Written
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CYS Family and Parent Support Newsletter

CYS Announcements

Register

Watch now

Watch now and share the video! Watch the short video.

Parenting Workshops

Community Events

Nanaimo Search and Rescue Association Society

Join us for the Beer and Burger Silent Auction, a Fundraiser Night, at Knox Mountain Golf Course Clubhouse on Saturday, October 18th, 2025.

Get Tickets

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

We are excited to announce that the 2025 Everybody Belongs Conference is back and better than ever!

On May 29 and 30, 2026, people from across British Columbia will come together for two days of learning, connection, and celebration. Everybody Belongs will bring you:

Keynote speakers who will share their knowledge and experience
Workshops that will help you learn practical skills and strategies
Opportunities to connect with others who share your passion for inclusion
Entertainment and fun activities that will leave you feeling inspired and energized

Whether you're a self-advocate, family member, support worker, or community member, Everybody Belongs is for you. We can't wait to see you there!

Save Date

Parenting Workshops

Ready, Set, School! Healthy Routines, Ready Minds

Parenting Workshops

Supporting Your Later in Training

Parenting Workshops

Supporting Your Later in Training

Supporting the Adolescent and Young Adult Brain in Daily Life and Their Journey Toward Adulthood – 4 Online Classes – Limited Spots

Supporting the adolescent and young adult brain in daily life and their journey toward adulthood. Learn how to:

- Understand the adolescent brain and its developmental needs
- Address challenges such as anxiety, depression, and addiction
- Support your teen's growth toward independence and resilience

Register Now

Visit Now

Register Now for Free

Learn More and Register Now

Learn More

Register Now

FamilySmart
Together Learning

ONLINE EVENT

Self-Harm: There is Always Help, There is Always Hope - FamilySmart

Self-harm can be a frightening and confusing experience for parents and caregivers. Learn how to recognize the signs, understand the underlying emotions, and respond with compassion and support.

October 6, 2025 @ 7:00 pm - 8:30 pm
Register by 2025-10-06 7:00 pm

Register

ONLINE EVENT

Substance Use and the Power of Support - FamilySmart

Substance use can affect anyone, regardless of background or circumstance. This session will explore the factors that contribute to substance use, the signs to watch for, and how to approach conversations with care and confidence.

October 20, 2025 @ 7:00 pm - 8:30 pm
Register by 2025-10-20 7:00 pm

Sign Me Up

SASS
Sooke Autism Support Society

SASS Meetings

Our Sooke Autism Support Society
Meeting is on the 3rd Tuesday of the month
Please join us for our next meeting on October 21st, 2025 at 7:00 pm
Location: Sooke Family Learning Centre
Please contact us at sookeautism@gmail.com with your questions

Learn More

Learn More

Halloween is a great time to exercise those skills!

Join us for a Halloween Scavenger Hunt at Nanaimo Family Life! Visit different stations to complete fun challenges and earn a prize at the end.

Parents will have a scavenger hunt checklist, and the first 50 participants will receive a free Halloween treat bag!

Parents/caregivers must stay with their children at all times throughout the scavenger hunt.

This event is for Nanaimo Family Life members. Our FREE sign-up fee for new members is waived for the month of October.

When: Saturday, October 25, 2025 – 1:00 – 3:00 PM (arrival is staggered, please arrive on time)

Who: For any Nanaimo Family Life member, children under the age of 12 must be accompanied by an adult.

Learn More

Visit Now

Resources

Learn More

Rhythmic for at-risk youth and visitors who shadow

Rhythmic is an after-school program for at-risk youth, offering a safe space for creative expression through music and mentorship.

Get Help

You Vote Matters - Increase BC

Did you know that you can register to vote at the same time as you apply for or renew your BC Services Card? It's easy to do!

Learn More

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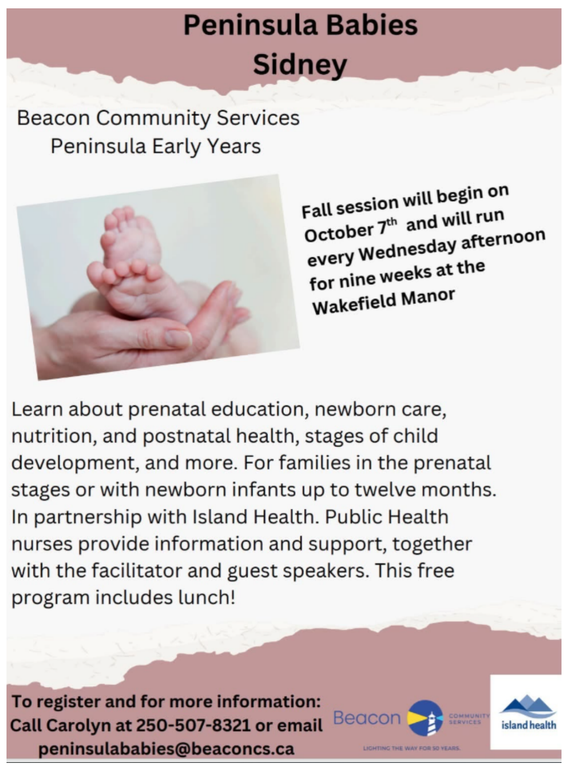
First Call Municipal Election Toolkit 2026

First Call Municipal Election Toolkit 2026 First Call Municipal Election Toolkit 2026

Learn More

Learn More



Contact Organizers

Mental Wellness - YMCA-YWCA Vancouver Island

Our free mental wellness programs, Y Mind and Mind Medicine, help participants learn how to manage stress, worry and mild-to-moderate anxiety. Our programs are evidence-based and teach Acceptance and Commitment Therapy (ACT) and mindfulness. To participate, you may self-refer, and you do not need to be a Y member.

Read More

News

BC Government Proclaims October 2026 Community Inclusion Month - Inclusion BC

October 2026 has been proclaimed Community Inclusion Month in British Columbia, recognizing the importance of building communities where everyone has the opportunity to belong, participate, and thrive. The proclamation is [...]

Read 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

Community Living Victoria | 3861 Cedar Hill Cross Rd. | Victoria, BC V8P 2M7 CA

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