member food bank in your community click on the map for the locations or check by city. No food bank in your community? Check with the nearest location to you. Sometimes our rural members have additional depots in nearby communities too.

Fraser Health – Free and Low-Cost Food Directory (Updated Annually) | View Online: [Free and low-cost food directory - Fraser Health Authority](#)

Search for programs in your community from the attached link. Note, please call before visiting to ensure times and services have not changed. We update this list yearly. Listings provided include the communities of:

- Abbotsford
- Agassiz & Harrison Hot Spring
- Burnaby
- Chilliwack
- Delta
- Hope & Boston Bar
- Langley & Aldergrove

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- Maple Ridge and Pitt Meadows
- Mission
- New Westminister
- Surrey
- Tri-Cities

Primary Care Network – Burnaby Community Fridge Locations | View Online: [Burnaby Community Fridge - Burnaby Primary Care Networks \(burnabypcn.ca\)](https://burnabypcn.ca)

The Community Fridge program provides food in a safe, low barrier and non-judgmental way. It provides a place for people in our neighbourhoods to give and take, to reduce waste and to build our food security in Burnaby. Fridge locations include:

1) Tian-Jin Temple Fridge & Pantry

Where: Tian-Jin Temple, [3426 Smith Avenue](#)

Hours of Access: Every day, 24 hours/day

2) Parish of St. Timothy Fridge

Where: Parish of St. Timothy, [4550 Kitchener St](#)

Hours of Access: Every day, 24 hours/day

3) SFU Fridge

Where: SFU Burnaby, [MBC, Floor 0/7000 level, 8888 University Drive](#)

Hours of Access: Monday-Friday, 7 a.m. – 9 p.m., subject to SFU campus holiday hours and closures.

4) BCIT Fridge

Where: BCIT Burnaby, [Building SE2, Floor 2, 3700 Willingdon Ave](#)

Hours of Access: Subject to BCIT's regular campus hours and holiday hours and closures.

Quest – Non-Profit Grocery Markets | View Online: [HOME - Quest Food Exchange \(questoutreach.org\)](https://questoutreach.org)

Ensuring families and individuals in need have access to the groceries they want, at prices they can afford. By bridging the gap between food banks and grocery stores, Quest provides a shopping experience for those in need based on principles of dignity, access, and sustainability.

6.0 Health & Mental Wellness

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ACT – New Diagnosis Hub: Autism Intervention Support | View Online: [View the New Diagnosis Hub](#)

The New Diagnosis Hub has been developed to help parents in British Columbia put an intervention program in place for their child who has been newly diagnosed with an Autism Spectrum Disorder (which we will refer to as autism).

Alcohol and Drug Information and Referral Service (ADIRS) | Phone: 604-660-9382 | View Online: [The Alcohol and Drug Information and Referral Service \(ADIRS\) - Result - 211 British Columbia](#)

Provides free, confidential, multilingual, information and referral regarding community resources for people in BC dealing with substance use and addiction issues. Resource navigators provide information about detox, counselling, treatment programs, recovery homes, and support groups.

BC Health Connect Registry – Find a Primary Care Provider | View Online: [Health Connect Registry | HealthLink BC](#)

To be matched with a primary care provider, you can now register through [BC's Health Connect Registry](#). When you register, you are added to a centralized registry of primary care providers across your community. Registration takes less than 10 minutes. You need to provide:

- 1) Personal Health Number (PHN), found on your BC Services Card
- 2) Home address
- 3) Email address and phone number

Burnaby PCN – Child & Youth Mental Health Counselling (ages 10 to 24) | View Online: [Child and Youth Mental Health Counselling - Burnaby Primary Care Network](#)

For children and youth between the ages of 10 and 24 who are attached to a Burnaby Family Physician or Nurse Practitioner, you can access short-term counselling support (up to 10 sessions) focusing on coping skills, system navigation, and resource linking.

Child and Youth Mental Health (Burnaby, New West, Ridge Meadows, & Tri-Cities) | View Online: [Child & Youth Mental Health Intake Clinics - Province of British Columbia \(gov.bc.ca\)](#)

Walk in intake assessment for mental health concerns – Calling ahead to arrange videoconferencing is preferred at this time – After assessment, children and youth are either seen at CYMH for counselling or referred to another appropriate agency for support. Locations include:

- 1) CYMH Burnaby (Brentwood)

701-1901 Rosser Avenue | Burnaby | 778-572-2370

- 2) CYMH Burnaby (Metrotown)
201-7645 Kingsway | Burnaby | 604-660-9544
- 3) CYMH New Westminster
201-1065 Columbia Street | New Westminster | 604-660-9495
- 4) CYMH Ridge Meadows
22323 119 Avenue | Maple Ridge | 604-466-7300
- 5) CYMH Tri-Cities
300 – 3003 St Johns Street | Port Moody | 236-468-2373

Developmental Disabilities Mental Health Services– Groups for Adults with Intellectual
Disabilities | Call: 604-777-8475

DDMHS has following groups in 2025 by topic:

Dealing with Feeling of Anxiety or Depression | Winter 2025 in Surrey starting
January 15th & Spring 2025 in Chilliwack starting April 30th | Having a hard time
dealing with your feelings? Feeling anxious, depressed, worried or overwhelmed?
If you want to talk to others who are also feeling this way, join our group.
Caregiver participation is required for this group.

Keeping Up with Feelings of Anxiety or Depression | Spring 2025 in Ladner starting
April 17th | This group is intended for people who have already been through the
Dealing with Feelings group but feel they need more follow-up with their feelings
or sadness or anxiety. Caregiver participation is required for this group.

Healthy Relationships and Sexual Health | Winter 2025 New West starting January
13th & Spring 2025 Surrey starting April 7th | A group for adults who would like to
learn about friendships, dating and sex, gender, orientation, masturbation, human
bodies, public and private, intercourse, refusal and consent, safety in relationships,

contraception, pregnancy and so much more. There will be no caregiver participation for this group.

Grief and Loss | Winter 2025 Ladner starting January 16th | This is for participants who have experienced the loss of a loved one and may have had other life losses as well. This group is for sharing with both your support person as well as with others in the group who have experienced loss.

Disability Alliance BC – Canadian Dental Care Plan Summary Sheet | View Online:
[Canadian Dental Care Plan \(CDCP\) | DABC](#)

In June 2024, The Federal Government announced that eligible children under the age of 18 and adults with a valid Disability Tax Credit certificate can now apply for the Canadian Dental Care Plan (CDCP). Coverage is based on family net income and in some case percentages.

The services covered are quite extensive from cleanings to fillings to some dentures to some orthodontics and surgery. Just like PWD health benefits, pre-approval will be needed. PWD and CDCP will coordinate together what's required based on the provider, CDCP will not top up. PWD will be the first payer and CDCP may provide additional coverage.

The benefit is meant for dentists to direct-bill Sunlife, our people's dentists may or may not have applied. They are continuing to register and to see if your dentist is listed please search here: <https://www.sunlife.ca/sl/cdcp/en/member/provider-search/>

Explaining Autism to Kids | View Online: [Explaining Autism to Kids](#) | [Explaining Brains](#)

Helping a child understand autism is not just about knowing how their brain works, it's about helping them understand a part of their identity. As a society, we've become more aware of autism, but we are still learning to accept and appreciate autism as an

important difference in brain wiring, rather than a deficit or disease. The site offers lots of great infographics and support.

[Foundry Ridge Meadows BC – Activity Calendar](#) | Phone: 1-833-308-6379 | View Online: [Ridge Meadows - Foundry - \(foundrybc.ca\)](#)

Foundry Ridge Meadows provides integrated health and social services for young people 12-24 in Pitt Meadows, Maple Ridge & Katzie First Nation! Previously known as Youth Wellness Centre, Foundry Ridge Meadows provides mental health and substance use support, peer support, primary care, and social services from a single place.

Services available through [Foundry Virtual BC](#) include:

- virtual counselling appointments
- youth & family peer support
- groups & workshops
- physical & sexual healthcare services
- employment & education support

[Fraser Region – List of Urgent and Primary Health Centres](#) | View Online: [Urgent and Primary Care Centre - Fraser Health Authority](#)

An Urgent and Primary Care Centre (UPCC) is a medical facility that provides:

- Provides care for urgent, non-life-threatening medical concerns when you are unable to see your family practitioner or access a walk-in clinic in a timely manner.
- Assesses your health care needs and helps connect you with the appropriate services, at the UPCC or in the community.
- A UPCC is not intended to replace family physicians and nurse practitioners as a person's first point of contact for health concerns.

Fraser Valley Youth – LGBTQ2+ Youth Resource Guide for BC | View Online: [Click Here](#)

This 10-page guide aims to connect youth and service providers in British Columbia with the different resources offered in their communities.

Healing in Colour - Therapist Directory | View Online: [Therapist Directory — Healing in Colour](#)

This directory is meant to make your search for a BIPOC therapist easier. You can search by languages spoken, indigenous identities, billing type (including sliding scale), and more.

InnoviCares – Prescription Savings Card | View Online: [Free Drug Payment Card | innoviCares](#)

The innoviCares card is a free prescription savings card available to all Canadian residents, and is funded by participating pharmaceutical manufacturers. Present your innoviCares card at your pharmacy and ask for the brand-name medication. Your card will automatically cover a portion of the cost of the original brand.

Your innoviCares card will coordinate with your existing insurance plan(s), or if you don't have insurance, it can be used on its own.

Lifeguard Digital Health App – Overdose Prevention | View Online: [Lifeguard Digital Health Inc. | Lifeguard Digital Health \(lifeguarddh.com\)](#)

Free app helps to save lives by setting a timer before an individual takes their dose, after 50 seconds the app alarm sounds, if the user doesn't stop it increases in volume and then at 75 seconds a text-to-voice call will go straight to 911 alerting emergency medical

dispatchers of a potential overdose and phone location services are used to pinpoint the individual's location.

This app also has Indigenous (Metis) specific resources in addition to customized crisis line when that stream is chose. It also provides under "alerts" highlights of recent toxic drug alerts throughout the province.

Moving Forward Family Services – Sliding Scale Virtual Counselling | View Online: [Moving Forward Counselling Service Request Form](#)

Our open mandate with low barrier access is likely we are one of the busiest counselling services in the country. Our services are \$20 or 'pay what you can' (anywhere from short-term free-\$20; \$35 for couples/family) with a supervised student counsellor (student on a practicum) for individual services, **online**, or \$50 (\$75 for couples/families) with a registered therapist, **online**, willing to offer reduced fee services for low-income clients who do not have insurance (otherwise fees would be higher).

National Overdose Response Service – Virtual Safe Consumption Website (vNORS) | View Online: [NORS](#)

This website expands supervision to where an individual is using drugs, removes physical obstacles for differently abled participants and shares resources with participants based on their community.

Neurodivergent Counselling Services – BC Neurodivergent Counsellors List | View Online: [Find a Neurodivergent Counsellor \(neurodivergentcounselling.ca\)](#)

This searchable database of neurodiversity-affirmative neurodivergent counsellors is provided as a service to the neurodivergent community in British Columbia.

North Fraser Youth Day Treatment Program | View Online: [Browse Supports | HelpStartsHere \(gov.bc.ca\)](#)

Offers comprehensive psychiatric treatment and educational programming to youth and their families living in the communities of Coquitlam, Port Coquitlam, Port Moody, Belcarra, Anmore, Pitt Meadows, Maple Ridge, Burnaby and New Westminster.

Opioid Treatment Access Line | 1-833-804-8111 | View Online: www.HelpStartsHere.gov.bc.ca

The Opioid Treatment Access Line makes it faster and easier to access life-saving medication that prevents withdrawal symptoms and reduces the risk of overdose, and to get connected to support that same day.

Get help to prevent withdrawal symptoms. Start your new path today. It's free and confidential.

Plan Institute – Canada Disability Website | View Online: [Canada Disability Benefit](#)

The Canada Disability Benefit (CDB) is an upcoming federal benefit for low-income Canadians with disabilities. The Canada Disability Benefit (CDB) regulations have been approved and will come into effect on May 15, 2025. This means individuals holding the Disability Tax Credit (DTC) certificate *who have filed their 2024 income tax return* can apply for the CDB starting in June, with their \$200 a month payments beginning in July this year (2025).

This website will help you understand what the CDB is, if you qualify, and if receiving it will result in other benefit offsets. BC has confirmed that there will be no clawbacks to the provincial disability benefit for those also receiving the monthly Federal benefit.

PLEA – Trans & Gender Exploring Groups | PoCo 1st and 3rd Weds monthly / New West & Burnaby 2nd and 4th Tues Monthly / Ridge Meadows 2nd and 4th Weds Monthly | View Online: [TransSupport - PLEA Community Services](#)

We provide two facilitated groups: one for trans and gender exploring youth aged 13 to 25 years and one for parents/caregivers of the youth. Sessions are held at the same time and location in different rooms.

Province of BC – Access Your Health Records with Health Gateway | View Online: [Health Gateway](#)

Health Gateway provides secure and convenient access to your health records. Anyone 12 years or older can use it. You can review medication history, lab results, BC Cancer Screenings, Health Visits, Immunizations, Special Authority Requests, Clinical Documents, Hospital Visits and Imaging Reports.

Provincial Language Services | View Online: [Provincial Language Services \(phsa.ca\)](#)

Provincial Language Services offers high quality language access services to health authorities, family practice practitioners, specialist offices, and other allied health professionals. Services that Provincial Language Services provides:

- 1) [Interpreting](#)
- 2) [Deaf, Deaf-Blind & Hard of Hearing](#)
- 3) [Francophone](#)
- 4) [Translation](#)

Qmunity – Trans ID Clinic (In-Person/Virtual) | View Online: [Trans ID Clinic](#)

QMUNITY's Trans ID clinic provides free support to folk that require assistance with name and gender marker changes. When? 1st Wednesday, 3rd Wednesday and 3rd Friday of the month from 4:00 PM - 6:00 PM.

Real Talk – Free Accessible Sexual Health Education – Video – How Do You Support Your Partner and Show Them Love? | View Online: [How Do You Support Your Partner and Show Them Love? - Real Talk](#)

If we've never had a romantic partner, we often think about all the things we might GET if we find one: love, affection, friendship, sex, support... But having a partner also means GIVING a lot of things to them. A good partner won't expect you to give them lots of money or fancy gifts. More often partners give each other support and love. In this video, different people talk about how they support their partner and show them love.

Ridge Meadows Division of Family Practice – Where to Go for Care in Maple Ridge, Pitt Meadows and Katzie | View Online: <https://pathwaysbc.ca/ci/8022> | [Pathways | Community Service Directory - Maple Ridge - Pitt Meadows](#)

Where to go for care in Maple Ridge, Pitt Meadows, and Katzie outlines different medical resources available including but not limited to:

- **Ask Fraser** - Community care options, mental health resources and flu & vaccine information [Ask Fraser here](#) or visit [Fraser Health](#)
- **Fraser Health Virtual Care with a Nurse** - (10:00 a.m. to 10:00 p.m., 7 days a week) Call: **1-800-314-0999** or [video chat with a registered nurse](#)
- **Health Link BC 811 Line with a Service Navigator** - You can connect with a health service navigator to access information or connect with a nurse, dietitian, exercise expert, or pharmacist. [Click Here.](#)

- **Maple Ridge Mental Health and Substance Use Centre** - Center offers assessment, treatment, individual/group therapy, housing referrals, residential programs, community support, care transitions, programs for older adults, crisis intervention, and peer support. Call: **604-476-7165**

Riverstone Home / Mobile Detox / Daytox Program | View Online: [Riverstone Home - Mobile Detox - Daytox Program | Treatment Access](#)

Eligibility includes individuals who are 16 years and older who live in Abbotsford, Chilliwack, Mission, Agassiz, Hope and Maple Ridge/Pitt Meadows. You can self-refer by calling 1-866-795-0600, or can be referred by their advocate/surrogate, family doctor or other health care provider, community agency or social worker, with the individual's consent.

Suicide Crisis Helpline | View Online: [Get Help | 9-8-8: Suicide Crisis Helpline \(988.ca\)](#)

You deserve to be heard. We're here to listen. A safe space to talk, 24 hours a day, every day of the year.

The Deaf, Hard of Hearing & Deaf-Blind Well-Being Program (WBP) | Burnaby | View Online: [The Deaf, Hard of Hearing & Deaf-Blind Well-Being Program \(WBP\) | Vancouver Coastal Health](#)

The Deaf, Hard of Hearing & Deaf-Blind Well-Being Program (WBP) provides mental health services for Deaf, Hard of Hearing, and Deaf-Blind people throughout British Columbia.

Our vision is to empower all deaf, hard of hearing and deaf-blind people to feel supported and confident in their lives. We share techniques with clients for self-analysis, self-care and overall well-being. We prioritize culturally and linguistically accessible services that are tailored to clients' unique needs.

Tia Health – Virtual Doctor Access in Canada | View Online: [Canadian Online Doctor Appointments](#) | [Tia Health](#) | [Book in Minutes](#)

Speak to a Canadian healthcare provider. Online appointments within minutes. Free in Ontario, Alberta and BC with a valid health card for applicable services.

Virtual Physicians at HealthLink BC | View Online: [Virtual Physicians at HealthLink BC](#) | [HealthLink BC](#)

HealthLink BC's virtual physicians provide confidential health information and advice. HealthLink BC's virtual physicians are doctors from across British Columbia. They can help you stay healthy, get better, manage chronic conditions, and seek further treatment, if needed.

VivaCare – Virtual Doctor Access | View Online: [Book a Phone at Viva Care Telehealth](#)

All BC Canada Residents that has Active MSP BC care Card are No Cost and are FREE using our Service. Visits that are highly suitable and are welcome over the phone include: prescriptions, prescription refills, laboratory request, general health advice, sick notes, referrals to Registered Massage Therapy, Orthotics, Physiotherapy, and Chiropractors.

Volentia Healthcare Translation | View Online: [Volentia Translation Services - Home](#)

Volentia is pushing for a more equitable medical culture by providing patients and clinics with interpreter services, at no cost. You can access volunteers pre-vetted to provide translations services and access low-barrier language translation and interpretation services to enhance equitable access to healthcare services, legal support, and research representation.

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Walk In – Online Prescriptions in BC | View Online: [Virtual Doctor for Prescriptions Online - Get Medication Refills Over The Computer in BC - British Columbia Walk In Virtual Care Platform](#)

Get the online prescription you need on Walk In's Virtual Care Platform for British Columbia. If medically indicated, our team of virtual doctors can prescribe a range of medications online. The medications can be faxed to a local pharmacy or delivered by a pharmacy to your door, at no added cost.

7.0 Indigenous Programs, Events & Supports Resources

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Aboriginal Learning Links | View Online: [About | Aboriginal Learning Links](#)

Aboriginal Learning Links is a web portal that provides resources for Aboriginal learners wishing to pursue or continue college or university (post-secondary) studies in B.C. Provides information about planning for education, paying for school, on-campus services, housing, childcare, and resources for former Children in Care.

[Access – Status Card and Social Insurance Number Clinic](#) | Thursday April 10, 2025 from 10 AM to 3 PM | Registration Deadline April 9, 2025 | To Register Call 604-251-7955

Join us at the Vancouver Aboriginal Friendship Centre Society to apply for or renew your Status card and/or Social Insurance Number.

BC Aboriginal Network on Disability Society (BCANDS) – Disability Services | View Online: [BCANDS Disability Services](#) |

If you are here on our website looking for disability case management services and assistance for either you, a family member or a client, you probably already know that many Indigenous persons living with a disability, within British Columbia, often find navigating and accessing services through the various disability and health systems an often a tiring, complex and difficult process.

Here's the good news, we're here to help! You are not alone.

BC Association of Aboriginal Friendship Centres- Post-Secondary Student Support Program | View Online: [Education - BCAAFC](#)

BCAAFC offers a Post-Secondary Student Support Program to eligible First Nations students to fund access to educational opportunities. Additionally, the BCAAFC offers a First Citizens Fund Bursary funds students enrolled in eligible programming. Students apply for the bursary after they have successfully completed a semester of schooling.

Bi-Giwen: Coming Home, Truth Telling From the Sixties Scoop | View Online: [Bi-Giwen: Truth Telling From the Sixties Scoop](#)

The first of its kind, this exhibition explores the experiences of Survivors of the Sixties Scoop, which began in the 1960s, where Indigenous children were taken from their families, often forcibly and fostered and/or adopted out to non-Indigenous homes often far away from their communities and some across the globe. Developed with input from the National Indigenous Survivors of Child Welfare Network, this innovative and challenging exhibition features the first-person oral testimonies of 12 Indigenous Survivors of the Sixties Scoop, and reflects upon their pain, loss but also their enduring strength, courage and resilience. To listen to these oral testimonies, [click here](#).

First Nations Health Authority – Mental Health and Wellness Supports | [View Online:
Mental Health and Wellness Supports](#)

The FNHA pages provides information related to:

- Culturally Safe and Trauma-Informed Services
- Support Available 24 Hours a Day
- Other Culturally Safe Supports
- Services Covered by First Nations Health Benefits
- Suicide Prevention Toolkit

First Nations Health Authority – Virtual Doctor of the Day | To Book Appointments Call: 1-855-344-3800 | [View Online: First Nations Virtual Doctor of the Day \(fnha.ca\)](#)

The First Nations Virtual Doctor of the Day program enables First Nations people in BC with limited or no access to their own doctors to make virtual appointments. The intent of the program is to enable more First Nations people and their family members to access primary health care closer to home.

First Peoples Lawcast | [View Online: First Peoples Lawcast | First Peoples Law LLP](#)

Welcome to First Peoples Lawcast, our podcast featuring conversations on the defence of Indigenous rights! You can listen to each episode below, [here](#) or wherever you get your podcasts. Special thanks to The Halluci Nation for the use of their music.

First Peoples Law – Article – UNDRIP at the Federal Court: Case Comment on Kebaowek First Nation v. Canadian Nuclear Laboratories | View Online: [UNDRIP at the Federal Court: Kebaowek First Nation v. Canadian Nuclear](#)

Last month, for the first time, the [Federal Court](#) directly addressed the role of UNDRIP in the context of the Crown’s duty to consult. Below, we consider the implications of the decision for Indigenous people across the country.

Indigenous Justice Centers BC | View Online: [Indigenous Justice Centres - BC First Nations Justice Council](#)

Indigenous Justice Centres (IJC), a partnership between the BC First Nations Justice Council and local First Nations leadership, provide culturally appropriate information, advice, support and representation directly to Indigenous people at the community level. While focused primarily on criminal law and child protection issues (priorities set by First Nations leaders in BC), they also offer additional services based on community and cultural needs. IJCs take a holistic approach to client and community wellness by facilitating client connections to supports such as housing, mental health and addictions treatment, and employment services.

Fraser River Indigenous Society (FRIS) – Monthly Events Calendar | Maple Ridge | View Online: [FRIS \(@fraserriverindigenoussociety\) • Instagram photos and videos](#)

The Fraser River Indigenous Society is an Indigenous organization providing services and programs for our community to acknowledge our past present and future generations. Monthly events include:

- Story Blanket Mondays from 10 to 11:30 AM
- Men’s Circle from 6 to 8 PM every Wednesday
- Women’s Circle from 5:30 to 7:30 PM every Thursday

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Hope for Wellness Helpline | Call: 1-855-242-3310 | View Online: [Home - Hope for Wellness Helpline](#)

Hope for Wellness Helpline is available 24/7 to all Indigenous people across Canada. Whether you prefer to talk to someone on the phone or online, we're here to support you anytime.

Indigenous Services Canada | View Online: [Post-secondary education \(sac-isc.gc.ca\)](#)

Indigenous Services Canada provides a comprehensive list of educational supports and planning materials – including the Indigenous Bursaries Search Tool [About the Indigenous bursaries search tool \(sac-isc.gc.ca\)](#)- for Indigenous (First Nations, Metis, and Inuit) students who are pursuing post-secondary education, including those seeking employment readiness and preparing to pursue post-secondary education.

Indigenous Women's Full Moon Ceremony | Various Dates Starting May 15, 2025 | View Online: [Indigenous Women's Full Moon Ceremony Tickets, Multiple Dates | Eventbrite](#)

Come join us for a powerful evening under the full moon at **REACH Community Health Centre**. This ceremony is a sacred gathering for Indigenous women to connect, honor our ancestors, and celebrate our strength. Let's come together to share stories, songs, and prayers as we embrace the energy of the full moon. All Indigenous women are welcome to attend this special event. We look forward to seeing you there!

Jordan's Principle – About Jordan's Principle | View Online: [About Jordan's Principle - Jordan's Principle Enhanced Service Coordination Hub for BC](#)

Jordan's Principle is a legal rule that ensures that all First Nations children living in Canada can access the products, services and supports they need, when they need them.

8.0 Intercultural Learning, Events & Resources

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BC Office of the Human Rights Commissioner Report Rights in Focus: Lived Realities in BC
| View Online: https://baseline.bchumanrights.ca/wp-content/uploads/2024/08/BCOHRC_Aug2024_Rights-in-focus.pdf

This report highlights significant inequities and injustices affecting B.C. residents, providing a crucial tool to understand the current state of human rights in our province and a kind of baseline to monitor change over time.

Canadian Race Relations Foundation (CRRF) – Hate Indicators: A Canadian Hate Crime Case Law Research Tool | View Online: [New research tool to help efficiently and effectively find hate crime case law – Canadian Race Relations Foundation](#)

The tool is designed to provide user-friendly research support to prosecutors and others who work on hate crimes to help them effectively and efficiently find relevant case-law.

Canadian Race Relations Foundation – Report – Race Relations Canada 2024: A survey of Canadian Public Opinion and Experience | View Online: [Race Relations in Canada 2024 – Canadian Race Relations Foundation](#)

Race relations in Canada 2024: A survey of Canadian public opinion and experience, is the third Canada-wide survey conducted by the Canadian Race Relations Foundation and the [Environics Institute for Survey Research](#) documents Canada's progress on issues related to racial discrimination across the country.

LenPierre Consulting – Indigenous Trauma & Equity Informed Practice Communications
Guide | To Download: [Read Guide](#)

Applying a trauma and equity-informed lens, this communications guide provides some foundational knowledge, practical tools and guiding principles for those interested in building more culturally safe ways of communicating with Indigenous peoples. Applying Len Pierre Consulting's core Indigenous values of respect, reciprocity and relatedness, this guide unpacks the skills required to iteratively build cultural safety into the way we communicate.

[Tour the Sikh Temple in Queensborough & Celebrate Vaisakhi! | Wednesday April 9 at 6:30 PM | View Online: Tour the Sikh Temple in Queensborough & celebrate Vaisakhi! Tickets, Wed, Apr 9, 2025 at 6:30 PM | Eventbrite](#)

On April 9th, the Outreach Team will share why the Gurdwara has been an integral part of New Westminster since 1919. You are invited to join for a special tour, to share Langar (A vegetarian meal) and to celebrate Vaisakhi this April with community members!

Please bring your own scarf to cover your head for the tour. Head coverings can also be provided. You will be required to remove your shoes for the tour. Please advise if you need any special accommodations to participate so we can support your participation.

9.0 Legal, Advocacy & Rights-Based Supports

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Advocate for Service Quality | View Online: [Advocate for Service Quality - Province of British Columbia](#)

The Office of the Advocate for Service Quality (OASQ) helps government better support:

- Adults with a developmental disability (this includes Autism Spectrum Disorder and Fetal Alcohol Spectrum Disorder)
- Teens with a developmental disability who are almost an adult
- Teens with support needs
- Family members and others who support a person with a developmental disability

The OASQ may act as a neutral third party with you, your family and service providers. We'll help solve problems and find solutions to concerns and complaints.

Burnaby Family Life's – Legal Advocacy Program | View Online: [Law Advocacy Program — Burnaby Family Life - A place to go a place to grow](#)

Burnaby Family Life's Legal Advocacy Program works in partnership with the Law Foundation of BC to provide free and confidential legal information, advocacy and referrals to qualifying residents within certain cities of the Lower Mainland.

CBC – Article – Youth Indigenous Voters Don't Want Candidates to Forget Environment, Reconciliation in Election | View Online: [Young Indigenous voters don't want candidates to forget environment, reconciliation in election | CBC News](#)

Maintaining a strong Canadian identity amid United States tariffs and annexation threats is a key federal election issue for Aamjiwnaang First Nation member Christopher Pitre, but he says he doesn't want that to distract from other conversations that matter to Indigenous voters.

Community Services – Community Law Advocacy Program | View Online: [Community Law Advocacy Program | Community Service Program | Community Services Maple Ridge & Pitt Meadows \(comservice.bc.ca\)](#)

The Community Law Advocacy Program provides information, advice, referrals, and representation for a variety of issues including:

- Welfare Issues – Income Assistance and Hardship
- Employment Issues – Employment Insurance, Canada Pension Plan, CPP Disability, Old Age Security
- Housing – BC Housing, Residential Tenancy Issues for Tenants, Rental Assistance Program
- Consumer/Debt Issues
- Senior Advocacy

Complaint Quick Guide for BC | View Online: [Get The Guide](#)

This short but detailed guide discusses the available mechanisms and tips for making formal complaints and raising concerns across a range of issues., such as accessibility, childcare, healthcare, ICBC, and much more.

Disability Law Clinic Legal Services | View Online: [Disability Law Clinic | DABC \(disabilityalliancebc.org\)](#)

The DLC provides a Summary Advice and Referral Service which is a free, confidential legal service, directly to persons with disabilities from across BC, on certain disability-related areas of law, including:

- Accessibility laws
- Discrimination / human rights
- Access to Services
- Accommodation in the workplace
- Post-secondary education
- Transportation
- Decision-making rights
- Removing committee membership
- Public Guardian and Trustee
- Long-term Disability Insurance

Disability Without Poverty – Monthly Provincial News | View Online: [Provincial News \(March 2025\) | Disability Without Poverty](#)

Curious about what's making headlines when it comes to disability advocacy in your province? Visit our link for monthly news.

Disability Without Poverty – Canadian Disability Benefit Election Advocacy Resources | View Online: [Community Advocates | Disability Without Poverty](#)

Our movement must be ready to put disability poverty on every candidate's agenda. Disability Without Poverty is gearing up for this pivotal moment by mobilizing our community and sharpening our advocacy tools. Our dual mission: empower people with lived experience to raise their voices, and equip advocates with the tools to drive our message home.

Fair Vote Canada – Explaining Voting in Canada | View Online: [What is first past the post? - Fair Vote Canada](#)

First past the post is the winner-take-all voting system used for federal and provincial elections in Canada. Federally, Canada is divided into 338 ridings – 338 geographical areas that each elect *one* Member of Parliament.

While we talk about a “federal election”, what we really have are 338 separate riding elections, each run using first past the post. Let’s see what this looks like locally. Then we’ll examine the effect of first past the post on the overall national results and governance.

Family Support Institute of BC Joins Inclusion Canada to Call for the Repeal of Track 2 MAiD | View Online: [Media Release from FSI responding to UN CRPD Review - Family Support Institute](#)

The Family Support Institute of BC (FSI) joins Inclusion Canada in calling for urgent action following the United Nations Committee on the Rights of Persons with Disabilities (CRPD Committee) review, which issued a series of critical recommendations aimed at improving the lives of persons with disabilities in Canada.

Inclusion BC – 2025 Election Priorities Document | View Online: [2025 Federal Election – Inclusion Canada](#)

The 2025 Federal Election takes place on Monday, April 28th. To make sure that issues affecting people with disabilities get the attention they deserve, Inclusion Canada has created their 2025 Election Priorities document and an “Advocacy Toolkit”; a guide to help you engage with your local candidates.

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Inclusion Canada – Press Release- UN Committee’s Concluding Observations on Canada’s Disability Rights Record | View Online: [PRESS RELEASE: “Do Better” – Inclusion Canada Welcomes UN Committee’s Concluding Observations on Canada’s Disability Rights Record – Inclusion Canada](#)

[The UN Committee on the Rights of Persons with Disabilities](#) has released its 2025 Concluding Observations on Canada's Disability Rights Record. It includes strong recommendations to Canada to do better for people's rights.

MCFD Complaint Process for Children and Teens | Phone: **1 877 387-7027** | Email: MCF.Info@gov.bc.ca | View Online: [Complaint Process for Children & Teens - Province of British Columbia \(gov.bc.ca\)](#)

MCFD has a complaint process in place to ensure that your voice is heard, and your needs are met. Advocates such as the RCY can help you make a complaint. Email your complaint to MCF.Info@gov.bc.ca – include your name, city, email, phone number, what your concern or feedback is and how and when they can reach you OR call and ask to speak with a complaints specialist – 1-877-387-7027.

Public Guardian and Trustee of BC | View Online: [Children and youth | Public Guardian and Trustee of British Columbia](#)

We work on behalf of and with children and youth to protect their legal and financial interests.

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Representative for Children and Youth – Advocacy Support | Phone: 1-800-476-3933 |
Email: rcy@rcybc.ca | View Online: [How we help | Office of the Representative for Children
and Youth - RCYBC](#)

Advocates are available to help with:

- Transitions for youth eligible for Community Living BC services
- Transitions out of MCFD care
- Your rights and making sure they are respected
- Connections to programs and services available so that you thrive
- Providing support to speak up in a way that might solve your problem
- Being a part of discussions about the care and services you receive, and the decisions made about you

SelfAdvocateNet – Federal Election Coverage 2025 | View Online: [San Federal Election
Coverage 2025 - Selfadvocatenet.com](#)

Federal Election is called it is now on April 28th,2025. This page we keep you posted but start with who parties are what stand for and try to pull out those with disabilities issues that about self advocates in our country so this preparing for election and make sure what voting for with facts not fake news can get you on.

United Way BC 211- Racist Incident Helpline | Call Toll-Free: 1 833 457-5463 (1 833 HLP-
LINE) | View Online: [Racist Incident Helpline](#)

Available Monday to Friday 9 AM to 5 PM, people in B.C. who witness or experience a racist incident can now call a new helpline to receive trauma-informed, culturally appropriate support in more than 240 languages.

The Racist Incident Helpline is a toll-free, accessible service established in partnership with

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United Way BC 211. The helpline was created for people who have been subjected to discrimination based on the colour of their skin, culture, ethnicity or place of origin

Vela – Upcoming Training Events | View Online: [Events Supporting Microboards and Individualized Funding](#)

Vela hosts monthly connection events and webinars for families wanting to learn more about Microboards, Individualized Funding and hiring their own staff.

10.0 Monthly Days of Observance – April 2025

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The following is a list of various days that might be of significance for community members during the month of April 2025. Each title is an active link where you can learn a bit more about the initiative:

April 01 to April 30 | Arab Heritage Month | View Online: [Private Member's Bill C-232 \(44-1\) - Third Reading - Arab Heritage Month Act - Parliament of Canada](#)

April 01 to April 30 | Autism Acceptance Month | View Online: [Celebrating Autism Acceptance Month – Autism Nova Scotia](#)

April 01 to April 30 | Diversity Month | View Online: [Celebrate Diversity Month - National Today](#)

April 01 to April 30 | Genocide Remembrance, Condemnation and Prevention Month | View Online: [Statement by Minister Khera on Genocide Remembrance, Condemnation and Prevention Month - Canada.ca](#)

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April 01 to 30 | Hypoxic Ischemic Encephalopathy Month | View Online: [HIE Awareness Month - Hope for HIE - Hypoxic Ischemic Encephalopathy](#)

April 01 to April 30 | Limb Loss and Limb Difference Awareness Month | View Online: [LimbPower :: Limb Loss and Limb Difference Awareness Month \(LLLDAM\) 2025: Empowerment, Community & Storytelling](#)

April 01 to April 30 | National Poetry Month | View Online: [National Poetry Month | Le Mois national de la poésie - League of Canadian Poets](#)

April 01 to 30 | Parkinson Awareness Month | View Online: [Parkinson's Awareness Month – Parkinson Canada | Parkinson Canada](#)

April 01 to 30 | Sikh Heritage Month BC | View Online: [Sikh Heritage BC](#)

April 13 to 15 | Songkran | View Online: [Songkran 2025: What to Expect for Thai New Year \(Water Festival\)](#)

April 01 | National Caregiver Day | View Online: [National Caregiver Day 2025 - Carers Canada](#)

April 02 | World Autism Day | View Online: [Autism Alliance of Canada Marks World Autism Day – Celebrating a “Historic Year” of Progress - Autism Alliance of Canada](#) OR [National Caregiver Day 2025 - Carers Canada](#)

April 04 | Qingming Festival | View Online: [BC Gov News](#)

April 06 | International Asexuality Day | View Online: [International Asexuality Day \(IAD\)](#)

April 06 | Ram Navami | View Online: [Rama Navami Festival: श्री राम नवमी, Ramnavami.com](#)

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April 07 | World Health Day | View Online: [World Health Day](#)

April 08 | Equal Pay Day | View online: [DEI Calendar Highlights for April 2025 - CEC](#)

April 09 | Day of Valour / Araw ng Kagitingan | View Online: [The story behind the commemoration of 'Araw Ng Kagitingan' or the Day of Valour | Tatler Asia](#)

April 09 | International Day of Pink | View Online: [Home \(2023\) — Intl. Day of Pink](#)

April 12 | Passover (Pesach) | View Online: [Passover 2025 - Calendar Date](#)

April 13 | Theravada New Year | View Online: [Theravada New Year | April 13, 2025](#)

April 13 | Vaisakhi | View Online: [Vaisakhi 2025: Significance, History, and Rituals | Baisakhi 2025 | Importance of Vaisakhi](#)

April 14 | Vishu Day | View Online: [Vishu 2025 Date: When is Vishu Celebrated in 2025?](#)

April 18 | Good Friday | View Online: [2025 Easter and Good Friday in Canada](#)

April 20 | Easter Sunday | View Online: [2025 Easter and Good Friday in Canada](#)

April 21 | World Creativity and Innovation Day | View Online: [World Creativity Day 2025 | The Global Official Website](#)

April 22 | Earth Day | View Online: [Earth Day: The Official Site | EARTHDAY.ORG](#)

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April 23 | Administrative Professionals Day | View Online: [Administrative Professionals Day 2025 - Calendar Date](#)

April 23 | Yom HaShoah | View Online: [Yom HaShoah 2025 in Canada](#)

April 24 | International Girls in Information and Communication Technology | View Online: [International #GirlsInICT Day 2025](#)

April 28 | National Day of Mourning | View Online: [CCOHS: National Day of Mourning](#)

April 30 | International Guide Dog Day | View Online: [International Guide Dog Day 2025: When It Is & How It's Celebrated – Dogster](#)

April 30 | Journey to Freedom Day | View Online: [Journey to Freedom Day Act](#)

This is not an extensive list and we welcome folks in our community to share other days of observance for future consideration.

11.0 Newcomer Programs and Resources

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BC Refugee Hub – BC Services and Assistance for Humanitarian and Vulnerable Newcomers (SAFE HAVEN) Directory of Services | View Online: [BC Refugee Hub – BC Safe Haven Program Service Directory – BC Refugee Hub](#)

This directory provides key contacts and information for the BC Safe Haven program, which supports the integration of newcomers and vulnerable populations across British

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Columbia. The information provided will facilitate referrals to organizations funded to provide BC Safe Haven programs and supports.

Combatting Racism: A Community Information Handbook (PDF Document) | View Online: [Antiracism Community Information Handbook Final - with reporting \(1\) - Adobe cloud storage](#)

This handbook is compiled for the East and Southeast Asian communities who have been traumatized by anti-Asian racism during the COVID-19 pandemic and continue to be the targets of racism and discrimination. It brings together the needed information to help the communities know their rights, recognize the various forms of racism, and learn practical strategies to respond to racial discrimination, harassment, bullying and hate crimes.

ISS of BC – Monthly Calendar of Events | View Online: [Events from July 13 – July 20 | Immigrant Services Society of BC \(ISSofBC\) \(issbc.org\)](#)

Visit this monthly calendar of events, activities and training sessions coordinated by ISS of BC.

Naseeha Mental Helpline | Toll Free: 1-866-627-3342 | View Online: [About us — Naseeha Mental Health](#)

Naseeha Mental Helpline provides the Islamic community with the tools needed to address mental health. With the confidential helpline, youth receive immediate, anonymous, and confidential support over the phone.

New to BC – Settlement Information for Newcomers | View Online: [English Language Learning Materials - NewToBC](#)

Libraries in BC have many books, videos, and online tools to help immigrants learn and improve their English. Here you can search for materials by language level, by language topic or skill, and by type of material. These resources have been recommended by English Language teachers and will get you started. You will find many more resources in libraries.

12.0 Podcast, Webinars, Video & Print Resources

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Autism Community Training (ACT) – Various Educational Videos | View Online: [Autism Videos @ ACT - ACT - Autism Community Training](#)

ACT Videos are presented by respected clinicians committed to sharing the latest in research and clinical experience. Some of the latest offerings include:

- ***Mental Health, Suicide & Autism – Recordings from ACT's 2024 Focus on Research Conference*** | View Online: [Mental Health, Suicide, and Autism - ACT - Autism Community Training](#) - Research practitioners, which include Autistic Adults, illustrate why we need to learn about mental health and suicide within the Autistic community.
- ***Neurodiversity101 & Autism Acceptance*** | View Online: [Neurodiversity 101 & Autism Acceptance - ACT - Autism Community Training](#) - Global advocate Dr. Morénike Giwa Onaiwu presents on “Neurodiversity 101” & “Autism Acceptance”. These two presentations incorporate research, community-led efforts, nomenclature, and lived experiences via an intersectional lens.

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- ***Transitions to Adulthood for Neurodivergent Youth*** | View Online: [Transitions to Adulthood for Neurodivergent Youth - ACT - Autism Community Training](#) - This panel presentation shares the personal insights and experiences of autistic individuals as they navigate their transitions to adulthood.

Autism Support Network – Webinar – Navigating Puberty with Autistic Youth | April 9, 2025 at 7 PM | View Online: [Navigating Puberty in Autistic Youth Tickets, Wed, Apr 9, 2025 at 7:00 PM | Eventbrite](#)

In this workshop, parents will learn about:

- Sexual health development leading up to puberty – what is expected and what is essential to know, and when
- Skills that can help autistic youth manage puberty changes that aren't 'sex-ed specific'
- Important puberty knowledge to have and some ways to help our kids understand
- Important puberty skills to have and some ways to help our kids do them
- And.....have a chance to ask questions!

Canadian Accessibility Network | View Online: [Homepage - Canadian Accessibility Network](#)

The Canadian Accessibility Network is pleased to share the following collection of resources with individuals, organizations, businesses, and communities working to advance accessibility across Canada.

Disability With Possibility – Podcast | View Online: [Disability with Possibility Podcast | Disability Without Poverty](#)

Disability With Possibility is a must-listen podcast that amplifies the voices of disabled Canadians. Each episode delves into the unique experiences and challenges faced by people with disabilities, highlighting their strength, creativity, and determination. By offering a platform for these stories, we aim to reshape the conversation around disability.

Family Support Institute (FSI) – Webinar – What is Natural Authority | Monday April 14
from 9:30 to 11 AM | View Online: [Meeting Registration - Zoom](#)

In this presentation you will learn the following in a simple and clear manner:

1. The meaning and importance of "natural authority".
2. Introduction to the Public Guardian and Trustee of BC (PGT), and what they do to support vulnerable people, which is closely connected to "natural authority".
3. Introduction to 12 PGT legal decision-making tools, starting with the least intrusive to the most intrusive options. These tools can get easily misunderstood and misused when people are not accurately informed.

Indigenous GBA+ Toolkit | Download Here: [PDF here](#)

"The IGBA+ Toolkit was created for meaningful application by federal and provincial governments, corporations, Indigenous communities and Indigenous women, girls, two-spirit and gender-diverse individuals. To implement IGBA+ means to analyze socio-cultural and historical realities resulting from colonization and systemic racism."

kinSHIFT – Workshop – Elements of Truth: Before Reconciliation | Various Dates Starting
April 17, 2025 | View Online: [Elements of Truth – kinSHIFT](#)

Elements of Truth offers a way to walk together to illuminate the past and its impact on the present. Expect participatory workshops with stories and creative activities to guide you through strengthening skills of seeing from different perspectives and exploring equity, accountability and inclusion from an Indigenous perspective.

Neurodiversity Family Centre – YouTube Channel | View Online: [The Neurodiversity Family Centre - YouTube](#)

On The Neurodiversity Family Centre's YouTube channel, you'll find a wealth of thoughtfully curated playlists designed to support your well-being. From guided

meditations and mindfulness practices to tapping for self-worth and meditation for sleep, there's something for everyone.

[Open Door Group – Free Workplace Accessibility Resources](#) | View Online: Various Links Below

Explore our collection of free resources from Open Door Group Inclusive Employment Division designed to foster access in the workplace. From a free self-assessment toolkit, a team dedicated to supporting employers where they are at, to recognition awards; these resources aim to support any organization in Canada. You'll be empowered to connect with the largely-untapped talent pool of people with disabilities through strategies of workplace diversity, inclusion, and accessibility.

- 35 Question Self Assessment for Employers | View Online: [Disability Inclusive Employer Self-Assessment](#)
- CAN WiN program to create inclusive workplaces | View Online: [Learn more about](#)
- The Untapped Workplace Inclusion Awards – September 19, 2025 | View Online: [Untapped Workplace Inclusion Awards - Open Door Group](#)

[RACE & Disability Canada – Webinar- Undoing the 'Other' - Normalizing Faith and Disability](#) | Wednesday April 30 from 2 to 3:30 EST | View Online: [IDEA PP Network — Race and Disability Canada](#)

Are you driving diversity in your disability organization? Don't miss this opportunity to explore the intersection of **faith and disability**—a topic rarely addressed in IDEA discussions but one that shapes many lived experiences. This session will challenge exclusionary narratives and offer tools to create workplaces and communities that truly embrace diverse religious practices and perspectives.

SFU – In-Person Event- 2SLGBTQI+ Youth – Challenges, Resilience and Empowerment |
Wednesday April 9 from 12 Noon to 2 PM | Room 1520 SFU Harbour Centre Vancouver BC

The aim of the workshop is to develop visions for the creation of spaces of empowerment and strategies for strengthening resilience for 2SLGBTQI+ youth. In a round table discussion, we will shed light on the current challenges facing 2SLGBTQI+ young people. 2SLGBTQI+ young people often experience discrimination and rejection on the street, at school, at work, from peers and from their parents.

UBC Learning Circle – Webinar – Daylighting 7 Colonial Knots in COVID-19 Pandemic Response | April 22, 2025 | View Online: [April 22nd, 2025 – Daylighting 7 Colonial Knots in COVID-19 Pandemic Response: Doing Our Homework with the BC Office of the Provincial Health Officer | UBC Learning Circle](#)

In partnership with the BC Office of the Provincial Health Officer (OPHO), the Unlearning & Undoing White Supremacy and Indigenous-specific Racism Lab for population and public health (U&U Lab) undertook a 360° review of the OPHO's COVID-19 response through the lens of Indigenous rights, truth, and reconciliation. Though uncomfortable, sharing these truths is essential to upholding our commitment to eradicating Indigenous-specific racism and upholding the inherent rights of Indigenous peoples in future public health emergencies.

UBC REDI – Webinar – TO Bear Witness: A Meaningful Conversation about my Mom on Belonging and Perseverance | Wednesday April 23 from 12 Noon to 2 PM | View Online: [To Bear Witness: A Meaningful Conversation about my Mom on Belonging and Perseverance - Respectful Environments, Equity, Diversity & Inclusion](#)

In this Indigenous Speakers Series session, we will bear witness to a meaningful conversation between Derek Thompson and Maï Yasué, Associate Director of the REDI Office, about Derek's mom, Maude Thompson. **Maude was originally scheduled to be the guest speaker, but [she sadly passed away a month before the event](#).** A Haisla First Nations woman and Survivor of the Indian residential school system, Maude was a thoughtful, generous and loving human being —a Mom, Grandmother, Great-

Grandmother, Auntie, Sister, and Daughter—who persevered in the face of incredible hardships.

13.0 Surveys, Feedback & Engagement Opportunities

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2025 National Poetry & Short Story Contests | Submission Deadline July 31, 2025 | View Online: [Polar Expressions Publishing: Summer Contests](#)

Each summer we hold two contests, which are open to Canadian residents and citizens of all ages. There is a separate division for young writers. Over \$3500 will be awarded in cash and other prizes. There is no entry fee and no obligation to purchase anything.

As well as the opportunity to win cash prizes, there will be ten honourable mentions in each contest and the top group (approx. 33%) of all entries received will be published in a keepsake, soft-cover collection to be released in early December. All participants will receive a bookmark gift!

Accessible Employers – Pledge to Measure 2025 Campaign | View Online: [How It Works - Pledge to Measure](#)

Inclusive workplaces are not just the right thing to do, they are smart strategies for business. For years now, accessibility has not just been a competitive advantage, it's a Canadian standard for success! Joining the Pledge to Measure gives employers access to a community of other organizations moving working towards inclusive cultures. By learning to measure and share disability metrics, we can all move forward together.

ASE Community Foundation – Paid Leadership Opportunities in the National Black Disability Coalition | View Online: [National Black Disability Coalition Leadership Application Survey](#)

The National Disability Coalition is recruiting for leaders of the Executive Committee and Affinity groups. We are committed to showcasing and advancing the leadership of Black disabled people; and we welcome applications across multiple identities within the Black diaspora; including 2SLGBTQIA+ gender identity and disability.

We also encourage those with knowledge and experience dismantling systemic and structural anti-Black racism, ableism, and gender based violence and inequities to apply. Our work is rooted in the frameworks of Disability Justice, Black feminist disability framework, and Black disability politics.

CLBC – Join Your Local Community Council | View Online: [Get to know CLBC Community Councils - Community Living BC](#)

CLBC Community Councils welcome volunteers to join their many initiatives across the province. If you are interested in becoming a volunteer, join your local council as a guest to learn more about their work.

Inclusion BC – Everybody Belongs 2025 Conference – Registration Open! | June 19 to 21, 2025 | View Online: [Home - Everybody Belongs! 2025](#)

Join over 400 people for a transformative 3-day gathering focused on inclusion, diversity, and community building. Self-advocates, family members, professionals, and allies will come together to share ideas, learn from each other, and make lasting connections.

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[RACE & Disability Canada –Peer Network for Indigenous, Black and Racialized People with Disabilities](#) | Next Session Thursday April 17 from 3 to 4 PM PST | View Online: [Peer Network — Race and Disability Canada](#)

Are you looking for a community of support and solidarity? Join our Peer Network – a safe, virtual space for Indigenous, Black, and Racialized people with disabilities (IBRpD) to connect, learn, and grow together.

[Pharmacare – Drug Coverage Survey Open](#) | View Online: [Your Voice - Province of British Columbia](#)

Patients and caregivers are needed to share their experiences and opinions on the drugs and devices PharmaCare is considering covering. Your views will guide decisions about coverage. Take 15-20 minutes and share your thoughts.

[Rick Hansen Foundation – Nominations Open for a Young Leader Difference Maker](#) | Deadline Sunday April 6, 2025 | View Online: [School Program | Rick Hansen Foundation](#)

The awards celebrate and recognize youth between the ages of 5-18 years old that are leaders in making a positive impact for inclusion and accessibility for people with disabilities in their school or wider community. Individual award recipients will each receive \$500 to recognize their work, while classrooms and youth groups will receive \$1,000 to share.

[SCI Climate Futures 2025 – Cooling Vest Application Form](#) | View Online: [SCI Climate Futures 2025 | 1/1](#)

Given the continued high temperatures in British Columbia, SCI Climate Futures is continuing with our Rapid Response Project to address your needs, as a person living with a physical disability who may be specifically vulnerable to heat illness and injury and does not have effective cooling (Central AC or Heat Pumps) in your home to provide you

portable, emergency cooling devices able to prevent feelings of discomfort during heatwaves.

[Simon Cox Student Design Competition – Final Showcase | April 26, 2025 | Blusson Centre, Vancouver | View Online: 10th Simon Cox Student Design Competition - \\$10,000 in prizes | Computer Science at UBC](#)

The Technology for Independent Living Program (housed at Technology for Living) is excited to present the 10th Simon Cox Student Design Competition! This multidisciplinary and collaborative project challenges students to design innovative solutions that improve the quality of life for people with physical disabilities.

\$10,000 in prizes are up for grabs! From fashionable clothing to a wheelchair sidecar for a therapy dog, there are many exciting ideas waiting to be developed.

[Toronto Metropolitan University – Survey Participants Wanted – Diverse Disability Identities: Gender and Sexuality, Racial and Ethnic Diversity, Indigeneity | View Online: Diverse disability identities: Gender and sexuality, racial and ethnic diversity, Indigeneity - CERC in Health Equity and Community Wellbeing - Toronto Metropolitan University \(TMU\)](#)

The purpose of this qualitative study is to explore diverse disability identities. We hope to gain an in-depth understanding of how disabled people who also identify across a range of other social and cultural categories (2SLGBTQ+, race, ethnicity, Indigeneity) in other areas of their lives, understand their disabilities. We recognize that people's identities are not stable but are fluid and often ambiguous, depending upon the context.

14.0 Youth in & from Government Care

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AgedOut.com | View Online: [News & Events - Agedout.com](#)

AgedOut.com is for young adults who were in government care in BC. It's an up-to-date warehouse of information on resources and services available to young adults and a learning tool to help people feel empowered as they leave care.

AgedOut.com – Find Food Banks and Free Meals | View Online: [Find food banks and free meals - Agedout.com](#)

Lots of different people use food banks including families with children, employed people, individuals on social assistance, people on a fixed income including people with disabilities, and seniors. Sometime people just use it once or twice, while others use it frequently.

BC Child and Youth in Care Week – Nominate a Child or Youth for a Recognition Award |
Deadline April 25, 2025 | View Online: [Event Management](#)

The Recognition Awards celebrate the amazing achievements of children and youth in and from care from across the province. Children and youth can be nominated by a friend, peer, sibling, teacher, community partners or groups, MCFD or ICFSA worker, or nominate themselves!

BC Child and Youth in Care Week – Youth in Care Are Awesome Campaign Creative Submissions | Deadline May 20, 2025 | View Online: [#YouthInCareAreAwesome Campaign - BC CHILD & YOUTH IN CARE WEEK](#)

Youth in and from care are awesome and we want you to show us why! Your creative submissions could be shared on BCCYICW social media, the BCCYICW website, on promotional materials or at BCCYICW events. Youth submissions will receive up to a \$50 gift card honorarium.

Belonging Network – Funding Opportunities | Deadline April 25, 2025 | View Online: [Bursaries - Belonging Network](#)

The Belonging Network’s bursary programs provide funding to help youth go to college or university, pursue a trade, or attend other training programs. Bursaries can be applied to tuition or to related expenses, including living costs while studying.

1. **BC Orca Bursary Program** | Bursary amounts vary from recipient to recipient and average \$3,000 | View Online: [BC Orca Bursary Program - Belonging Network](#)
2. **Joy MacPhail Youth Bursary** | One \$3,000 bursary is awarded annually | View Online: [Joy MacPhail Bursary - Belonging Network](#)
3. **Vancouver Film Studios Indigenous Bursary** | A total of \$12,000 in funding will be distributed, with bursary amounts varying based on applicant needs (up to a maximum of \$3,000 per recipient). | View Online: [Vancouver Film Studios Indigenous Bursary - Belonging Network](#)

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Collective Impact TRRUST | View Online: [TRRUST Opportunities](#) | [McCreary Centre Society \(mcs.bc.ca\)](#)

The common interest of all TRRUST members is to achieve system-wide improvements in the outcomes for youth transitioning out of government care in Vancouver, British Columbia.

Federation of BC Youth in Care Networks – Family Chat | Tuesday April 8 at 7 PM | View Online: [Event Management](#)

There's still time to register for our next Fed Family Chat! This virtual event is an opportunity to hang out with other youth in and from care and have fun. Together we can shape how we want to spend our time together.

Federation of BC Youth in Care Networks – Youth Retreat Registration Open | Deadline May 2, 2025 | View Online: [Youth Retreats](#) | [Federation of BC Youth in Care Networks](#)

Calling all youth in and from care between the ages of 14-24! We are currently accepting applications for Youth Retreat #84! Youth Retreats are a three-day event where young people meet other young people from care, have their voices heard, guide the Fed in the work we do, and most importantly have FUN and CONNECT with others!

Federation of Community Social Services BC – Youth Education Bursary | View Online: [The FCSSBC Youth Education Bursary](#)

Established by Federation members in 2009, the Youth Education Bursary assists young people, ages 30 or younger, that are in or have been in care, and want to pursue a career in the field of human and social services.

Foster Parent Support Services Society – Resources for Youth in Care | View Online: [FPSS Foster Parent Support Services Society – Serving the Foster Parents of the Vancouver Island Region \(fpss.com\)](https://fpss.com)

Two resources for caregivers and youth in/from care about education compiled by Foster Parent Support Services Society:

- [A Guide to Scholarships, Bursaries, Tuition Waivers & Awards Available to Children in and from Government Care in British Columbia](#)
- Opening Doors to Education for Children and Youth in Care. This [Guide](#) will help caregivers recognize, understand, and address the unique challenges faced by children and youth in and from care as they move through the education system. Much of the material here will apply equally to children and youth being cared for under Kinship Agreements.

They also offer a [General Scholarship Fund](#).

Learning Fund for Young Adults | View Online: [Learning Fund for Young Adults \(LFYA\) - Province of British Columbia](#)

The Learning Fund for Young Adults (LFYA) grant provides eligible young adults with care experience a one-time payment of \$1,500 to contribute to the costs of participating in an educational, employment, training or life skills-based program or activity of their choice. To qualify for the LFYA grant, young adults must meet **all 3** of the following requirements: be born on or after January 1, 2006, be at least 17 years of age, and have 12 months of care between birth and their 19th birthday in at least one of the qualifying legal statuses.

MCFD – Request for SAJE Eligibility Check Form | View Online: [Common Hosted Forms](#)

The Strengthening Abilities and Journeys of Empowerment (SAJE) program can provide support to young adults (ages 19 to 27, up to the end of the month of their 27th birthday) who had previous involvement with the Ministry of Children and Family Development (MCFD) or an Indigenous Child and Family Service Agency (ICFS Agency). Through this form you can submit a request to confirm if you're eligible for this post-majority program.

StudentAid BC- Provincial Tuition Waiver Program | View Online: [Provincial Tuition Waiver Program | StudentAid BC](#)

The Provincial Tuition Waiver Program waives tuition and eligible fees for B.C. students who are current and former children or youth in care studying full-time or part-time, below the graduate level, at a B.C. public post-secondary institution, the Native Education College, or an approved union-based trades training provider.

Public Guardian and Trustee (PGT) – Financial Wellness Workshops | For More Info Email: Patricia Hanley at PHanley@trustee.bc.ca

This is an interactive, trauma informed, youth friendly basic money management workshop that takes place on Teams or Zoom and is available to children and youth under guardianship and youth that have transitioned out of care.

PGT – Financial Wellness Guide – Dollars and Sense | View PDF: [A Guide for Your Money](#)

For those eligible, there are monthly in-person and virtual options money management training sessions. The workshop covers general financial information, budgeting skills and basic money management in an interactive, trauma informed, youth friendly environment.

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[PGT Educational Assistance Fund](#) | Deadline April 15, 2025 | View Online: [PGT educational assistance fund](#) | [Public Guardian and Trustee of British Columbia](#)

The Public Guardian and Trustee (PGT) Educational Assistance Fund was established through a trust created in June 1989 by combining three private donations. The purpose of the fund is to help those who were in provincial care reach their educational goals. The bursary funding ranges between approximately \$500.00 and \$4,000.00 per year per approved applicant. The amount available varies each year depending upon the interest gained in the trust and can be applied towards fees, books, maintenance and transport.

[Representative for Children and Youth – Podcast – Welcome to My World Podcast](#) | Email: [View Online: Welcome to My World Podcast](#) | [Office of the Representative for Children and Youth - RCYBC](#)

Welcome to My World is a podcast created by Louis, a member of the Representative's Social Media Youth Team. Louis is a Métis youth with primarily high-functioning Autism-Asperger's Syndrome, as well as other invisible disabilities. His podcast provides an authentic glimpse of life from the point of view of a person living with developmental disabilities – including his personal experiences and tips.

[VACFSS – Youth Advisory Council Summer BBQ for Youth in Care](#) | June 27, 2025 | Sunrise Park, Vancouver | View Online:

Mark your calendars! The Youth Advisory Committee (YAC) is excited to host their Annual Summer BBQ—a day filled with great food, fun activities, and community connections for youth in care. Stay tuned for more details, but for now, save the date and get ready for an unforgettable summer gathering!