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

October 2025

As we enter a new season, we hope you and your families are able to enjoy the changing leaves and beauty of the fall. With festivities coming up the in month of October, namely Thanksgiving and Spooky season (Halloween), we hope for safety and joy as you celebrate with family and friends!

Please see the newsletter for a number of inclusive events also happening in and around the city this month!

Justine Dooley

CLV Family Support Program

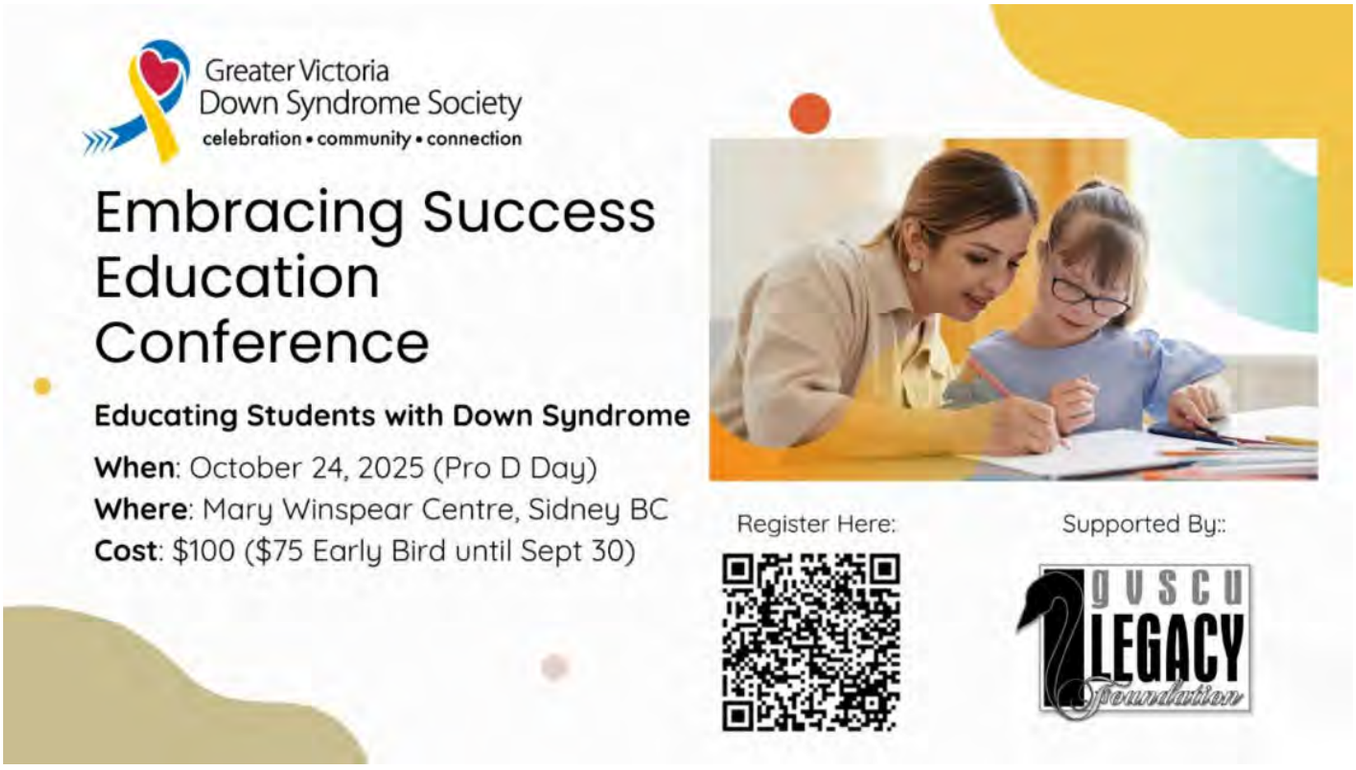
Alyssa Strohschein

CLV Parent Support Program

CLV Announcements

Read Report Here

Community Events



This professional development opportunity is for parents, teachers, ECEs, EAs, SEAs and other educational support staff. It will take place during the province-wide professional development day on Friday, October 24, 2025

More Info

Join us for our **Beer and Burger Silent Auction** on **October 26th** at **Four Mile Brew Pub** as part of Canadian Down Syndrome Week. Enjoy delicious food and drinks while bidding on exciting items and supporting a great cause. All proceeds will benefit the Greater Victoria Down Syndrome Society's programs and services

More Info

Visit their Website

Register Here

FamilySmart
Together-Centred

'intheknow'

ONLINE EVENT

connect + learn

ADHD - The Real Deal

ADHD doesn't just affect the person living with ADHD. It also affects those around them. As parents of kids living with ADHD, we can benefit from learning what ADHD is and how to support our kids. Learn from Dr. Duncan,Child and Adolescent Psychiatrist, as he dispels some myths and explains how and why the ADHD brain works the way it does.

Join us and other families for this video presentation and discussion that's facilitated by a FamilySmart Family Peer Support Worker.

October 7 @ 6:30 pm - 8:00 pm PDT
October 21 @ 12:00 pm - 1:30 pm PDT
October 28 @ 6:30 pm - 8:00 pm PDT

More Info and Registration

'intheknow'

ONLINE EVENT

connect + learn

Obsessive Compulsive Disorder: It's More Than Overwashing Your Hands

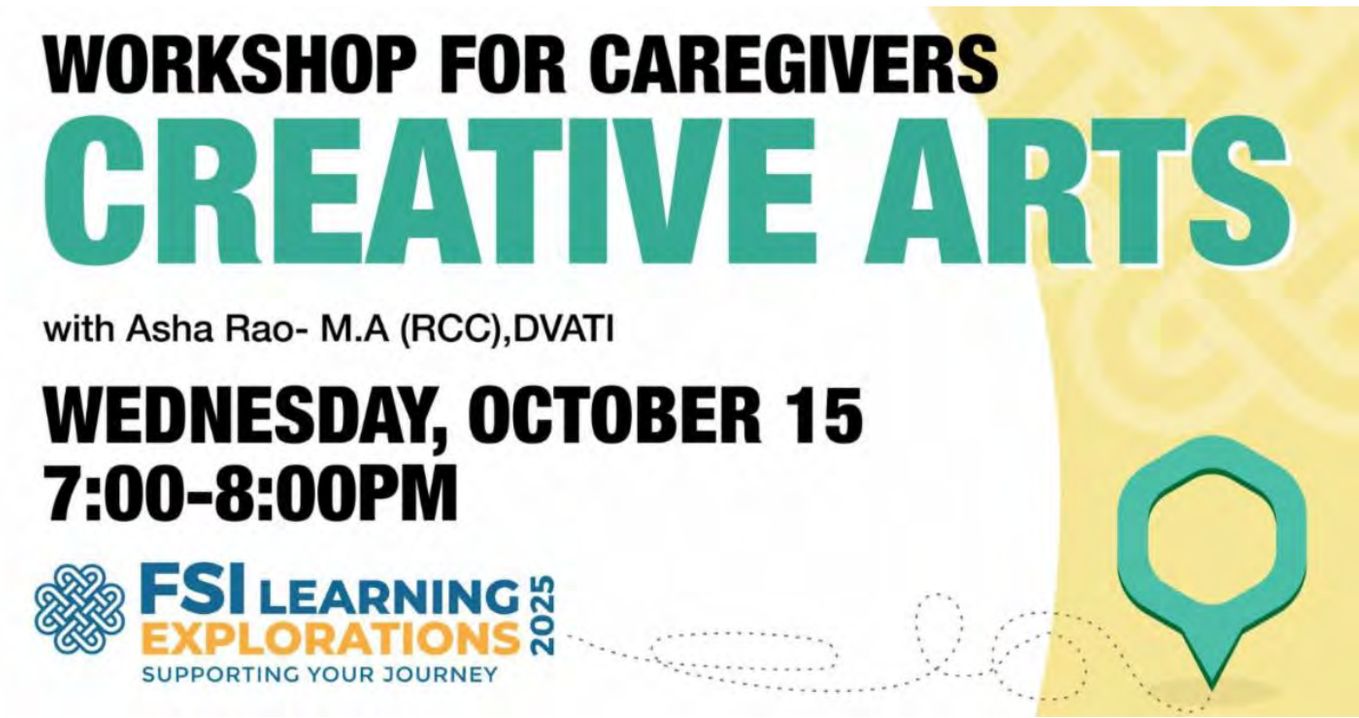
Living with OCD can present unique challenges that affect both our kids and us as families. For those living with it, simple tasks become overwhelming and disrupt daily life. Learn from Dr. Katherine McKenney, R. Psychologist and Director, Cornerstone Child & Family Psychology Clinic; and Kelsey, a young adult who lives with OCD. Together they discuss ways to strengthen our understanding and to support our kids living with OCD.

October 15 @ 6:30 pm - 8:00 pm PDT
October 23 @ 6:30 pm - 8:00 pm PDT

Read More

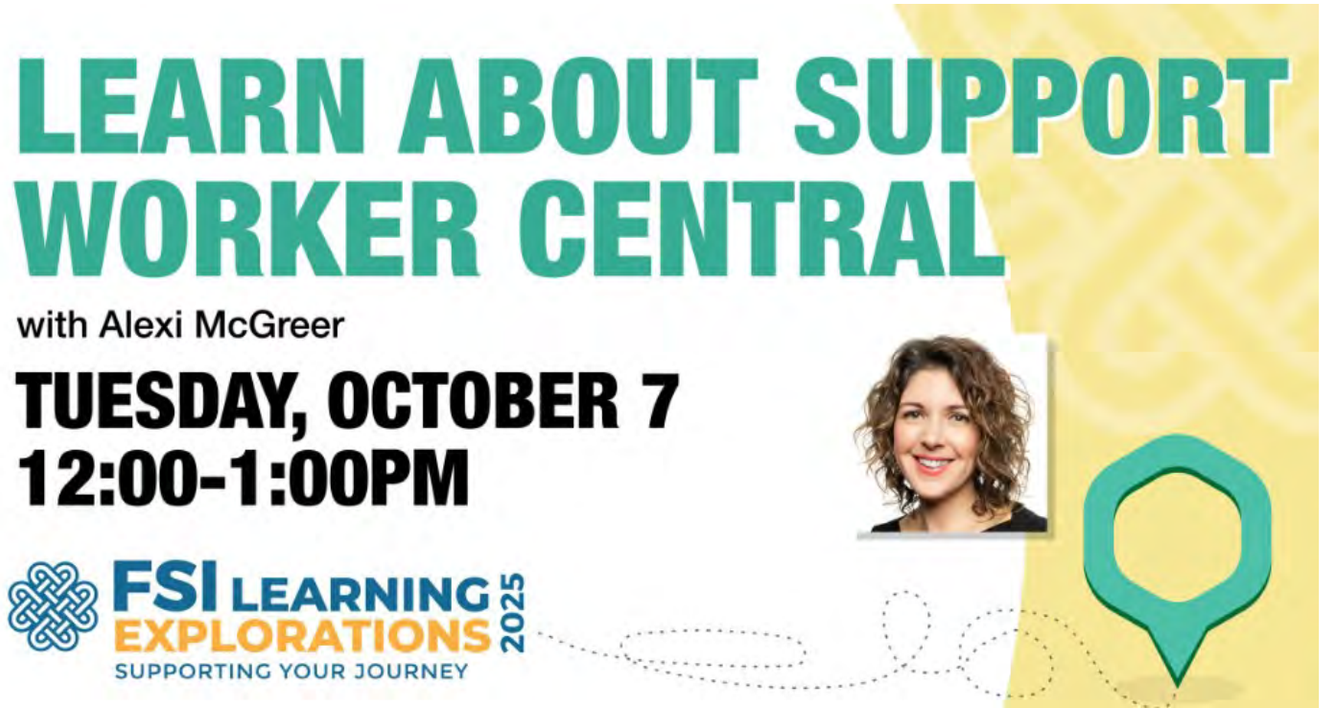
FAMILY SUPPORT Institute of BC
families supporting families

More Info & Events



Caregivers in BC are invited to take a moment to pause this Fall to creatively explore and nurture your wellness. Join us online on Wednesday, October 15, 7-8pm for a creative arts workshop for caregivers.

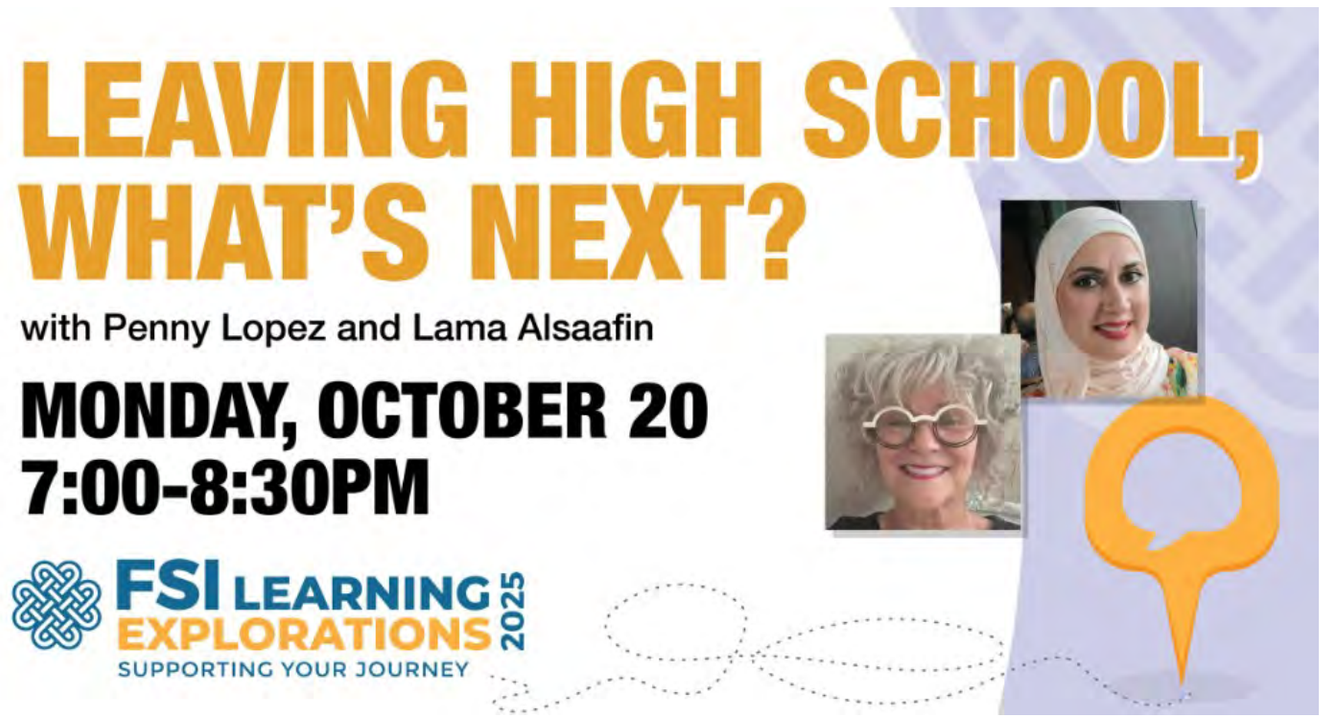
Register Here



Are you looking to hire support staff?

Learn about Support Worker Central, a free, province-wide job board where families and their loved ones with disabilities can find and hire support staff. During this presentation, you will learn how to create an account as someone hiring staff through Support Worker Central, how the job board works, and the resources available to support you as an employer.

Register Here



How do you prepare for this big change in your childs life? This workshop is designed to help families understand how to prepare for their son's or daughter's transition from high school into a full life in the community. Drawing on the experiences of many parents and professionals, we will discuss roles and responsibilities, the planning process, planning tools and available resources and services.

Register Here

Join Tyra Skibington, certified yoga instructor, for a 45-minute gentle movement program, accessible for all abilities.

Register Here

Parents are fighting for their children's lives within a mental health system steeped in stigma. They are scared, isolated, and exhausted, caught in a cycle of navigating a fragmented system that fails to meet their needs.

Their plea is clear: accessible, comprehensive care with long-term support. Community leaders and policymakers are invited to join this virtual guided conversation grounded in real stories and honest dialogue.

Families and self-advocates are welcome to attend.

Together, let's explore how we can open the door to help families, inform policy, and build a future where every person has the chance to thrive.

Visit our Website

Making Connections | Sharing Information | Finding Solutions

SASS

Sooke Autism Support Society

sooke.sass@gmail.com
@sookesass
www.sooke-sass.com
6489 Beechwood Place, Sooke BC V9Z 0Y7

Happy Fall SASS Community!

We hope you all enjoyed your summer and are ready for our FALL SEASON of SASS Meetings, Events & Activities.

50/50 DRAW to BENEFIT SASS HOLIDAY ACTIVITIES – Draw Date is October 15 – Get Your Tickets Now!

- **The Sooke & Juan de Fuca Health Foundation has made SASS their chosen charity for the October 50/50 Draw!**
- **A portion of the proceeds will be donated directly to SASS.**
- **These funds will be used specifically to support our Holiday Family Activities: Holiday Craft & Care Packages, Festival of Trees & Sensory Santa!**
- Support two amazing causes and **BUY Your Tickets Here –**

https://www.sookejdfhealthfoundation.org/5050
- **Please share with your friends & family for this great cause** 😊

SASS MONTHLY CAREGIVER EDUCATION & SUPPORT MEETING - Thursday, October 16 at 7:00 pm

- **Where – Seaparc Boardroom**
- **What – Navigating the School System**
- **Who – Bethany Wiens, SD62**
- **Special Note: We will be opening the bookings for Sensory Santa Photo at our October meeting (Sensory Santa is on November 28)**
- **This meeting is graciously sponsored by Village Foods!**

MONTHLY SASS SOCIAL GROUP PLANNING MEETING VIA ZOOM - Thursday, October 2 at 6:30 pm

- This Zoom Meeting now happens the **first Thursday of every month at 6:30 pm via Zoom –** We welcome and encourage new group members!
- Participants on this meeting discuss and plan for their **monthly in-person activity.**
- This group enjoyed a variety of activities: bowling, playing board games, Laser Tag, Mini Golf, French Beach, the Flying Squirrel, Pumpkin Carving, Qasar's Arcade & more!
- Lane is our Activity Facilitator for this group 😊

SASS SIBKIDS SIBSHOPS – Registration to start in November!

- This is an awesome program for siblings of those with special needs - Advanced Registration is required.
- The next cycle of Sibshops will run in **January & February of 2026.**
- We will be updating our website at www.sooke-sass.com and providing updates to the **Sibshops Registration** this month
- We are incredibly grateful to the **District of Sooke** who recently provided us with a Grant to support Sibkids Sibshops!

SASS PRIVATE SWIM GRANTS

- We are delighted to have issues these grants to **10 SASS Families!**
- We hope to make the **Private Swim Grants** available again in **Summer 2026**
- This grant program is generously sponsored by the **Sooke Lions Club.**

SASS AUTISM RESOURCE HUB @ The Sooke Regional Library – Accepting Donations Now!

- We **graciously accept new donations** for the **SASS Autism Resource Hub** which is cared for by the **Sooke Regional Library**!
- Please ensure all donations are provided directly to SASS so we can properly identify & itemize items before bringing them to the Library for use.
- Check out the **wonderful variety** of books, games, videos, and various learning resources available!
- If you have items you would like to **donate to the resource hub**, we are happy to graciously accept them to share with other families who need them 😊

SASS ACCOUNT AT THE BOTTLE DEPOT IN SOOKE!

- We are delighted to let you know that **Sooke Autism Support Society (SASS)** has an account at the **Sooke Bottle Depot**!
- We **graciously accept any donations** you'd like to contribute to this account – which helps us continue to offer support to our SASS Families
- If you don't want to sort, but have empties – **feel free to drop them off at Sherri's place** (for more information on address please email sooke.sass@gmail.com)
- We will continue to have our **Annual Bottle Drive Fundraiser** each year in **April** to support **Autism Acceptance Month**!

Learn More

Plan Institute

Wills, Trusts, and Estate Planning Webinar - Thursday, October 30th, 2025 (10:00 AM - 11:30 AM PT)

Understanding wills, trusts, and estate planning can help secure your financial future or the financial future of a loved one with a disability. This webinar covers topics including considerations when creating a will, tips for protecting your loved ones when family passes, types of trusts, and more.

Please note that registration is limited to 60 people, therefore early registration is encouraged.

More Info and Registration

Disability Tax Credit Webinar

The Disability Tax Credit (DTC) is a non-refundable tax credit that can help reduce the amount of taxes owed by a person with a disability or someone who supports them. It is also a gateway benefit that gives access to other programs such as the Canada Disability Benefit and the Registered Disability Savings Plan.

DTC Webinar - Family Support Institute

This webinar will explain what the DTC is and how to make the best use of it, and also includes information about eligibility criteria, application tips, and what happens after you apply. At the end of the webinar, there is a 45 minute question and answer period with a DTC specialist.

October 2 2025 @ 10:00 am - 11:30 am PDT

Read More

ADMISSION:
$5

INCLUDES:
Featured guest performers,
Open Mic for all abilities
PLUS karaoke and singalong*

REFRESHMENTS ON SALE

Former SJ Willis School Building (Library)
923 Topaz Ave., Victoria
(enter off Glasgow St.)

Questions: westcoastreach@gmail.com

FUN, FRIENDS, GREAT MUSIC!

REACH!
West Coast Reach Association
www.westcoastreach.org/
Performing arts to empower, connect and inspire!

Garth Homer SOCIETY

One ability

Visit their Website

A LIVELY, MONTHLY, RECREATIONAL MUSIC PROGRAM FOR ADULTS AND YOUTH (16 YEARS+) WITH DIVERSE-ABILITIES

SING! | DANCE! | LISTEN! | CONNECT!

IT'S LIKE COMING TO A PARTY EVERY MONTH.

Featuring your favourite songs - live and recorded. Song requests also taken.

10:30-11:30 a.m.
Second Thursday of each month

At McTavish Academy of Art (gymnasium),
1720 McTavish Rd.
North Saanich (near Victoria Airport)

Sept. 11, Oct. 9, Nov. 13, Dec. 11
2025

SUGGESTED DROP-IN FEES (Receipts available)

$5 per person payable by cash
(no charge for caregivers)

OR

by cheque to West Coast Reach Association

FOR QUESTIONS OR TO RECEIVE MONTHLY REMINDERS:

WESTCOASTREACH@GMAIL.COM
250-889-0871 or 250-882-4339

PRODUCED BY

REACH!
West Coast Reach Association
www.westcoastreach.org/
Performing arts to engage, connect and inspire!

IN PARTNERSHIP WITH:

McPAVISH ACADEMY OF ART

SPONSORED BY:

VICTORIA FOUNDATION

www.westcoastreach.org | 250-889-0871 or 250-882-4339 | westcoastreach@gmail.com

Visit their Website

More Info

Event location: Archie Browning Sports Centre
Event address: 1151 Esquimalt Road

Join us for a spooky Everyone Welcome Skate.
Kids in FULL costume get in FREE!

More Info

Sooke Mental Health Fair

FREE Mental Health Fair on Saturday, October 4th, 2025, at Edward Milne Community School. This event is open to everyone in the Sooke Region (from East Sooke to Port Renfrew).

Read More

Resources

Next 8 Week Session Starts
Tuesday October 7th
Time: 10-1130am
Location:
345 Wale Rd. Boardroom
For Registration Contact:
Melissa or Raechelle
mhenderson@thrivevictoria.org
rwuolle@thrivevictoria.org

At times all parents and caregivers feel lost about what our child might need from us. The Circle of Security Parenting program is built on decades of research which can help us answer:

- What is my child really asking from me?
- How can I support my child to successfully manage their emotions?
- How can I parent my child to have strong self - esteem?
- How do I strengthen my relationship with my child?

Register Here **Learn More**

"

Inclusion Canada

What We're Doing

Inclusion Canada is advocating for more inclusive classrooms by developing practical resources and collaborating with experts in the field. Through our national initiative, Inclusive Education Canada, we've partnered with Community Living Fundy (NB) to create a resource website for educators and families to provide concise and accessible information on inclusive practices to improve learning outcomes for all students.

We're influencing education legislation across the country, advocating for laws and policies that ensure inclusion from early childhood through to post-secondary learning, and ending harmful practices that are too often being used against students with disabilities. We're also creating tools to help policymakers and educators fulfill their responsibilities and be held accountable for providing every child with a quality, inclusive education.

inclusive education Canada

FAMILY SUPPORT Institute of BC
families supporting families

A Right to Inclusive Education

Exclusion Tracker

When our kids experience a mental health crisis, it can leave our families feeling overwhelmed, isolated, and unsure of what to do next. Help for the Hard Times is a free, online workshop created by families, for families like ours. We've been there too. And we want to help.

What You'll Learn:

- How to support a safety plan at home
- How to take care of yourself and your family after a crisis
- How to find the resources you need

Who It's For:

Parents and caregivers whose child or youth is or has been a patient in a psychiatric unit or had an Emergency Room visit due to their mental health and/or substance use challenges.

Workshop Details:

A two week series offered online three times each month for families in B.C.

Free & online. Registration Required.
familysmart.ca/workshops

FamilySmart
Together-Centred

More Info and Registration

More Info

TREAT ACCESSIBLY®

Treat Accessibility: Creating the world's first accessible holiday tradition

Treat Accessibly's mission is to ensure that Halloween is inclusive and accessible for all children in Canada.

Read More

About - Able Sail Victoria

Able Sail Victoria was created on March 1, 2023, and its existence can be credited to the proud 34-year history of accessible sailing achievements of its predecessor, the Disabled Sailing Association of British Columbia, Victoria Branch.

Read More

Need help applying for disability benefits?

Inclusion Canada's new

Barrier-Free Benefits

program offers free one-on-one help to apply for programs like:

- ✓ Disability Tax Credit (DTC)
- ✓ Canada Disability Benefit (CDB)
- ✓ Registered Disability Savings Plan (RDSP)
- ✓ Canada Dental Care Plan (CDCP)
- ✓ Filing your taxes
- ✓ Other disability support programs

Barrier Free Benefits

Inclusion Canada

We can help you understand your options and apply, ***for free!***

Learn more:

https://www.inclusioncanada.ca/page/barrier-free-benefits

Visit their Website

HEMBC Health Emergency Management

WELLNESS EXCHANGE

Provincial Health Services Authority
Province-wide solutions. Better health.

WELLNESS EXCHANGE – BOOST YOUR WELLBEING

WHAT IS WELLNESS EXCHANGE?

The *Wellness Exchange* consists of five, free, weekly one-hour workshops designed to build skills in five different areas to help cope with stress and adversity, while promoting resilience and well-being.

Participants are given information and tools to increase coping, communication, and self-advocacy, create healthier relationships and build resilience.

The Wellness Exchange is a facilitated educational workshop series offered in a virtual group format with a focus on self-reflection and opportunities for interaction. Participants can join as few or as many sessions as they want.

More info **Register Here**

News

UBC

Parenting Experiences Among Adults With Intellectual Disabilities: A Scoping Review

A scoping review of 28 studies was conducted to offer a comprehensive answer to the question "What are the parenting experiences as shared by adults with intellectual disabilities" in the literature over the last two decades(2005-2024)

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

Family Support
familysupport@clvic.ca
250-477-7231 ext. 250

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

Unsubscribe | Update Profile | Constant Contact Data Notice

Constant Contact

Try email marketing for free today!