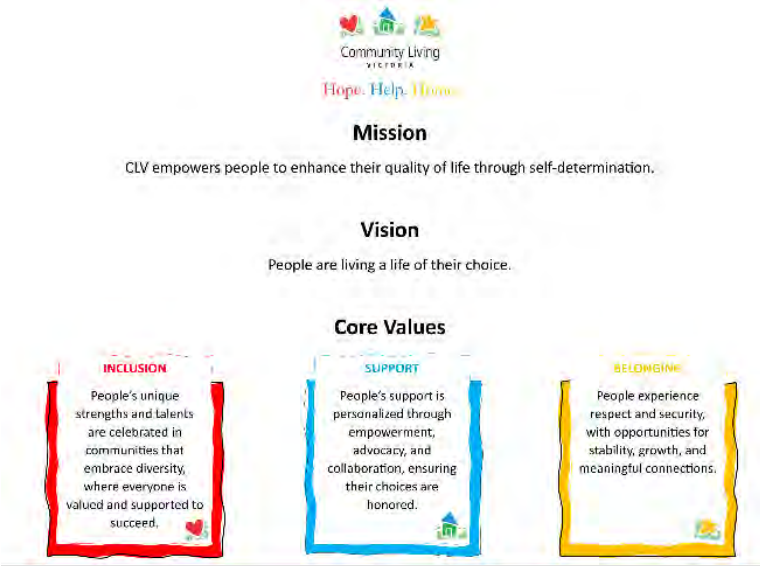
Visit our website


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.

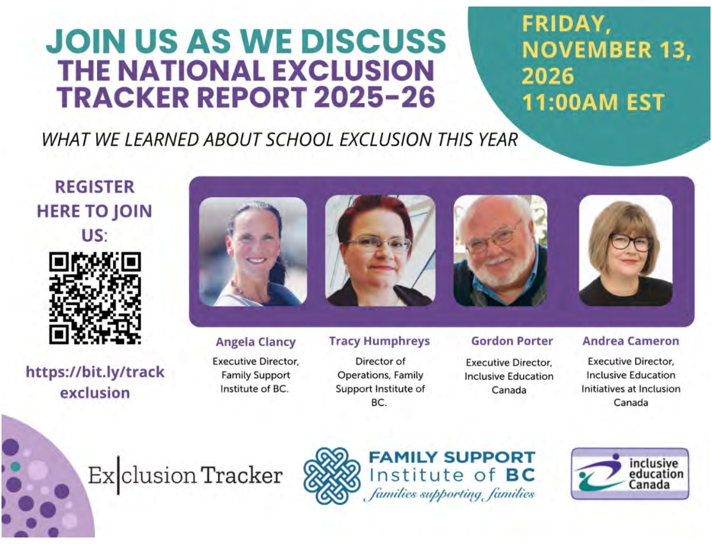
CLV Family and Parent Support Newsletter

CLV Announcements

Inclusion, Support, Belonging
ANNUAL REPORT
2025 | 2026
Community Living
VICTORIA
CELEBRATING
71
YEARS

Read CLV's Annual Report Here

Community Events


JOIN US AS WE DISCUSS
THE NATIONAL EXCLUSION TRACKER REPORT 2025-26

FRIDAY, NOVEMBER 13, 2026
11:00AM EST

WHAT WE LEARNED ABOUT SCHOOL EXCLUSION THIS YEAR

REGISTER HERE TO JOIN US:

https://bit.ly/trackexclusion

Angela Clancy
Executive Director, Family Support Institute of BC.

Tracy Humphreys
Director of Operations, Family Support Institute of BC.

Gordon Porter
Executive Director, Inclusive Education Canada

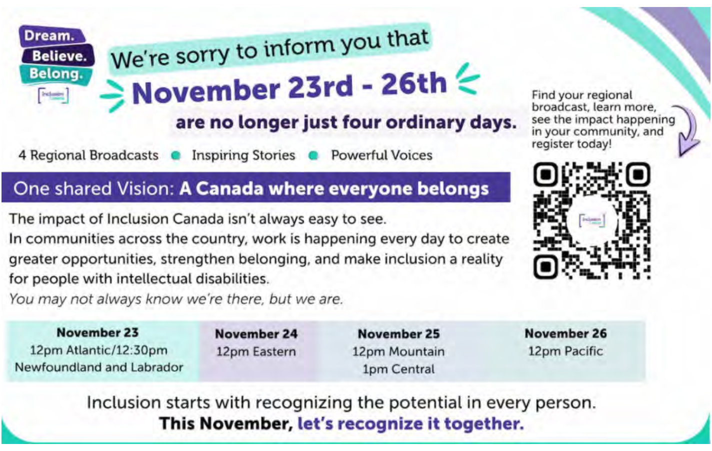
Andrea Cameron
Executive Director, Inclusive Education Initiatives at Inclusion Canada

Ex|clusion Tracker

FAMILY SUPPORT Institute of BC
families supporting families

inclusive education Canada

Register Here



Dream.
Believe.
Belong.

We're sorry to inform you that
November 23rd - 26th
are no longer just four ordinary days.

4 Regional Broadcasts ● Inspiring Stories ● Powerful Voices

Find your regional broadcast, learn more, see the impact happening in your community, and register today!

One shared Vision: **A Canada where everyone belongs**

The impact of Inclusion Canada isn't always easy to see.
In communities across the country, work is happening every day to create greater opportunities, strengthen belonging, and make inclusion a reality for people with intellectual disabilities.
You may not always know we're there, but we are.

November 23	**November 24**	**November 25**	**November 26**
12pm Atlantic/12:30pm Newfoundland and Labrador	12pm Eastern	12pm Mountain 1pm Central	12pm Pacific

Inclusion starts with recognizing the potential in every person.
This November, let's recognize it together.

Register Here

PSS
Parenting Workshop
Supporting Your Growing Eater
Wednesday, November 18, 2026
10:00 AM – 11:30 AM | Online
In partnership with island health

Struggling with mealtimes? Join Registered Dietitians for a free 1.5 hour virtual workshop designed for parents/caregivers of children aged 6-12.

In this workshop we'll discuss:
- Understanding your role vs your child's role in feeding
- Supporting children to have a positive relationship with food
- Managing common mealtime behaviours like food refusal, pushback, and uneaten school lunches

Wed., Nov. 18, 2026
10AM – 11:30AM
Online via Zoom

PSS
Parenting Workshop
Ready, Set, School!
Supporting A Growth Mindset
WEDNESDAY, NOV. 25, 2026 | 10AM–11:30AM | ONLINE
Workshop Presenter: Sadaf Baradar

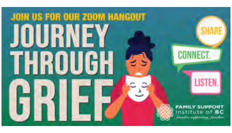
Part 4 of our **Ready, Set, School!** Workshop series. Help your child develop confidence, resilience, and problem-solving skills by encouraging independence while providing the support they need to succeed.

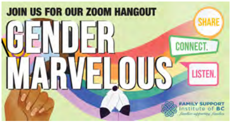
In this workshop we'll discuss:
- Praise that builds resilience
- Teaching goal-setting skills
- Celebrating effort instead of perfection
- Supporting social skills

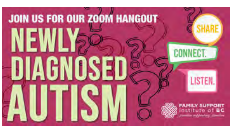
Wed., Nov. 25, 2026
10AM – 11:30AM
Online via Zoom

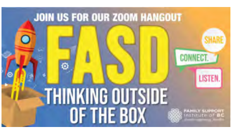
Register for Workshops

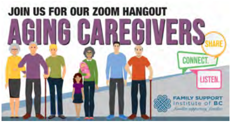
FAMILY SUPPORT
Institute of BC
families supporting families

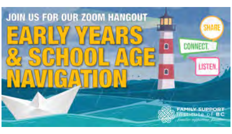

JOIN US FOR OUR ZOOM HANGOUT
JOURNEY THROUGH GRIEF
SHARE
CONNECT.
LISTEN.
FAMILY SUPPORT Institute of BC

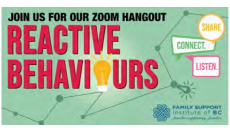

JOIN US FOR OUR ZOOM HANGOUT
GENDER MARVELOUS
SHARE
CONNECT.
LISTEN.
FAMILY SUPPORT Institute of BC

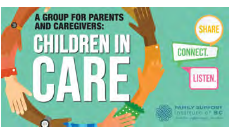

JOIN US FOR OUR ZOOM HANGOUT
NEWLY DIAGNOSED AUTISM
SHARE
CONNECT.
LISTEN.
FAMILY SUPPORT Institute of BC

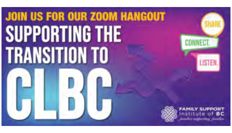

JOIN US FOR OUR ZOOM HANGOUT
FASD
THINKING OUTSIDE OF THE BOX
SHARE
CONNECT.
LISTEN.
FAMILY SUPPORT Institute of BC


JOIN US FOR OUR ZOOM HANGOUT
AGING CAREGIVERS
SHARE
CONNECT.
LISTEN.
FAMILY SUPPORT Institute of BC


JOIN US FOR OUR ZOOM HANGOUT
EARLY YEARS & SCHOOL AGE NAVIGATION
SHARE
CONNECT.
LISTEN.
FAMILY SUPPORT Institute of BC


JOIN US FOR OUR ZOOM HANGOUT
REACTIVE BEHAVIOURS
SHARE
CONNECT.
LISTEN.
FAMILY SUPPORT Institute of BC


A GROUP FOR PARENTS AND CAREGIVERS:
CHILDREN IN CARE
SHARE
CONNECT.
LISTEN.
FAMILY SUPPORT Institute of BC


JOIN US FOR OUR ZOOM HANGOUT
SUPPORTING THE TRANSITION TO CLBC
SHARE
CONNECT.
LISTEN.
FAMILY SUPPORT Institute of BC

JOIN US FOR OUR ZOOM HANGOUT
INDIGENOUS CAREGIVERS CIRCLE
SHARE.
CONNECT.
LISTEN.
FAMILY SUPPORT institute of BC

Learn More

A WORKSHOP FOR CAREGIVERS CREATIVE ARTS

(SPACE IS LIMITED TO 15 PARTICIPANTS)

with Asha Rao- M.A (RCC), DVATI

WEDNESDAY, NOVEMBER 25 | 7:00-8:00PM

FSI LEARNING EXPLORATIONS 2026
SUPPORTING YOUR JOURNEY

Family caregivers, join our Creative Art Wellness workshop and take some time to nurture your creativity with others in a cozy, virtual space!

Learn More and Registration

WILLS & ESTATE PLANNING

with Geoffrey White

WED, NOVEMBER 25 | 6:30-8:30PM

FSI LEARNING EXPLORATIONS 2026
SUPPORTING YOUR JOURNEY

Becoming well-informed about wills, trusts and estate planning is necessary to secure the financial future of your loved one with a disability. In this workshop, Geoffrey White will explain how to arrange your estate, prepare a will, and the various ins and outs of setting up a trust specifically for your relative or loved-one with a disability.

More Info and Registration

AUTISM SUPPORT NETWORK

It's Not Defiance: Understanding and Supporting Your PDA Child November 24, 2026 @ 7:00-9:00PM

If everyday requests like brushing teeth, getting dressed, or leaving the house become standoffs in your household, you are not alone, and it is not a parenting failure. For children who have the pathological demand avoidance (PDA) profile of autism, even ordinary expectations can trigger an intense nervous system threat response.

In this engaging and practical session, Dr. Alison Brazier will explore the PDA subtype of autism or what some call a “persistent drive for autonomy”. The presentation will cover our current understanding of PDA, why standard parenting practices often backfire, and the best ways to support these children and adolescents. It will also explain why your child’s avoidance is not defiance, but reflects challenges with uncertainty and a need for autonomy.

Read More

FamilySmart
Together-Centred

'intheknow'
ONLINE EVENT
connect + learn

Emotion Regulation

When kids frequently have big emotions, parenting can be overwhelming and tiring. Discover some strategies and skills that can make it easier for your kids and you, and the critical role that parents and caregivers play to create positive change for young people. Learn about emotion regulation and dysregulation from Nicole Allen, Registered Clinical Counsellor.

November 10, 2026 @ 6:30 pm - 8:00 pm PST
November 17, 2026 @ 6:30 pm - 8:00 pm PST

Read More

'intheknow'

ONLINE EVENT

connect + learn

Emotion Regulation Part 2: Deepening Our Understanding - FamilySmart

Our kids' big emotions don't always make sense. As parents, we might even feel like we're walking on egg shells because we're scared of another big emotional outburst. Watch our second video conversation with Nicole Allen, Registered Clinical Counsellor, to deepen your understanding about your kids' emotion regulation. Nicole helps us understand why some kids cope easier than others, how to determine what our child needs during those hard moments, and shares some strategies that can help.

November 24, 2026 @ 12:00 pm - 1:30 pm PST
November 25, 2026 @ 6:30 pm - 8:00 pm PST

Read More

SASS

Sooke Autism Support Society

NOVEMBER 2026

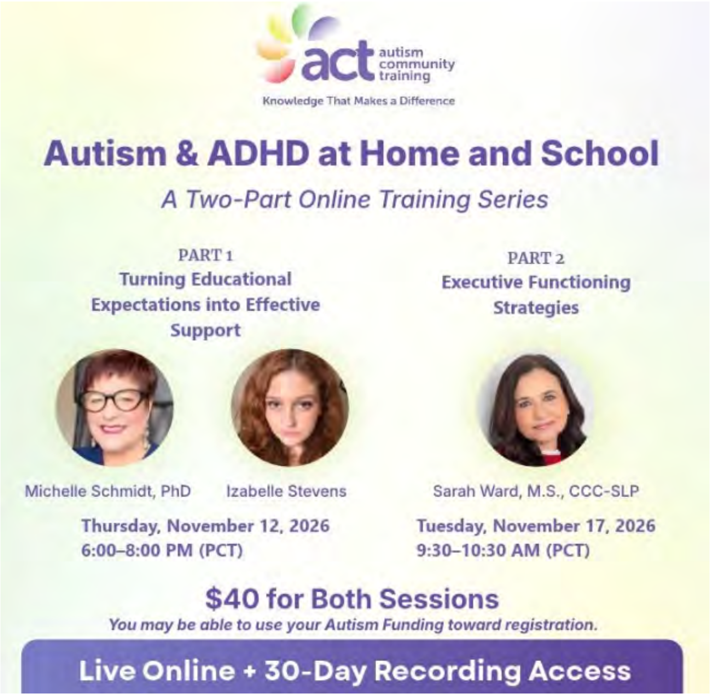
SASS FESTIVAL OF TREES

Come help us decorate the SASS-sponsored Tree at the Festival of Trees
November 23 @ Seaparc from 10 am - 1 pm
Also, enjoy a swim or skate compliments of SASS!

SASS SENSORY SANTA FAMILY PHOTOS

November 28 @ 5:00 pm - 8:30 pm
We are delighted be able to provide complimentary SENSORY SANTA PHOTOS right here in Sooke for our SASS Families
All children in the family are welcome!
* Spots are limited.
To RSVP your spot please contact Caitlin at info@sooke-sass.com and she will be delighted to add you to our list

RSVP



act autism community training

Knowledge That Makes a Difference

Autism & ADHD at Home and School

A Two-Part Online Training Series

PART 1
Turning Educational Expectations into Effective Support

Michelle Schmidt, PhD
Izabelle Stevens

Thursday, November 12, 2026
6:00–8:00 PM (PCT)

PART 2
Executive Functioning Strategies

Sarah Ward, M.S., CCC-SLP

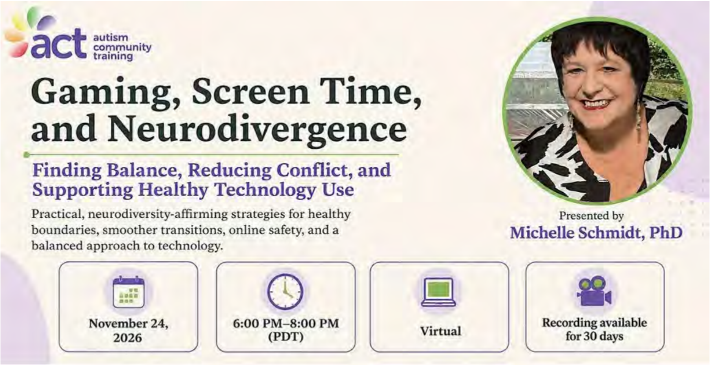
Tuesday, November 17, 2026
9:30–10:30 AM (PCT)

$40 for Both Sessions

You may be able to use your Autism Funding toward registration.

Live Online + 30-Day Recording Access

Register Here



act autism community training

Gaming, Screen Time, and Neurodivergence

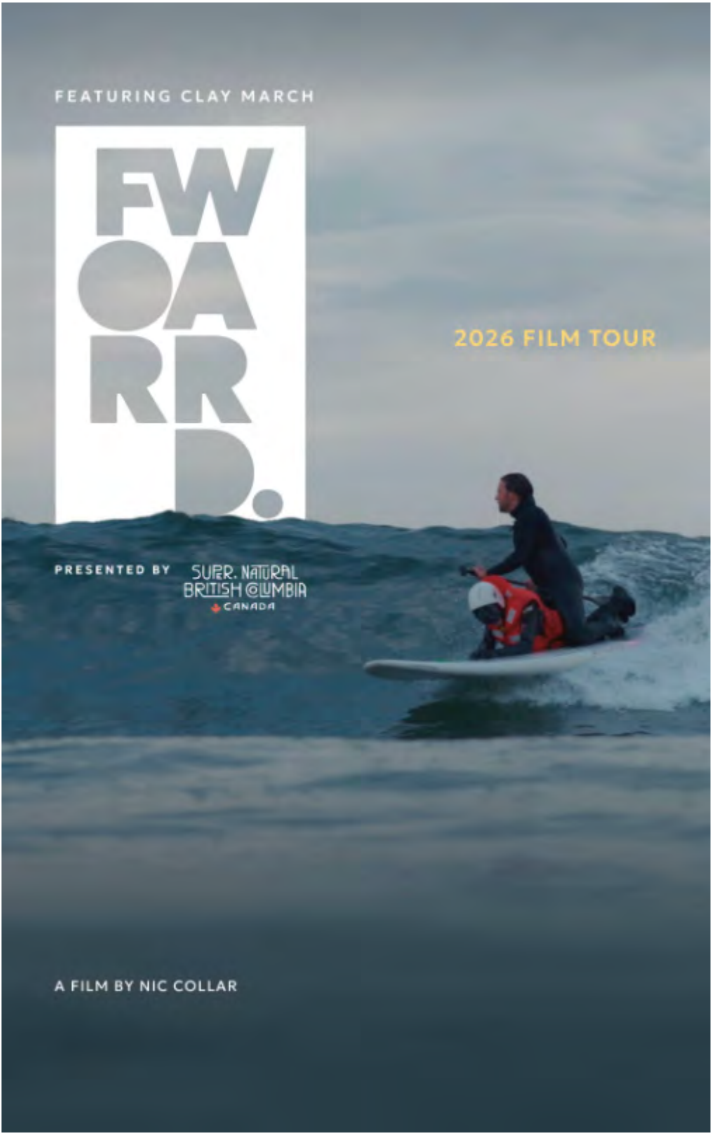
Finding Balance, Reducing Conflict, and Supporting Healthy Technology Use

Practical, neurodiversity-affirming strategies for healthy boundaries, smoother transitions, online safety, and a balanced approach to technology.

Presented by
Michelle Schmidt, PhD

November 24, 2026
6:00 PM–8:00 PM (PDT)
Virtual
Recording available for 30 days

Register Here

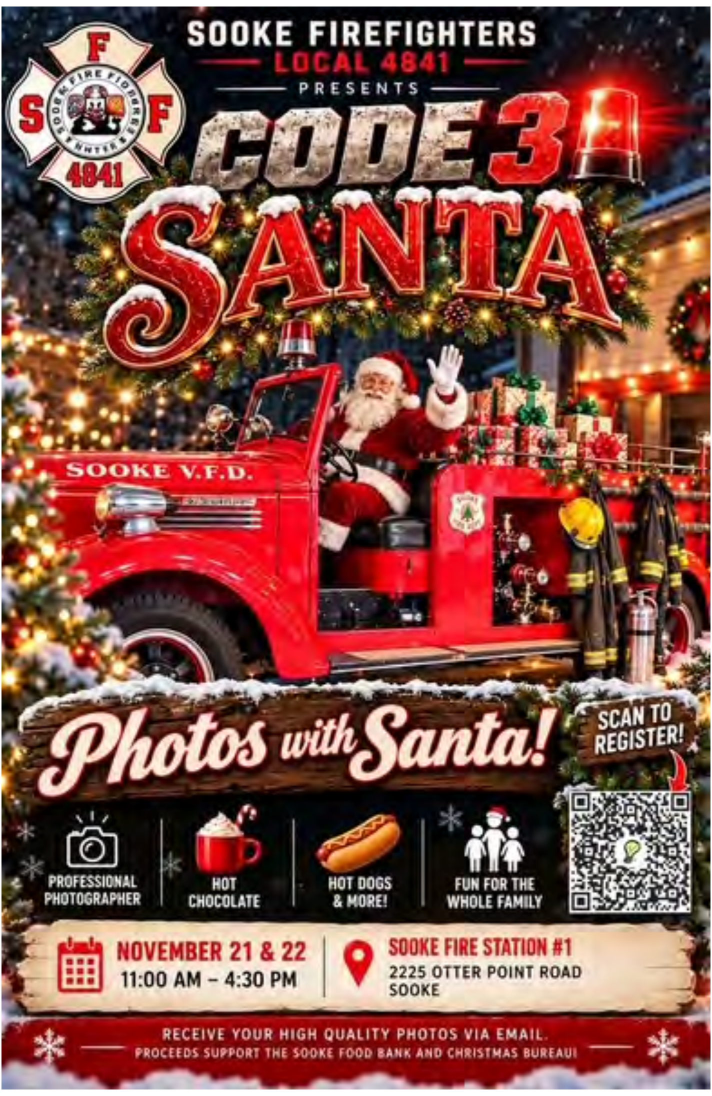

FEATURING CLAY MARCH
FORWARD.
2026 FILM TOUR
PRESENTED BY
SUPER. NATURAL BRITISH COLUMBIA CANADA
A FILM BY NIC COLLAR

Forward the film

Forward is a film by Nic Collar that celebrates the power of adaptive adventure through the inspiring journey of Clay March - a young man with cerebral palsy whose passion for skiing, surfing, and exploring the outdoors knows no bounds. Premiered at Whistler Film Festival.

Screening in Victoria, BC on November 27!

Learn More Here


SOOKE FIREFIGHTERS
LOCAL 4841
PRESENTS
CODE 3 SANTA

SOOKE V.F.D.

Photos with Santa!

SCAN TO REGISTER!

PROFESSIONAL PHOTOGRAPHER
HOT CHOCOLATE
HOT DOGS & MORE!
FUN FOR THE WHOLE FAMILY

NOVEMBER 21 & 22
11:00 AM – 4:30 PM

SOOKE FIRE STATION #1
2225 OTTER POINT ROAD
SOOKE

RECEIVE YOUR HIGH QUALITY PHOTOS VIA EMAIL.
PROCEEDS SUPPORT THE SOOKE FOOD BANK AND CHRISTMAS BUREAU!

Register Here

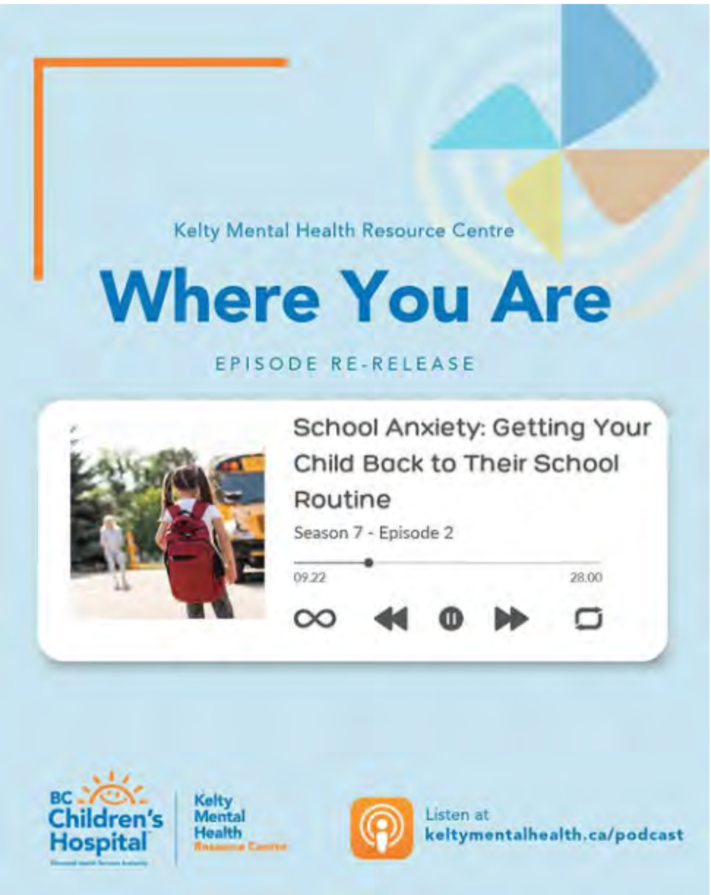
HAPPY HOLIDAYS
9434
Happy Holidays

44th Peninsula Co-op Santa Claus Parade Presented by CHEK - GVFS

44th Peninsula Co-op Santa Claus Parade Presented by Chek
November 28, 2026, 5:30 pm starting at Belleville and Government
Giving Back to Our Community Once again, we are proudly supporting [...]

Read More

Resources


Kelty Mental Health Resource Centre
Where You Are
EPISODE RE-RELEASE
School Anxiety: Getting Your Child Back to Their School Routine
Season 7 - Episode 2
09.22
28.00
BC Children's Hospital
Kelty Mental Health Resource Centre
Listen at keltymentalhealth.ca/podcast

Listen to Episode

Leadership of the Year Award | BC People First

BC People First is proud to present the annual Self-Advocate Leadership of the Year Award. In celebration of self-advocacy and the power of self-advocates. This award goes to someone in British Columbia who has shown leadership and knowledge throughout the past year in advocating for themselves and the rights of people with intellectual or developmental disabilities.

Read More

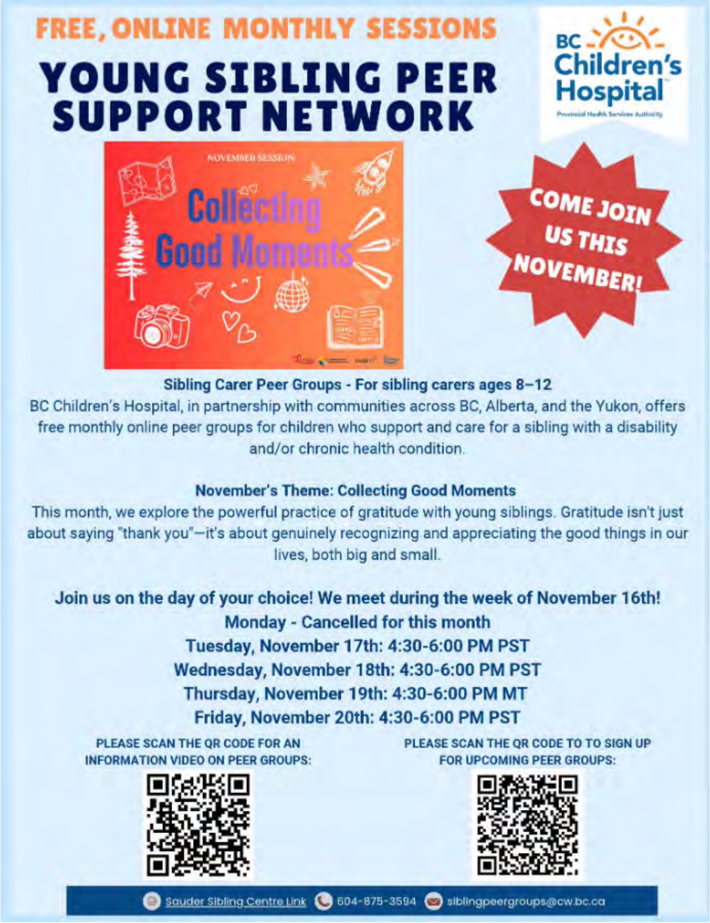
Looking for personalized guidance on navigating disability caregiving?
You don't have to do it alone.

Contact us now to connect with a peer mentor.

FAMILY SUPPORT Institute of BC
families supporting families

604-540-8374 or 1-800-441-5403
fsi@fsibc.com | familysupportbc.com

Sign up Here



FREE, ONLINE MONTHLY SESSIONS

YOUNG SIBLING PEER SUPPORT NETWORK

BC Children's Hospital
Provincial Health Services Authority

NOVEMBER SESSION
Collecting Good Moments

COME JOIN US THIS NOVEMBER!

Sibling Carer Peer Groups - For sibling carers ages 8–12
BC Children's Hospital, in partnership with communities across BC, Alberta, and the Yukon, offers free monthly online peer groups for children who support and care for a sibling with a disability and/or chronic health condition.

November's Theme: Collecting Good Moments
This month, we explore the powerful practice of gratitude with young siblings. Gratitude isn't just about saying "thank you"—it's about genuinely recognizing and appreciating the good things in our lives, both big and small.

Join us on the day of your choice! We meet during the week of November 16th!
Monday - Cancelled for this month
Tuesday, November 17th: 4:30-6:00 PM PST
Wednesday, November 18th: 4:30-6:00 PM PST
Thursday, November 19th: 4:30-6:00 PM MT
Friday, November 20th: 4:30-6:00 PM PST

PLEASE SCAN THE QR CODE FOR AN INFORMATION VIDEO ON PEER GROUPS:

PLEASE SCAN THE QR CODE TO TO SIGN UP FOR UPCOMING PEER GROUPS:

Sauder Sibling Centre Link ☎ 604-875-3594 ✉ siblingpeergroups@cw.bc.ca

Learn More

Register Here

Adapt & Thrive | Home Accessibility Renovations in Greater Victoria, BC

Your home should keep working for you. Thoughtful changes, from a better handrail to an accessible bathroom, so you can live safely and comfortably in the home you love.

Read More

Gentle Walking Classes | Wednesday Wanderers ~ Walking Group

Join us every Wednesday for a gentle-paced walk in our community. Wanderers Walking Group is a great way to improve your cardiovascular health, boost your mood, and reduce stress, all while making new friends and exploring the beautiful Fairfield neighbourhood! Please remember to wear appropriate clothing and footwear and to check for program updates on our website as we head into the rainy season.

Read More

News

Inclusion Canada

Media Release- Building a Strong Canada Must Include People with an Intellectual Disability

Inclusion Canada welcomes several measures in the 2026 Federal budget that will help people with intellectual disabilities and their families manage rising living costs.

However, we are disappointed that the budget fails to deliver meaningful improvements to the Canada Disability Benefit and other critical supports needed to reduce disability poverty.

We also remain concerned about the lack of clear commitments to inclusive housing rather than congregate living arrangements, and to sustained, long-term funding for inclusive employment programs such as Ready, Willing and Able.

Read our full comments on Budget 2026 in our media release.

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

Unsubscribe | Update Profile | Constant Contact Data Notice

Constant Contact
Try email marketing for free today!