Visit our website

Community Living
VICTORIA

Hope. Help. Home.

Mission

CLV empowers people to enhance their quality of life through self-determination.

Vision

People are living a life of their choice.

Core Values

INCLUSION

People's unique strengths and talents are celebrated in communities that embrace diversity, where everyone is valued and supported to succeed.

SUPPORT

People's support is personalized through empowerment, advocacy, and collaboration, ensuring their choices are honored.

BELONGING

People experience respect and security, with opportunities for stability, growth, and meaningful connections.

CLV Family and Parent Support Newsletter

CLV Announcements

ANNUAL GENERAL MEETING

Wednesday, September 16th 2026,
6:30 pm (in person at 3861 Cedar Hill Cross Rd)

Thank you, Victoria Foundation! - Community Living Victoria

Thank you, Victoria Foundation! 💙 💚 Community Living Victoria is grateful for your generous $23,540 grant, through the Victoria Foundation's Community Grants Program which helped us purchase a 2021 Honda CR-V for our Community Access Program. This vehicle will help the people we support get to work, volunteer opportunities, recreation, appointments, and community events-supporting greater [...]

Read More

Community Events

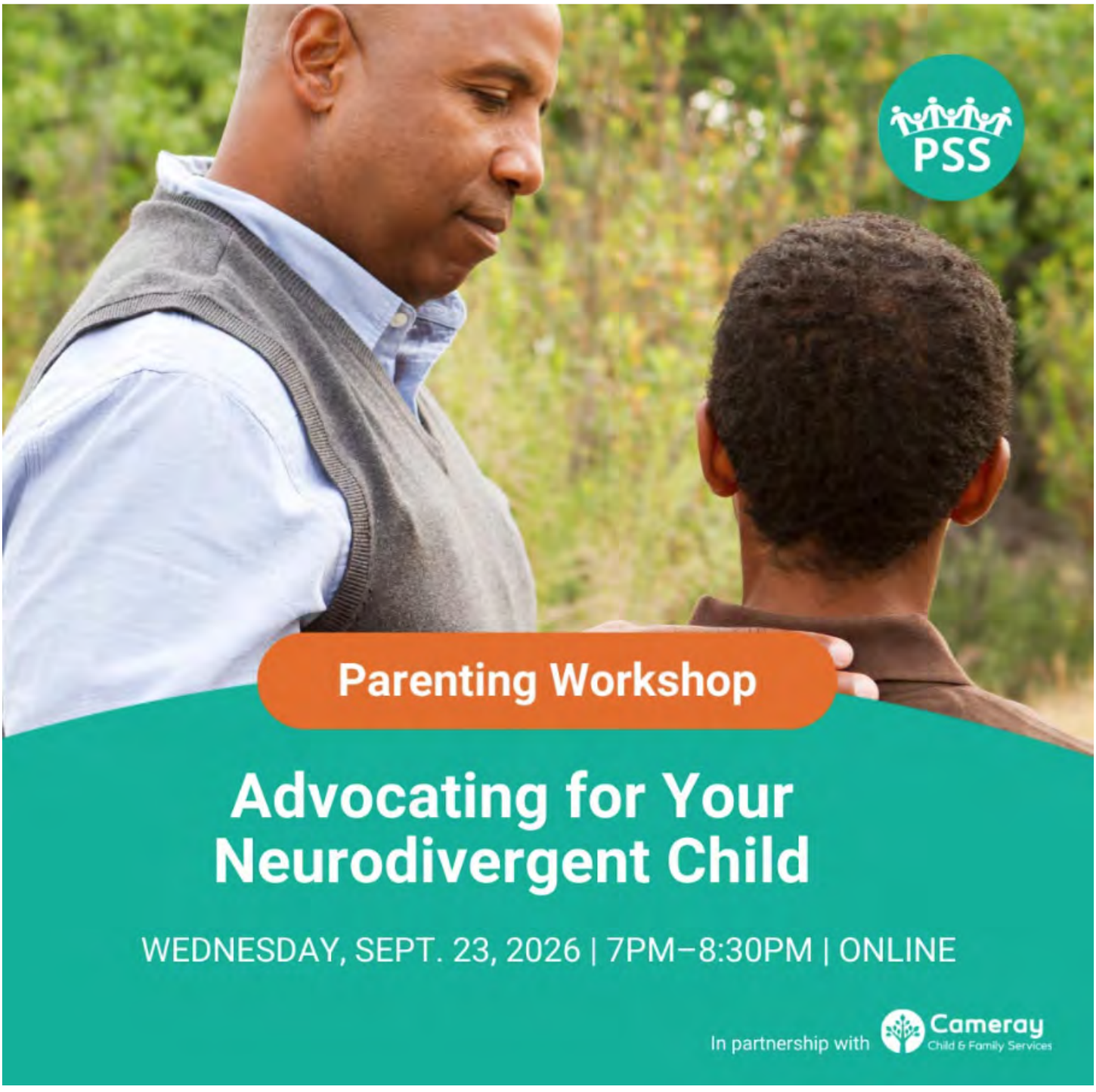
Everybody Belongs is Back - and Better Than Ever! - Inclusion BC

We are excited to share some big news: the Everybody Belongs Conference is back in May 2027!

On May 27 and 28, 2027, people from across British Columbia will come together for two full days of learning, connecting, celebrating, and imagining what truly inclusive communities can look like.

And this year, we are making the conference better than ever.
Inclusion BC is proud to co-host Everybody Belongs 2027 with BC People First and the Family Support Institute of BC. Together, our organizations bring the perspectives and experiences of people with intellectual and developmental disabilities, families, advocates, and community organizations to the heart of the conference.

Read More



Every child deserves to feel understood, included, and supported. In this workshop, we'll explore practical ways to advocate for your neurodivergent child in schools, extracurricular activities, healthcare, and community settings.

We will discuss:
• communication strategies,
• practical tools,

• partnering with the adults who play an important role in your child's life

Ready, Set, School! Supporting Your Child's Learning

Now that the school year is underway, discover simple ways to support learning at home, build positive relationships with teachers, and help your child develop confidence as a learner.

We will discuss:
• Building positive communication
• Supporting classroom expectations at home
• Respectfully advocating for your child
• Encouraging literacy through everyday activities
• Making math part of daily life

Register for Workshops

FAMILY SUPPORT Institute of BC

families supporting families

Learn More

Navigating Barriers to Inclusion: Understanding Supported Decision Making

Free Virtual Learning Session

September 23

6pm - 8pm

Angela Clancy

Yuji Kajiwara

FAMILY SUPPORT Institute of BC *families supporting families*

inclusion BC

Do you want to learn more about your rights, making your own choices, and having the support you need to make decisions about your life? Join Yuji Kajiwara (Spectrum Society for Community Living) and Angela Clancy (Executive Director, Family Support Institute) for a conversation about Natural Authority and how people with disabilities can be supported to have choice, control, and a strong voice in their own lives.

Learn More and Registration

Siblings Supporting Siblings is excited to launch this Fall! Our new Family Hangout recognizes the important role that siblings play in the lives of those with disabilities. We will meet every other week on Thursday evenings, on Zoom.

This group is a safe space for siblings of someone with disabilities and support needs. Here, we connect over our unique and diverse lived experience of advocacy and caregiving, which can include parentification, "glass child" issues, sacrifices, and looming discussions about future planning.

Come join us next month for our first meeting, **September 24, 2026, from 7:00 to 8:30 pm!**

Register Here

1UP

VICTORIA SINGLE PARENT RESOURCE CENTRE

Open to all Adults - FREE of charge

Understanding Anger & Stress

September 24 - November 12, 2026

Thursdays 6:30 pm - 8:30 pm

Location:

#103-771 Vernon Ave

NEW 1Up Office

Email:

jeff@singleparentvictoria.ca

Open to all adults - FREE of charge

Mindful Parenting

September 22 - October 27, 2026

Tuesdays 9:30 am - 11:30 pm

Location:
#103-771 Vernon Ave
1Up Office
in Gateway Village

Email us!
jeff@singleparentvictoria.ca
for more information or to register

Email for More info

FamilySmart
Together-Centred

'intheknow'

ONLINE EVENT
connect + learn

Caring For All Of Our Kids When A Sibling Struggles With Their Mental Health

When one of our kids is struggling with their mental health or substance misuse challenges, it's natural to focus a lot of our energy on supporting them. This can make it feel tricky or even impossible at times to connect with our other children. We may even miss some of the hard our other children may be going through. A mom, sibling and psychologist share their insights in this gentle and compassionate video. They focus on connection, and ways we can care for all our kids while a sibling is struggling. Together, they share actionable ways to normalize your siblings' mixed feelings and ensure every child feels seen and supported in their role within the family.

September 15, 2026 @ 6:30 pm - 8:00 pm PDT
September 24, 2026 @ 12:00 pm - 1:30 pm PDT

Read More

Connecting with Our Kids When Anxiety Leads to Social Isolation

When kids spend a lot of time alone because of their anxiety, it can be frustrating and challenging for parents. Join us as Christine M. Yu, M.A., Registered Clinical Counsellor, and a parent talk about the hard stuff. Learn some strategies that can help us connect with our kids when they are socially isolated.

September 22, 2026 @ 6:30 pm - 8:00 pm PDT

Read More

SASS
Sooke Autism Support Society

SEPTEMBER 25 2025 @ 7pm Seaparc Boardroom

- Welcome Back & Connect with Your Sooke MFCD Case Worker & Autism

Funding Updates!

- Guest Speaker: Kimberly Skillings, CYSN Social Worker Ministry of Children & Family Development
- Thank you Village Foods for sponsoring this meeting and providing a Gift Card!

Visit their Website

Learn More and Registration

LET'S TALK
L·I·V·E
Pop-Up Conversations
Presented in partnership with
GREATER VICTORIA PUBLIC LIBRARY
Join us for free, drop-in conversations where everyone is welcome.
sxʷeŋxʷəŋ təŋəxʷ
James Bay Branch
385 Menzies Street
September 23 2pm-4pm
October 21 2pm-4pm
Come on your own or bring a friend. Pull up a chair and join the conversation.
Sponsored by: CITY OF VICTORIA
Member of: THE CHAMBER.

Learn More

North & South Saanich Agricultural Society
SAANICH FAIR
Western Canada's Oldest Agricultural Fair
"Small But Mighty"
Sept. 5-7, 2026
2026 Prize List
Gates 9am-9pm (closes 5pm Monday)
1528 Stellys Cross Rd. Saanichton, BC
For More Information
www.saanichfair.ca
NO: • Re-entry to grounds after 9:00pm
• Smoking or vaping
• Outside alcoholic beverages
• Dogs permitted on grounds

Learn More

South Island Powwow

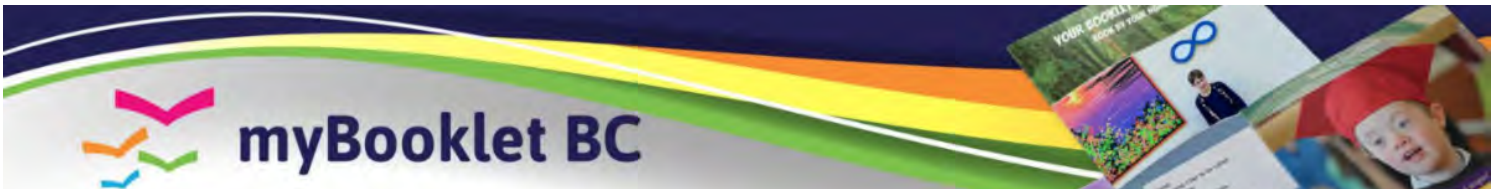
Where Tradition and Culture Come Alive

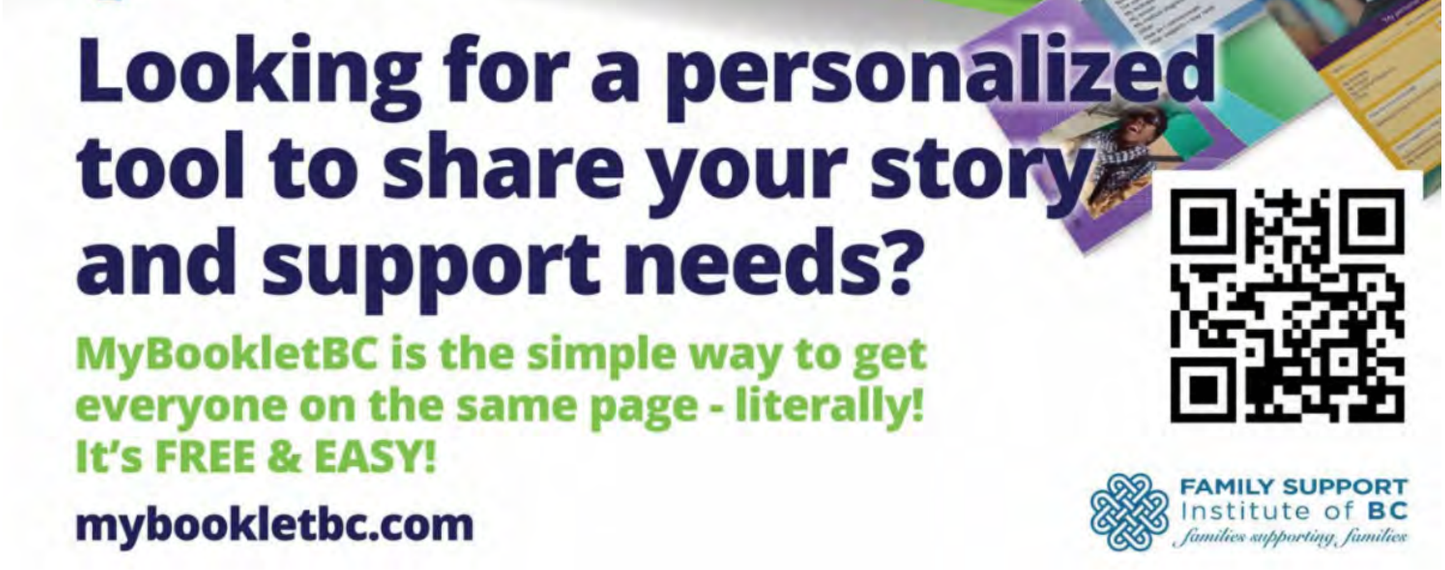
When: September 30th, 2026
Where: Royal Athletic Park, 1014 Caledonia Ave, Victoria, BC
Gates open at 10:00 am
Grand Entry at 12:00 pm
Free Admission
Everyone Welcome

September 30th marks National Day for Truth and Reconciliation.
The annual South Island Powwow is an opportunity to recognize Survivors and their families in the spirit of reconciliation.
Through song and dance, we will celebrate traditional Indigenous cultures and resiliency.

Read More

Resources





Visit their Website

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act autism community training

Rapid Toilet Training - Daytime Training

Explore neuroaffirming approaches, practical tools, and supportive strategies to help guide autistic children and families through the toilet learning process.

Read More and Enrol

Launch Pad: Family Survey

Help us shape Launch Pad! Every family's financial planning journey looks different. We want to better understand the questions, challenges, and support needs families of children and youth with disabilities have when planning for the future.

Read More

WEST COAST CENTRE FOR LEARNING

- Evidence-based support since 2014
- BC Autism Funding (AFU) accepted
- No formal diagnosis required

Neuroaffirming Programs
Now in Victoria

Small-group programs for children and teens with ADHD, autism, and learning differences. Complimentary consultations to find the right fit.

In-Person Programs Available in Victoria This Fall

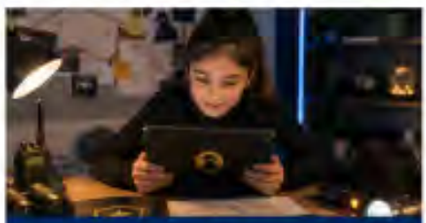
Expanded In-Person Programming Coming to Victoria in 2027, Including EF Skills Lab - AI Edition

PEERS® for Teens

Suggested Ages 12-18

An evidence-based program that helps teens build friendships, strengthen communication skills, and develop confidence navigating real-world social situations.

Our approach: a toolbox, not a rulebook. Choice, autonomy, and authentic connection.



Secret Agent Society (SAS)

Suggested Ages 8-12

An engaging, spy-themed program supporting emotional regulation, flexible thinking, social problem-solving, teamwork, and friendship skills through guided practice.

SAS: Operation Regulation

Suggested Ages 8-12

A focused four-week small-group program helping children recognize emotions, build practical coping tools, and manage anxiety, frustration, and everyday overwhelm.

Also Available Online Across BC

Additional online group programs and individualized support are available to families across Vancouver Island and BC.

Fall 2026 online groups: EF Skills Lab - AI Edition | PEERS® for Preschoolers | PEERS® for Young Adults

Individualized Online Support

- Executive Function Coaching (ages 10+)
- Career Coaching - Birkman "Wired for Work" (ages 17+)
- Executive Function Mastery Package (ages 10+)

Brain-Based Learning Programs

- Cogmed® - working memory and attention training
- Fast ForWord® - language and auditory processing
- The Listening Program® - auditory processing and regulation
- ClearFluency™ - reading fluency support

Referral and collaboration partnerships are always welcome.

Connect with us to discuss program fit, referrals, or collaboration.

EXPLORE PROGRAMS

Uptown Centre

301-3450 Uptown Blvd, Victoria, BC

778.839.5515 | info@wccl.ca | wccl.ca

Suggested ages are a guide. Contact us to discuss fit through a complimentary consultation.

WEST COAST CENTRE FOR LEARNING

Visit their Website

Teaching for Inclusion Workshop

Your Adapted Sport Toolkit

Interactive professional learning that gives educators the confidence, resources, and hands-on experience to create inclusive sport opportunities for every student.

Who Should Attend?

- Educators
- Educational Assistants (EAs)
- School & District Staff
- Coaches & Sport Leaders
- Recreation Leaders

Understand

Learn about the impact of sport for children and youth with disabilities, the barriers many students face, and how OneAbility Games is creating pathways to participation.

Equip

Explore the OneAbility Games Resource Hub, including adaptations for eight sports, lesson plans, equipment suggestions, and ideas you can implement right away.

Experience

Get hands-on with sports like boccia, wheelchair basketball, and more alongside our sport partners. Build confidence by experiencing adaptations firsthand and discover that inclusive sport is easier than you think.

Activate

Learn how to introduce adapted sport into your own setting through PLAY programs, Inclusive Sport Festivals, the OneAbility Games, and partnerships with community organizations.

OneAbility Games

Contact us to book yours today!
hello@oneabilitygames.com

Email to Book

AGES 5-12 YEARS

VICTORIA SPEECH + LANGUAGE CENTRE

EVERYBODY PLAYS!

INCLUSIVE SPORT & MOVEMENT GROUP

Traditional sports don't fit every kid.
We are building a space where yours belongs.

- Neurodiversity-Affirming
- Body Exploration
- Joy First
- Participation for all
- Peer Connection
- Confidence

When & Where: *Choose between 2 x locations*

Tuesdays ▪ Colwood Church Gym
Sept 22 – Nov 24
4:15 pm ▪ Ages 5-8
5:30 pm ▪ Ages 9-12

Saturdays ▪ Douglas Church Gym
Sept 12 – Dec 5
9:00 am ▪ Ages 5-8
10:15 am ▪ Ages 9-12

LED BY AN OCCUPATIONAL THERAPIST

ELIGIBLE FOR:
HOMESCHOOL FUNDING
OT SERVICE REIMBURSEMENT
AUTISM FUNDING

READY TO PLAY?

Scan here to learn more/ enroll

(250) 590-7841

INFO@VICTORIASPEECHLANGUAGE.CA

Visit their Website

HOCKEY WITHOUT LIMITS

1974

DROP-IN FLOOR HOCKEY

FOR

INDIVIDUALS WITH DIVERSE ABILITIES

(18 YEARS +)

START
OCT 7, 2026
EVERY WEDNESDAY

1:00 PM
TO
2:30 PM

SJ WILLIS EDUCATIONAL CENTER GYMNASIUM
923 TOPAZ AVENUE, VICTORIA, BC

ALL THE EQUIPMENT IS PROVIDED AND IT'S FREE TO PLAY!

PARTICIPANTS OF ALL LEVELS AND ABILITIES WELCOME!

Garth Homer SOCIETY

BW HOCKEY

IBHA

FOR QUESTIONS, CONTACT PETER: 250-812-8860 OR PETER.BUITENDYK@GOV.BC.CA.

Email Organizer

Legion Branch 172 Esquimalt | 100 1926 · 2026

BRITISH COLUMBIA

Jumpstart

One ability

PARAPLAY

ADAPTIVE PROGRAMING

Engage, Learn, and Empower!

ParaPlay is a multi-sport adaptive program in the Greater Victoria area for youth ages 6 - 13. The program involves participating in a season of different adaptive sports such as: Dance, Adaptive Powerlifting, Adaptive Climbing, Karate and more. All activities are led by enthusiastic coaches and sport leaders with the aim to develop physical literacy, sport skills, inclusion while creating an opportunity to play sports.

Details

- Youth Ages 6-13
- September 13th - December 13th 2026
- No cost to participate

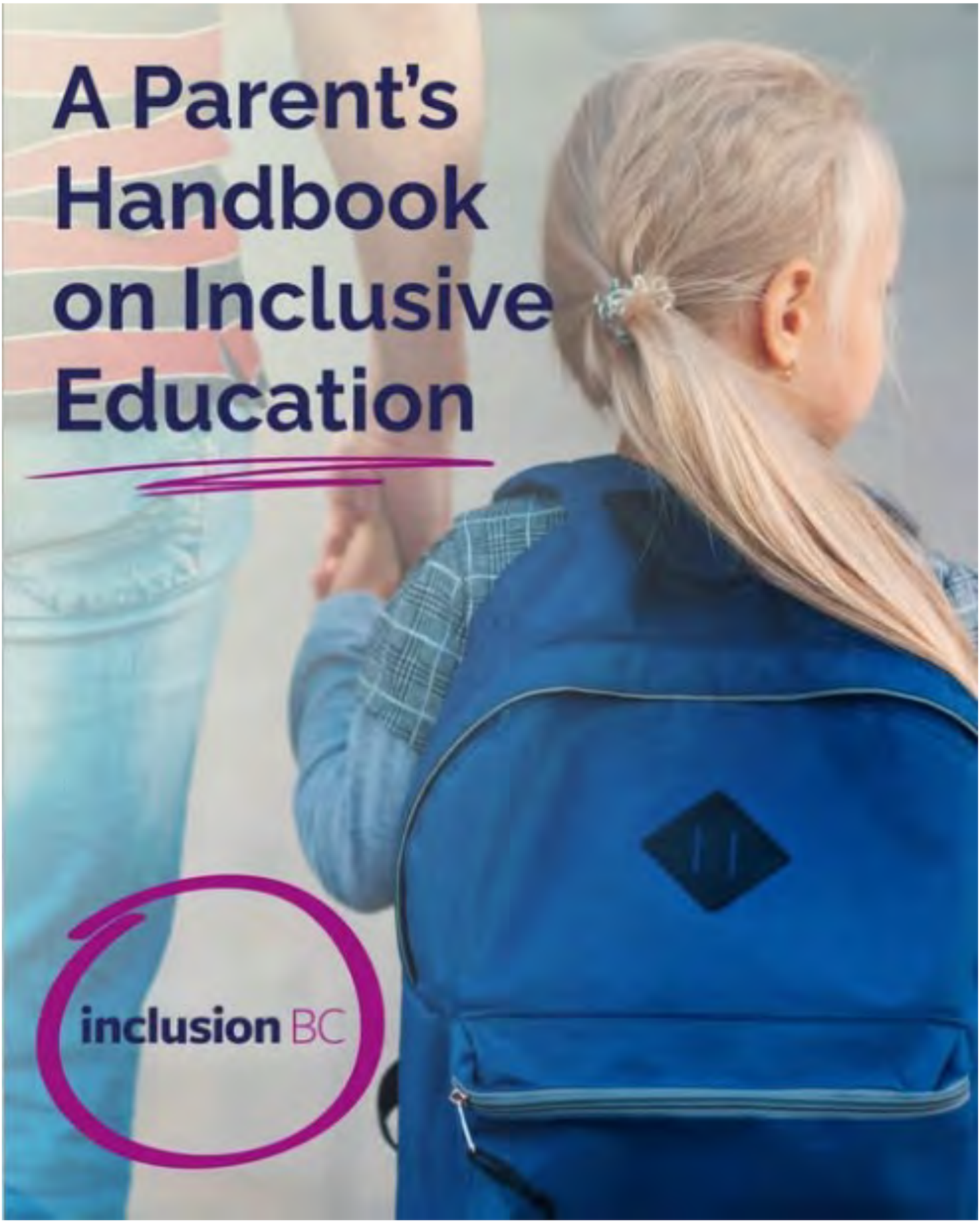
Register HERE

More Information? email

oneabilityevents@gmail.com

Email for More Info

Register Here



Back-to-school vibes are in the air!

If you're getting ready for a new school year, you're not alone. And if you're wondering how to make sure your child is included and supported at school, it might be time to dust off your link to Inclusion BC's Handbook on Inclusive Education. With 10 chapters filled with ideas, resources and practical tips, the handbook can help you navigate the BC education system and advocate for your child's right to inclusive education.

New school year. New questions. We're here to help you get started.

Find the Handbook Here

News

inclusion BC

A New School Year and a Renewed Opportunity for Inclusive Child Care - Inclusion BC

September is a time of new beginnings. As a new school year starts, children and families settle into new routines, meet new teachers and support staff, and look ahead to [...]

Read More

Services for children and youth with support needs

Families currently receiving Autism Funding are invited to submit clinical and supporting documentation to begin the eligibility review for the new BC Children and Youth Disability Benefit.

B.C. is expanding and strengthening services for children and youth with support needs – and making it faster and easier for families to access supports tailored to their needs.

Over the next three years, families will see:

- Expanded access to more free community-based services
- More access to clinical therapies, behaviour and mental supports, and programs for kids 6-18
- Easier to navigate financial supports and services, with less stress and paperwork
- Better coordination between health and education programs with more services closer to home and school....

Learn More

MEMBERSHIP MAKES A DIFFERENCE!

One of our strengths as a non-profit is the many families whose sons and daughters have or are presently receiving services through our various programs-as well as the many caregivers, friends and volunteers who have made a commitment to the organization. Membership can play a strong role in ensuring the continuation and growth of services and supports. Membership gives you a voice in the governance and direction of Community Living Victoria.

Please join us and download a membership application **HERE!**

Contact Us

info@clvic.ca
250-477-7231

Parent Support
pspcoordinator@clvic.ca
250-477-7231 ext. 231

As always, we're happy to connect with you and your family to find out how we can be a valuable resource for you.

Please note, the CLV newsletter is for information purposes only. We do not necessarily endorse or recommend the services and programs listed outside of our agency services.

We acknowledge and respect the lək̓ʷəŋən peoples on whose traditional territory CLV provides services and supports, and the Songhees and Esquimalt nations whose historical relationships with the land continue to this day.

Visit our Website

Constant Contact

Try email marketing for free today!