

Winter Program Guide

January - March 2023

Lower Mainland | Interior | Vancouver Island



Canucks Autism Network (CAN) provides programs to individuals on the autism spectrum & their families, while promoting acceptance & inclusion through community engagement and training initiatives across BC & beyond.



As we move towards Winter 2023, participants confirmed into in-person programs are no longer required to self-screen prior attending to each class.

However, we ask that anyone showing symptoms of illness stay home and complete the [program absence form](#).

Interested in signing up for CAN programs?

[Join now!](#) For \$25 per year (per individual on the autism spectrum), membership gives children, youth and adults on the autism spectrum access to our full range of programs and family experiences year-round. [Learn more about membership >>](#)

Note that *select* youth & adult programs (13yrs+) do not require CAN membership.

Additionally, diagnosis is *not* required for Autistic individuals 13yrs+ to participate.

We recognize that receiving an official diagnosis can be a barrier for Autistic youth & adults to access programs & services. [Learn more >>](#)

Already a CAN member?

[Login to your membership profile](#) when registration opens.

Note that reg for youth & adult programs open to non-members takes place outside of the typical CAN reg system.

Questions?

info@canucksautism.ca | 604-685-4049

1788 West 8th Avenue, Vancouver

Mon-Fri, 8:30am-4:30pm





ONLINE REGISTRATION FOR WEEKLY WINTER PROGRAMS

OPENS: MONDAY, NOVEMBER 21, NOON

CLOSES: SUNDAY, NOVEMBER 27, 11:59PM

A [CAN Membership](#) is required for registration.

Registration periods for select Youth & Adult Programs and Family Experiences varies throughout the season.

Registration is NOT first-come, first served.

- Registration requests first go to a PENDING status, meaning that no spots are provided on a first-come, first-served basis.
- **Select Family Experiences will be open on a first-come, first-served basis.**

Rank your programs in order of preference.

- While we do our best to accommodate preferences, they are **not** guaranteed.
- Participants are encouraged to request and rank all programs and locations of interest in order to help us better identify demand. This will help guide our future programming decisions and highlight areas most in need of fundraising support.

Due to the popularity of certain programs, waitlists will occur.

- Try not to be discouraged by waitlists. Being on a waitlist will positively impact your chances of enrolment for future seasons.

Our goal is to accommodate as many unique CAN members as possible.

- Enrolment decisions are based on various factors, including program demand, a participant's registration history with CAN, and a participant's current and past program registration ranking.

Lower Mainland

Abbotsford

- Active ([3-6yrs](#))
- Multisport ([7-12yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))

Burnaby

- Active ([3-6yrs](#))
- Multisport ([7-12yrs](#))
- Swim ([3-5](#), [6-12](#))

Chilliwack

- Active ([3-6yrs](#))
- Gymnastics ([7-12yrs](#))
- Multisport ([7-12yrs](#))
- Skate ([3-6](#), [7-12yrs](#))
- Swim ([3-5](#), [6-12](#))

Coquitlam

- Skate ([3-6](#), [7-12yrs](#))
- Swim ([3-5yrs](#))

Ladner

- Skate ([3-6](#), [7-12yrs](#))

Langley

- Active ([3-6yrs](#))
- Gymnastics ([7-12yrs](#))
- Multisport ([7-12yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))

Maple Ridge

- Active ([3-6yrs](#))
- Multisport ([7-12yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))

Mission

- Skate ([3-6](#), [7-12yrs](#))
- Swim ([3-5](#), [6-12](#))

North Vancouver

- Try It! (Rec Activities) ([13+yrs](#))

Port Coquitlam

- Swim ([6-12yrs](#))

Richmond

- Active ([3-6yrs](#))
- Gymnastics ([7-12yrs](#))
- Multisport ([7-12yrs](#))
- Swim ([3-5](#), [6-12yrs](#))

Surrey

- Active ([3-6yrs](#))
- Multisport ([7-12yrs](#))
- Skate ([3-6](#), [7-12yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))

Vancouver

- Active ([3-6yrs](#))
- CAN-STEP ([15-30yrs](#))
- Explore Volunteering ([15+yrs](#))
- Multisport ([7-12yrs](#))
- Music ([7-12yrs](#))
- RWA ([15+yrs](#))
- Skate ([3-6](#), [7-12yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))
- Transition to Adulthood ([15+yrs](#))

Virtual Programs

- Early Years ([3-6yrs](#))
- Children ([7-12yrs](#))
- Youth and Adult ([13+yrs](#))

Sessions subject to change.

Interior

Kamloops

- Active ([3-6yrs](#))
- Gymnastics ([7-12yrs](#))
- Multisport ([7-12yrs](#))
- Skate ([3-6](#), [7-12yrs](#))
- Swim ([3-5](#), [6-12yrs](#))

Kelowna

- Gymnastics ([7-12yrs](#))
- Multisport ([7-12yrs](#))
- Outdoor Active ([13+yrs](#))
- Skate ([3-6](#), [7-12yrs](#))
- Swim ([3-5](#), [6-12yrs](#))

West Kelowna

- Active ([3-6yrs](#))
- Multisport ([7-12yrs](#))

Vancouver Island

Nanaimo

- Active ([3-6yrs](#))
- Multisport ([7-12yrs](#))
- Skate ([3-6](#), [7-12yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))

Victoria

- Active ([3-6yrs](#))
- Fitness ([13+yrs](#))
- Multisport ([7-12yrs](#))
- Swim ([3-5](#), [6-12yrs](#))

Sessions subject to change.

Programs by Age Group

Find information about our programs, including registration information, eligibility, as well as program locations and times, by clicking on any of the programs listed below.

| 3-6yrs | 7-12yrs | 13-17yrs, 18+yrs | All Ages |
|--|---|--|--|
| <ul style="list-style-type: none"> • Active • Preschool Swim* • Skate • Virtual Early Years Programs | <ul style="list-style-type: none"> • Gymnastics • Multisport • Music • Skate • Swimmer 1/2/3* • Virtual Children's Programs | <ul style="list-style-type: none"> • Explore Volunteering (15+yrs) • Mental Health & Wellness Programs • Monthly Youth & Adult Programs • Ready, Willing & Able (RWA) • Recreation Programs - Youth & Adult • Skills Training Employment Program (CAN - STEP) • Transition to Adulthood (15-25yrs) • Virtual Weekly Youth & Adult Programs • Youth & Adult Swim | <ul style="list-style-type: none"> • Family Experiences |

A fun introduction to fundamental movement skills!

Active teaches children on the autism spectrum and their siblings core movement skills such as running, jumping and balancing in a safe and supportive environment.

Participants get the opportunity to play games and practice transitions while being physically active. Learning fundamental movement skills helps children build the confidence necessary for a lifetime of sport and physical activity!

Program Structure

45 mins, once per week, 6 weeks

Seasons: Fall, Winter, Spring

Cost: No cost

Siblings: Yes*

*Must also register at time of registration & be within age range.

Session Structure: Warm-up, group games, individual skill practice—see more in the [Active Storybook](#).



WINTER 2023 ACTIVE LOCATIONS & TIMES

| City | Facility | Day | Time | Starts | Ends |
|--------------|--------------------------------------|-----------|-----------------|--------|--------|
| Abbotsford | Abbotsford Rec Centre | Thursday | 5:15-6:00pm | Jan 26 | Mar 02 |
| Burnaby | Cameron Rec Complex | Saturday | 6:15-7:00pm | Jan 21 | Mar 04 |
| Burnaby | Edmonds Community Centre | Tuesday | 6:15-7:00pm | Jan 24 | Feb 28 |
| Chilliwack | Chilliwack Central Elementary School | Saturday | 2:15-3:00pm | Jan 21 | Mar 04 |
| Kamloops | Kamloops Soccer Dome | Saturday | 10:15-11:00am | Jan 28 | Mar 11 |
| Kamloops | Beattie Elementary | Monday | 5:15-6:00pm | Jan 23 | Mar 06 |
| Langley | Douglas Recreation Centre | Wednesday | 5:15-6:00pm | Jan 25 | Mar 01 |
| Langley | Douglas Recreation Centre | Friday | 5:15-6:00pm | Jan 20 | Mar 03 |
| Maple Ridge | Maple Ridge Leisure Centre | Sunday | 9:45-10:30am | Jan 22 | Mar 05 |
| Nanaimo | Randerson Ridge Elementary | Tuesday | 4:15-5:00pm | Jan 24 | Feb 28 |
| Richmond | West Richmond Community Centre | Saturday | 12:30-1:15pm | Jan 21 | Mar 04 |
| Richmond | West Richmond Community Centre | Saturday | 1:15-2:00pm | Jan 21 | Mar 04 |
| Surrey | Uplands Sports Centre | Friday | 5:15-6:00pm | Jan 20 | Mar 03 |
| Vancouver | Britannia Community Centre | Monday | 5:15-6:00pm | Jan 23 | Mar 06 |
| Vancouver | Jewish Community Centre | Saturday | 9:45-10:30am | Jan 21 | Mar 04 |
| Victoria | Northridge Elementary | Monday | 6:15-7:00pm | Jan 23 | Mar 06 |
| Victoria | Royal Oak Middle School | Saturday | 11:30am-12:15pm | Jan 21 | Mar 04 |
| Victoria | Juan de Fuca Rec Centre | Saturday | 2:15-3:00pm | Jan 21 | Mar 04 |
| West Kelowna | Mar Jok Elementary | Monday | 5:15-6:00pm | Jan 23 | Mar 06 |

Reg. opens: Mon, Nov 21 at noon | Reg. closes: Sun, Nov 27 at 11:59pm

Sessions subject to change.



Skate teaches children on the autism spectrum basic skating skills such as moving forward, gliding, and stopping in a safe and supportive environment.

Program Structure

30 minutes, once per week, 6 weeks

Seasons: Fall, Winter, Spring

Cost: \$30 | **Siblings:** No

Session Structure: Warm-up, skill practice, group games. See more in the [Skate Activity Storybook](#).

Equipment: Skate and helmet rentals are available at facilities.

SKATE (3-6YRS) WINTER 2023 LOCATIONS & TIMES

| City | Facility | Day | Time | Starts | Ends |
|------------|----------------------------------|----------|---------------|--------|--------|
| Chilliwack | Sardis Sports Complex | Tuesday | 3:30-4:00pm | Jan 24 | Feb 28 |
| Coquitlam | Poirier Sport & Leisure Complex | Saturday | 2:30-3:00pm | Jan 21 | Mar 04 |
| Coquitlam | Poirier Sport & Leisure Complex | Saturday | 3:00-3:30pm | Jan 21 | Mar 04 |
| Kamloops | Memorial Arena Kamloops | Thursday | 4:00-4:30pm | Jan 26 | Mar 02 |
| Kelowna | Capital News Centre | Tuesday | 5:30-6:00pm | Jan 24 | Feb 28 |
| Mission | Mission Arena | Thursday | 3:00-3:30pm | Jan 19 | Feb 23 |
| Nanaimo | Cliff McNabb Arena | Friday | 4:15-4:45pm | Jan 27 | Mar 10 |
| Surrey | North Surrey Sport & Ice Complex | Saturday | 9:30-10:00am | Jan 21 | Mar 11 |
| Vancouver | Britannia Community Centre | Saturday | 10:00-10:30am | Jan 21 | Mar 04 |
| Vancouver | Britannia Community Centre | Tuesday | 6:00-6:30pm | Jan 24 | Feb 28 |

Reg. opens: Mon, Nov 21 at noon | Reg. closes: Sun, Nov 27 at 11:59pm

Sessions subject to change.

Preschool Swim participants work on entries into the water, buoyancy, bubbles, movement, floats, and front/back swim.

Games and songs will be incorporated into lessons to create a fun environment that encourages increased comfort in the water!

The swim program will teach basic swimming and Water Smart skills under the [Lifesaving Society Swim for Life program](#).

**No previous swim experience required.*

Participants with all levels of support needs are encouraged to register.

[Learn more about CAN's new partnership with the Lifesaving Society >>](#)

Program Structure

30 minutes, once per week, 8 weeks

Seasons: Fall, Winter, Spring

Cost: \$40 | **Siblings:** No

Session Structure: High ratio of support provided by a certified swim instructor, trained support workers and dedicated volunteers. Review the [Swim Activity Storybook](#) to be prepared.



PRESCHOOL SWIM (3-5YRS) WINTER 2023 LOCATIONS & TIMES

| City | Facility | Day | Time | Starts | Ends |
|-------------|---------------------------------|-----------|---------------|--------|--------|
| Abbotsford | Matsqui Recreation Centre | Wednesday | 4:30-5:00pm | Jan 18 | Mar 08 |
| Abbotsford | Matsqui Recreation Centre | Wednesday | 5:00-5:30pm | Jan 18 | Mar 08 |
| Burnaby | Edmonds Community Centre | Saturday | 9:00-9:30am | Jan 14 | Mar 11 |
| Burnaby | Edmonds Community Centre | Saturday | 10:00-10:30am | Jan 14 | Mar 11 |
| Chilliwack | Cheam Leisure Centre | Sunday | 8:30-9:00am | Jan 15 | Mar 12 |
| Chilliwack | Cheam Leisure Centre | Sunday | 9:00-9:30am | Jan 15 | Mar 12 |
| Coquitlam | City Centre Aquatic Complex | Sunday | 8:00-8:30am | Jan 15 | Mar 12 |
| Coquitlam | City Centre Aquatic Complex | Sunday | 8:30-9:00am | Jan 15 | Mar 12 |
| Coquitlam | City Centre Aquatic Complex | Sunday | 9:00-9:30am | Jan 15 | Mar 12 |
| Coquitlam | City Centre Aquatic Complex | Sunday | 9:30-10:00am | Jan 15 | Mar 12 |
| Coquitlam | City Centre Aquatic Complex | Sunday | 10:00-10:30am | Jan 15 | Mar 12 |
| Kamloops | Tournament Capital Centre | Wednesday | 4:00-4:30pm | Jan 25 | Mar 15 |
| Kamloops | Tournament Capital Centre | Wednesday | 4:30-5:00pm | Jan 25 | Mar 15 |
| Kelowna | Parkinson Recreation Centre | Sunday | 3:30-4:00pm | Jan 15 | Mar 12 |
| Langley | W.C. Blair Recreation Centre | Saturday | 9:30-10:00am | Jan 14 | Mar 11 |
| Langley | W.C. Blair Recreation Centre | Saturday | 10:00-10:30am | Jan 14 | Mar 11 |
| Maple Ridge | Maple Ridge Leisure Centre | Saturday | 12:00-12:30pm | Jan 21 | Mar 18 |
| Maple Ridge | Maple Ridge Leisure Centre | Saturday | 12:30-1:00pm | Jan 21 | Mar 18 |
| Mission | Mission Leisure Centre | Friday | 4:00-4:30pm | Jan 13 | Mar 10 |
| Mission | Mission Leisure Centre | Friday | 4:30-5:00pm | Jan 13 | Mar 10 |
| Nanaimo | Nanaimo Aquatic Centre | Sunday | 5:00-5:30pm | Jan 22 | Mar 19 |
| Richmond | Minoru Centre for Active Living | Sunday | 9:30-10:00am | Jan 15 | Mar 12 |
| Richmond | Minoru Centre for Active Living | Sunday | 10:00-10:30am | Jan 15 | Mar 12 |

Reg. opens: Mon, Nov 21 at noon | Reg. closes: Sun, Nov 27 at 11:59pm

Sessions subject to change.



PRESCHOOL SWIM (3-5YRS) WINTER 2023 LOCATIONS & TIMES

| City | Facility | Day | Time | Starts | Ends |
|-----------|-----------------------------|----------|---------------|--------|--------|
| Vancouver | Jewish Community Centre | Saturday | 12:00-12:30pm | Jan 14 | Mar 11 |
| Vancouver | Jewish Community Centre | Saturday | 12:30-1:00pm | Jan 14 | Mar 11 |
| Vancouver | Jewish Community Centre | Saturday | 1:00-1:30pm | Jan 14 | Mar 11 |
| Victoria | Esquimalt Recreation Centre | Thursday | 4:00-4:30pm | Jan 19 | Mar 09 |
| Victoria | Esquimalt Recreation Centre | Thursday | 4:30-5:00pm | Jan 19 | Mar 09 |
| Victoria | Juan de Fuca Rec Centre | Saturday | 4:15-4:45pm | Jan 14 | Mar 11 |
| Victoria | Juan de Fuca Rec Centre | Saturday | 4:45-5:15pm | Jan 14 | Mar 11 |
| Victoria | Juan de Fuca Rec Centre | Sunday | 4:15-4:45pm | Jan 15 | Mar 12 |
| Victoria | Juan de Fuca Rec Centre | Sunday | 4:45-5:15pm | Jan 15 | Mar 12 |

Reg. opens: Mon, Nov 21 at noon | Reg. closes: Sun, Nov 27 at 11:59pm

Sessions subject to change.

Virtual Programming is hosted on a weekly basis through the online video program *Zoom*.

Coaches are able to connect in real-time with participants and teach new, fun, interactive lessons in a safe and supportive digital environment.

Have fun and build confidence alongside peers through activities guided by experienced CAN coaches!



Program Structure

Duration: 30 minutes, once per week, for 6 weeks

Seasons: Fall, Winter, Spring

Cost: None | **Siblings:** Yes*

*Must also register at time of registration & be within the correct age range.

Virtual Dance

In partnership with [All Bodies Dance](#), learn the basics of dance through games and activities.

Virtual Music

Participants will get an opportunity to practice making music through a range of group activities.

Virtual Science

Discover science through a range of experiments and activities. Learn and have fun at the same time!

WINTER 2023 VIRTUAL PROGRAMS DATES & TIMES

| Location | Activity | Day | Time | Starts | Ends |
|----------|-----------------|-----------|---------------|--------|--------|
| Online | Virtual Dance | Tuesday | 4:30-5:00pm | Jan 24 | Feb 28 |
| Online | Virtual Music | Wednesday | 5:30-6:00pm | Jan 18 | Feb 22 |
| Online | Virtual Science | Saturday | 10:15-10:45am | Jan 21 | Mar 04 |

Reg. opens: Mon, Nov 21 at noon | Reg. closes: Sun, Nov 27 at 11:59pm

Sessions subject to change.



Program Structure

Duration: 1 hour, once per week, for 6 weeks

Seasons: Fall, Winter, Spring

Cost: \$60 | **Siblings:** No

Session Structure: Circuit-style activities, individual & small group skill practice, and group games - see more in [Gymnastics Activity Storybook](#) to help prepare your child.

Gymnastics provides children on the autism spectrum an introduction to skills such as jumping, moving in different directions, balancing, as well as gym safety in a safe and supportive environment. Participants are overseen by a certified gymnastics coach, trained support workers, and volunteers.

WINTER 2023 GYMNASTICS LOCATIONS & TIMES

| City | Facility | Day | Time | Starts | Ends |
|------------|----------------------------|----------|--------------|--------|--------|
| Chilliwack | Chilliwack Gymnastics Club | Thursday | 7:00-8:00pm | Feb 02 | Mar 09 |
| Kamloops | Tournament Capital Centre | Sunday | 12:00-1:00pm | Jan 22 | Mar 05 |
| Kamloops | Tournament Capital Centre | Sunday | 1:00-2:00pm | Jan 22 | Mar 05 |
| Kelowna | Okanagan Gymnastics | Saturday | 2:00-3:00pm | Jan 21 | Mar 04 |
| Kelowna | Okanagan Gymnastics | Saturday | 3:00-4:00pm | Jan 21 | Mar 04 |
| Langley | Langley Gymnastics | Sunday | 5:00-6:00pm | Jan 22 | Mar 12 |
| Richmond | Tumble Town Steveston | Friday | 6:00-7:00pm | Jan 20 | Mar 03 |
| Richmond | Tumble Town Steveston | Friday | 7:00-8:00pm | Jan 20 | Mar 03 |
| Richmond | Tumble Town Ironwood | Saturday | 4:00-5:00pm | Jan 21 | Mar 04 |
| Richmond | Tumble Town Ironwood | Saturday | 5:00-6:00pm | Jan 21 | Mar 04 |

Reg. opens: Mon, Nov 21 at noon | Reg. closes: Sun, Nov 27 at 11:59pm

Sessions subject to change.

Multisport provides children on the autism spectrum and their siblings a fun introduction to the world of sports, including soccer and basketball.

Participants will play games and learn sports drills while practicing transitions, taking turns and fundamental movement skills.



Program Structure

1 hour, once per week, 6 weeks

Seasons: Fall, Winter, Spring

Cost: No Cost

Siblings: Yes *

*Must also register at time of registration & be within age range.

Session Structure: Individual practice and group games that work on skills relating to physical literacy, and a variety of sports.

Participants can prepare for this program by reviewing the [Multisport Activity Storybook](#).

WINTER 2023 MULTISPORT LOCATIONS & TIMES

| City | Facility | Day | Time | Starts | Ends |
|-------------|-------------------------------|-----------|---------------|--------|--------|
| Abbotsford | Abbotsford Recreation Centre | Thursday | 6:00-7:00pm | Jan 26 | Mar 02 |
| Burnaby | Cameron Recreation Complex | Saturday | 7:00-8:00pm | Jan 21 | Mar 04 |
| Burnaby | Edmonds Community Centre | Tuesday | 7:00-8:00pm | Jan 24 | Feb 28 |
| Chilliwack | Chilliwack Central Elementary | Saturday | 3:00-4:00pm | Jan 21 | Mar 04 |
| Kamloops | Kamloops Soccer Dome | Saturday | 11:00-12:00pm | Jan 28 | Mar 11 |
| Kamloops | Beattie Elementary | Monday | 6:00-7:00pm | Jan 23 | Mar 06 |
| Kelowna | Capital News Centre | Saturday | 4:45-5:45pm | Jan 21 | Mar 04 |
| Kelowna | Capital News Centre | Saturday | 5:45-6:45pm | Jan 21 | Mar 04 |
| Langley | Douglas Recreation Centre | Friday | 6:00-7:00pm | Jan 20 | Mar 03 |
| Langley | Douglas Recreation Centre | Wednesday | 6:00-7:00pm | Jan 25 | Mar 01 |
| Maple Ridge | Maple Ridge Leisure Centre | Sunday | 10:30-11:30am | Jan 22 | Mar 05 |

Reg. opens: Mon, Nov 21 at noon | Reg. closes: Sun, Nov 27 at 11:59pm

Sessions subject to change.



WINTER 2023 MULTISPORT LOCATIONS & TIMES

| City | Facility | Day | Time | Starts | Ends |
|--------------|--------------------------------|----------|---------------|--------|--------|
| Nanaimo | Randerson Ridge Elementary | Tuesday | 5:00-6:00pm | Jan 24 | Feb 28 |
| Nanaimo | Randerson Ridge Elementary | Tuesday | 6:00-7:00pm | Jan 24 | Feb 28 |
| Richmond | West Richmond Community Centre | Saturday | 2:00-3:00pm | Jan 21 | Mar 04 |
| Surrey | Uplands Sports Centre | Friday | 6:00-7:00pm | Jan 20 | Mar 10 |
| Surrey | Uplands Sports Centre | Friday | 7:00-8:00pm | Jan 20 | Mar 10 |
| Vancouver | Britannia Community Centre | Monday | 6:00-7:00pm | Jan 23 | Mar 06 |
| Vancouver | Jewish Community Centre | Saturday | 10:30-11:30am | Jan 21 | Mar 04 |
| Victoria | Northridge Elementary | Monday | 7:00-8:00pm | Jan 23 | Mar 06 |
| Victoria | Royal Oak Middle School | Saturday | 12:15-1:15pm | Jan 21 | Mar 04 |
| Victoria | Juan de Fuca Rec Centre | Saturday | 3:00-4:00pm | Jan 21 | Mar 04 |
| West Kelowna | Mar Jok Elementary | Monday | 6:00-7:00pm | Jan 23 | Mar 06 |

Reg. opens: Mon, Nov 21 at noon | Reg. closes: Sun, Nov 27 at 11:59pm

Sessions subject to change.

The Music program, in partnership with [Sarah McLachlan School of Music](#), offers children on the autism spectrum an introductory opportunity to play basic percussion instruments in a group lesson format.

Participants will enjoy music games and drills that work on a variety of rhythms. Lessons are taught by Sarah McLachlan School of Music instructors and supported by CAN staff and volunteers.

Program Structure

45-minutes, once per week, 7 weeks

Seasons: Fall, Winter, Spring

Cost: No Cost | **Siblings:** No



WINTER 2023 MUSIC LOCATIONS & TIMES

| City | Facility | Day | Time | Starts | Ends |
|-----------|---------------------------------|--------|-------------|--------|--------|
| Vancouver | Sarah McLachlan School of Music | Friday | 4:45-5:30pm | Jan 20 | Mar 10 |
| Vancouver | Sarah McLachlan School of Music | Friday | 5:45-6:30pm | Jan 20 | Mar 10 |

Reg. opens: Mon, Nov 21 at noon | Reg. closes: Sun, Nov 27 at 11:59pm

Sessions subject to change.



Learn to skate.

The Skate program teaches children on the autism spectrum basic skating skills such as moving forward, gliding, and stopping in a safe and supportive environment.

The program is led by a skills coach, while support workers and volunteers work with participants to provide individualized instruction.

Program Structure

30-minutes, once per week, 6 weeks

Seasons: Fall, Winter, Spring

Cost: \$30 | **Siblings:** No

Session Structure: Warm-up, skill practice, group games. See more in the [Skate Activity Storybook](#).

Equipment: Skate and helmet rentals are available at facilities.



WINTER 2023 SKATE LOCATIONS & TIMES

| City | Facility | Day | Time | Starts | Ends |
|------------|----------------------------------|----------|---------------|--------|--------|
| Chilliwack | Sardis Sports Complex | Tuesday | 4:00-4:30pm | Jan 24 | Feb 28 |
| Chilliwack | Sardis Sports Complex | Tuesday | 4:30-5:00pm | Jan 24 | Feb 28 |
| Coquitlam | Poirier Sport & Leisure Complex | Saturday | 3:30-4:00pm | Jan 21 | Mar 04 |
| Coquitlam | Poirier Sport & Leisure Complex | Saturday | 4:00-4:30pm | Jan 21 | Mar 04 |
| Kamloops | Memorial Arena Kamloops | Thursday | 4:30-5:00pm | Jan 26 | Mar 02 |
| Kelowna | Capital News Centre | Tuesday | 6:00-6:30pm | Jan 24 | Feb 28 |
| Kelowna | Capital News Centre | Tuesday | 6:30-7:00pm | Jan 24 | Feb 28 |
| Mission | Mission Arena | Thursday | 3:30-4:00pm | Jan 19 | Feb 23 |
| Nanaimo | Cliff McNabb Arena | Friday | 4:45-5:15pm | Jan 27 | Mar 10 |
| Nanaimo | Cliff McNabb Arena | Friday | 5:15-5:30pm | Jan 27 | Mar 10 |
| Nanaimo | Cliff McNabb Arena | Friday | 5:30-6:15pm | Jan 27 | Mar 10 |
| Surrey | North Surrey Sport & Ice Complex | Saturday | 10:00-10:30am | Jan 21 | Mar 11 |
| Surrey | North Surrey Sport & Ice Complex | Saturday | 10:30-11:00am | Jan 21 | Mar 11 |
| Vancouver | Britannia Community Centre | Saturday | 10:30-11:00am | Jan 21 | Mar 04 |
| Vancouver | Britannia Community Centre | Tuesday | 6:30-7:00pm | Jan 24 | Feb 28 |

Reg. opens: Mon, Nov 21 at noon | Reg. closes: Sun, Nov 27 at 11:59pm

Sessions subject to change.



Program Structure

30-minute sessions, 8 weeks

Seasons: Fall, Winter, Spring

Cost: \$40 | **Siblings:** No

Session Structure: High ratio of support provided by a certified swim instructor, trained support workers and dedicated volunteers. Please review [Swim Activity Storybook](#) to prepare.

Swimmer 1 focuses on swimming strokes and skills, while building confidence. Participants will be introduced to skills adapted from the [Lifesaving Society Swimmer 1 curriculum](#), including bubbles, floating, gliding, kicking, water entries and exits.

****No previous swim experience required. Intended for participants working on the skills listed above.***



[Learn more about CAN's new partnership with the Lifesaving Society >>](#)

It is the parent/guardian/participant's responsibility to sign up for the correct level.

If a participant has registered for the wrong level, our ability to transfer them into the appropriate level once the season has begun will be subject to program availability. If space is not available in the appropriate level, the participant may have to be removed from the program.

Not sure which level to sign up for? [Refer to our Lifesaving Society transition guide >](#)

WINTER 2023 SWIMMER 1: LOCATIONS & TIMES

| City | Facility | Day | Time | Starts | Ends |
|----------------|---------------------------------|-----------|---------------|--------|--------|
| Abbotsford | Matsqui Recreation Centre | Wednesday | 5:30-6:00pm | Jan 18 | Mar 08 |
| Burnaby | Edmonds Community Centre | Saturday | 9:30-10:00am | Jan 14 | Mar 11 |
| Chilliwack | Cheam Leisure Centre | Sunday | 9:30-10:00am | Jan 15 | Mar 12 |
| Chilliwack | Cheam Leisure Centre | Sunday | 10:00-10:30am | Jan 15 | Mar 12 |
| Kamloops | Tournament Capital Centre | Wednesday | 5:00-5:30pm | Jan 25 | Mar 15 |
| Kamloops | Tournament Capital Centre | Wednesday | 5:30-6:00pm | Jan 25 | Mar 15 |
| Kamloops | Tournament Capital Centre | Wednesday | 6:00-6:30pm | Jan 25 | Mar 15 |
| Kelowna | Parkinson Rec Centre | Sunday | 4:00-4:30pm | Jan 15 | Mar 12 |
| Langley | W.C. Blair Rec Centre | Saturday | 10:30-11:00am | Jan 14 | Mar 11 |
| Maple Ridge | Maple Ridge Leisure Centre | Saturday | 1:00-1:30pm | Jan 21 | Mar 18 |
| Mission | Mission Leisure Centre | Friday | 5:00-5:30pm | Jan 13 | Mar 10 |
| Mission | Mission Leisure Centre | Friday | 5:30-6:00pm | Jan 13 | Mar 10 |
| Nanaimo | Nanaimo Aquatic Centre | Sunday | 5:30-6:00pm | Jan 22 | Mar 19 |
| Port Coquitlam | Hyde Creek Rec Centre | Sunday | 12:15-12:45pm | Jan 15 | Mar 12 |
| Richmond | Minoru Centre for Active Living | Sunday | 10:30-11:00am | Jan 15 | Mar 12 |
| Richmond | Minoru Centre for Active Living | Sunday | 11:00-11:30am | Jan 15 | Mar 12 |
| Vancouver | Jewish Community Centre | Saturday | 12:00-12:30pm | Jan 14 | Mar 11 |
| Vancouver | Jewish Community Centre | Saturday | 12:30-1:00pm | Jan 14 | Mar 11 |
| Vancouver | Jewish Community Centre | Saturday | 1:30-2:00pm | Jan 14 | Mar 11 |
| Victoria | Esquimalt Rec Centre | Thursday | 5:00-5:30pm | Jan 19 | Mar 09 |
| Victoria | Juan de Fuca Rec Centre | Saturday | 5:15-5:45pm | Jan 14 | Mar 11 |
| Victoria | Juan de Fuca Rec Centre | Sunday | 5:15-5:45pm | Jan 15 | Mar 12 |

Reg. opens: Mon, Nov 21 at noon | Reg. closes: Sun, Nov 27 at 11:59pm

Sessions subject to change.



Program Structure

30-minute sessions, 8 weeks

Seasons: Fall, Winter, Spring

Cost: \$40

Siblings: No

Session Structure: High ratio of support provided by a certified swim instructor, trained support workers and dedicated volunteers.

Please review [Swim Activity Storybook](#) to prepare.

Swimmer 2 will continue to build on the foundational skills mastered in Lifesaving Society Swimmer 1, with a focus on kicking, front and back crawl, and Water Smart education.

Participants will continue to work on swim endurance with a target distance of 10 meters. An introduction to deep water activities and life jackets will also be included.

****Prerequisite: Participants must have successfully completed Swimmer 1 (or Red Cross Level 1) and/or are able to confidently and independently execute skills developed in Swimmer 1 (or Red Cross Level 1).***



[Learn more about CAN's new partnership with the Lifesaving Society >>](#)

It is the parent/guardian/participant's responsibility to sign up for the correct level.

If a participant has registered for the wrong level, our ability to transfer them into the appropriate level once the season has begun will be subject to program availability. If space is not available in the appropriate level, the participant may have to be removed from the program.

Not sure which level to sign up for?

[Refer to our Lifesaving Society transition guide >](#)



WINTER 2023 SWIM LEVEL 2: LOCATIONS & TIMES

| City | Facility | Day | Time | Starts | Ends |
|-------------|---------------------------------|-----------|---------------|--------|--------|
| Abbotsford | Matsqui Rec Centre | Wednesday | 6:00-6:30pm | Jan 18 | Mar 08 |
| Burnaby | Edmonds Community Centre | Saturday | 10:30-11:00am | Jan 14 | Mar 11 |
| Chilliwack | Cheam Leisure Centre | Sunday | 10:30-11:00am | Jan 15 | Mar 12 |
| Chilliwack | Cheam Leisure Centre | Sunday | 11:00-11:30am | Jan 15 | Mar 12 |
| Kelowna | Parkinson Rec Centre | Sunday | 4:30-5:00pm | Jan 15 | Mar 12 |
| Langley | W.C. Blair Rec Centre | Saturday | 11:00-11:30am | Jan 14 | Mar 11 |
| Maple Ridge | Maple Ridge Leisure Centre | Saturday | 1:30-2:00pm | Jan 21 | Mar 18 |
| Mission | Mission Leisure Centre | Friday | 6:00-6:30 | Jan 13 | Mar 10 |
| Nanaimo | Nanaimo Aquatic Centre | Sunday | 6:00-6:30pm | Jan 22 | Mar 19 |
| Port | Hyde Creek Rec Centre | Sunday | 12:45-1:15pm | Jan 15 | Mar 12 |
| Richmond | Minoru Centre for Active Living | Sunday | 11:30-12:00pm | Jan 15 | Mar 12 |
| Vancouver | Jewish Community Centre | Saturday | 1:00-1:30pm | Jan 14 | Mar 11 |
| Victoria | Juan de Fuca Rec Centre | Saturday | 5:45-6:15pm | Jan 14 | Mar 11 |
| Victoria | Juan de Fuca Rec Centre | Sunday | 5:45-6:15pm | Jan 15 | Mar 12 |

Reg. opens: Mon, Nov 21 at noon | Reg. closes: Sun, Nov 27 at 11:59pm

Sessions subject to change.



Swimmer 3 will continue to expand on skills completed in Swimmer 2 adding in front/side glide with kicks and increasing front and back crawl distance to 15 meters. Swimmers will spend a lot of time in deep water practicing jumps, dives, and deep water support.

Prerequisite: Participants must have passed Swimmer 2 (or Red Cross Level 2) and/or are able to confidently and independently execute skills developed in Swimmer 2 (or Red Cross Level 2).

[Learn more about CAN's new partnership with the Lifesaving Society >>](#)

It is the parent/guardian/participant's responsibility to sign up for the correct level.

If a participant has registered for the wrong level, our ability to transfer them into the appropriate level once the season has begun will be subject to program availability. If space is not available in the appropriate level, the participant may have to be removed from the program.

Not sure which level to sign up for? [LSS transition guide >](#)

WINTER 2023 SWIM LEVEL 3: LOCATIONS & TIMES

| City | Facility | Day | Time | Starts | Ends |
|----------|-----------------------------|----------|-------------|--------|--------|
| Victoria | Esquimalt Recreation Centre | Thursday | 5:30-6:00pm | Jan 19 | Mar 09 |
| Victoria | Juan de Fuca Rec Centre | Saturday | 6:15-6:45pm | Jan 14 | Mar 11 |
| Victoria | Juan de Fuca Rec Centre | Sunday | 6:15-6:45pm | Jan 15 | Mar 12 |

Reg. opens: Mon, Nov 21 at noon | Reg. closes: Sun, Nov 27 at 11:59pm

Sessions subject to change.

Program Structure

30-minutes, once per week for 8 weeks

Seasons: Fall, Winter, Spring

Cost: \$40 | **Siblings:** No

Session structure: High ratio of support provided by a certified swim instructor, trained support workers and volunteers. Please review [Swim Activity Storybook](#) to prepare.



Virtual Programming for Children (7-12yrs) is hosted on a weekly basis through Zoom.

Coaches are able to connect in real-time with participants, teaching new, fun, and interactive lessons in the digital environment.

Guided by experienced CAN coaches, children will participate in fun games, make friends and socialize in a safe and supported environment. Program content will be adapted to best suit the needs of the participant.

This Winter's Virtual offerings include:

- Dance
- Music
- Drawing Club
- Science
- Golf
- Sibling Meet-Up
- Meet-Up

Program Structure

45-minutes, once per week, 6 weeks

Seasons: Fall, Winter, Spring | **Cost:** None

Siblings: Varies*

*Refer to registration system for program-specific sibling eligibility.



Virtual Dance

In partnership with [All Bodies Dance](#), learn the basics of dance through games and activities.

Virtual Drawing Club

Participants will draw a variety of items while making friends and socializing in a safe and supported environment.

Virtual Golf

In partnership with Golf BC, participants on the autism spectrum get an opportunity to try golf-related games and activities in a group setting!

Virtual Meet-Up

Participants will enjoy a variety of social activities including charades, Pictionary and scavenger hunts – all while getting to know each other and building peer relationships.

Virtual Music

Participants will get an opportunity to practice making music through a range of group activities.

Virtual Science

Discover the wonder of science through a range of experiments and activities. Learn and have fun at the same time!

Virtual Sibling Meet Up

An opportunity for siblings of individuals on the spectrum to share experiences and build social relationships.

WINTER 2023 VIRTUAL PROGRAMS DATES & TIMES

| Location | Activity | Day | Time | Starts | Ends |
|----------|-------------------------|-----------|---------------|--------|--------|
| Online | Virtual Dance | Tuesday | 5:15-6:00pm | Jan 24 | Feb 28 |
| Online | Virtual Drawing Club | Sunday | 11:00-11:45am | Jan 22 | Mar 05 |
| Online | Virtual Drawing Club | Sunday | 12:00-12:45am | Jan 22 | Mar 05 |
| Online | Virtual Golf | Thursday | 4:15-5:00pm | Jan 19 | Mar 02 |
| Online | Virtual Golf | Thursday | 5:15-6:00pm | Jan 19 | Mar 02 |
| Online | Virtual Meet-Up | Friday | 6:15-7:00pm | Jan 20 | Mar 03 |
| Online | Virtual Music | Wednesday | 6:15-7:00pm | Jan 18 | Feb 22 |
| Online | Virtual Science | Saturday | 11:00-11:45am | Jan 21 | Mar 04 |
| Online | Virtual Science | Saturday | 12:00-12:45pm | Jan 21 | Mar 04 |
| Online | Virtual Sibling Meet-Up | Friday | 5:15-6:00pm | Jan 20 | Mar 03 |

Reg. opens: Mon, Nov 21 at noon | Reg. closes: Sun, Nov 27 at 11:59pm

Sessions subject to change.

Within the **Youth & Adult Swim Program (13+)**, participants set their own goals to develop water confidence and smooth recognizable strokes.

Skills have been adapted from the [Lifesaving Society Swimmer 1 program](#).

The program provides a great opportunity to improve swimming skills, meet new people and increase fitness level.

This program is suitable for participants who are still developing water entries and exits, floats, glides, and front crawl of 10 metres.

Participants who have completed the Lifesaving Society's Swimmer program (Red Cross Basic 1), or who are comfortable with the swim skills listed above, are encouraged to access Lifesaving Society teens and young adult programs in their community.

[Learn more about CAN's new partnership with the Lifesaving Society >>](#)

Program Structure

30-45-minutes, once per week, 8 weeks

Seasons: Fall, Winter, Spring

Cost: \$60 | **Siblings:** No

Session structure: High ratio of support provided by a certified swim instructor, trained support workers and volunteers.

Please review [Swim Activity Storybook](#) to prepare.

It is the parent/guardian/participant's responsibility to sign up for the correct level.

If a participant has registered for the wrong level, our ability to transfer them into the appropriate level once the season has begun will be subject to program availability. If space is not available in the appropriate level, the participant may have to be removed from the program.



Not sure which level to sign up for? [LSS transition guide >](#)

WINTER 2023 ADULT SWIM (13YRS+) LOCATIONS & TIMES

| City | Facility | Day | Time | Starts | Ends |
|-------------|----------------------------|-----------|---------------|--------|--------|
| Abbotsford | Matsqui Rec Centre | Wednesday | 6:30-7:15pm | Jan 18 | Mar 08 |
| Langley | W.C. Blair Rec Centre | Saturday | 11:30-12:15pm | Jan 14 | Mar 11 |
| Maple Ridge | Maple Ridge Leisure Centre | Saturday | 2:00-2:45pm | Jan 21 | Mar 18 |
| Nanaimo | Nanaimo Aquatic Centre | Sunday | 6:30-7:15pm | Jan 22 | Mar 19 |
| Surrey | Guildford Rec Centre | Sunday | 3:15-4:00pm | Jan 15 | Mar 12 |
| Surrey | Tong Louie YMCA | Saturday | 4:00-4:45pm | Jan 14 | Mar 11 |
| Vancouver | Jewish Community Centre | Saturday | 1:30-2:00pm | Jan 14 | Mar 11 |

Reg. opens: Mon, Nov 21 at noon | Reg. closes: Sun, Nov 27 at 11:59pm

Sessions subject to change.

In-Person & Virtual

The Monthly Youth & Adult Program provides opportunities for participants to get together in-person and virtually to try new activities!

Events and locations change each month to offer a range of activities that encourage social engagement.

In-Person Programs offered monthly:

Various (All Regions)

Specific activities TBD. Areas of focus are: Leisure and Recreation, Social Connection, Employment and Volunteering, Skill Development and Healthy Living.



Virtual Programs offered monthly:

Virtual Movie Club (13+yrs)

The group will vote on which movie they want to watch after registering for the program.

**Participants require their own Netflix account with Teleparty installed (a free application; instructions for installation are provided).*



CAN membership required.

A formal autism diagnosis is *not* required to participate in these programs. [Learn more >>](#)

Registration opens on a monthly basis!

Subscribe to the [monthly newsletter](#) for registration dates >>

Weekly Youth & Adult Rec Programs provides chances to get together and build skills and friendships!

Fitness

Intro to body weight exercises & cardio circuits. Participants are encouraged to build independent routines outside of the program.

Outdoor Active!

Facilitated by Community Recreation Initiatives Society (CRIS), who are experts in outdoor recreation, and supported by CAN staff.

Try It!

Led by staff from North Vancouver Recreation and Culture (NVRC) and supported by CAN staff. May include fitness, art, yoga & sports!

Program Structure

Once per week, 6-8 weeks; session duration varies.

Seasons: Fall, Winter, Spring

Cost: None | **Siblings:** No

Age: 13+yrs, 13-17yrs, 18+yrs



Other Youth & Adult Rec Programs

Swim: Learn water safety and introductory swim skills from certified Lifesaving Society Instructors. [Learn more >>](#)

CAN membership required. Formal autism diagnosis not required. [Learn more >>](#)

WINTER 2023 YOUTH AND ADULT (13+YRS) PROGRAMS

| Program | City | Location | Day | Time | Starts | Ends |
|----------------|-----------------|--|-----------|---------------|--------|--------|
| Fitness | Victoria | PISE (Pacific Institute for Sport Education) | Saturday | 11:15-12:30pm | Jan 21 | Mar 04 |
| Outdoor Active | Kelowna | Various—TBA | Wednesday | 6:00-7:30pm | Jan 25 | Mar 01 |
| Try it! | North Vancouver | Harry Jerome Rec Center | Tuesday | 6:00-7:30pm | Jan 24 | Mar 07 |

Reg. opens: Mon, Nov 21 at noon | Reg. closes: Sun, Nov 27 at 11:59pm

Sessions subject to change.

Weekly Virtual Programming for Youth and Adults

provides opportunities to connect through online programming.

All sessions are facilitated by CAN staff and hosted through Zoom.

Program Structure

Duration: 6 weeks

Seasons: Fall, Winter, Spring

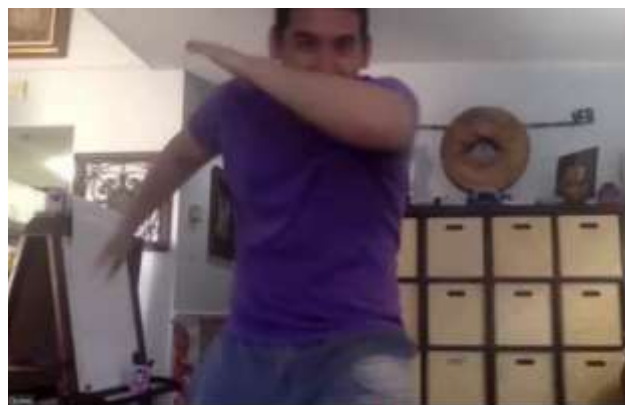
Cost: None | **Siblings:** No

Ages: 13+yrs, 13-17yrs, 18+yrs

Virtual Meetups (13-17yrs, 18+yrs)

Virtual Meetups is an opportunity for youth and adults on the spectrum to meet up online, build social relationships, and play fun games.

CAN staff mediates the group, introducing fun activities each week.

***CAN membership required.***

A formal autism diagnosis is not required to participate in this program. [Learn more >>](#)

WINTER 2023 WEEKLY VIRTUAL PROGRAM DATES & TIMES

| Location | Age | Activity | Day | Time | Starts | Ends |
|----------|----------|-----------------------|----------|-------------|--------|--------|
| Online | 13-17yrs | Virtual Youth Meet Up | Thursday | 5:45-6:45pm | Jan 26 | Mar 02 |
| Online | 18+yrs | Virtual Adult Meet Up | Thursday | 7:00-8:00pm | Jan 26 | Mar 02 |

Reg. opens: Mon, Nov 21 at noon | Reg. closes: Sun, Nov 27 at 11:59pm

Sessions subject to change.

The **Explore Volunteering** program provides the opportunity for Autistic youth and adults to sample a variety of volunteer locations and tasks in Metro Vancouver.

The program encourages community engagement while developing volunteer experience, work skills, and communication and social skills.



Important Notes for Participants:

- **Support:** Independent participation is encouraged, but a high ratio of staff-to-participant support is available, if needed.
- **COVID-19 Considerations:** Some volunteer sites may require participants be masked or fully vaccinated depending on their company or facility policies.

Eligibility Requirements:

- CAN membership
- At least 15 years of age
- Self-identify as being on the spectrum
- Committed to attending each week



CAN membership required.

A formal autism diagnosis is not required to participate in this program.

[Learn more >>](#)

WINTER 2023 YOUTH AND ADULT (15+YRS) PROGRAM

| Program | City | Location | Day | Time | Starts | Ends |
|----------------------|-----------------|----------|----------|----------------|--------|--------|
| Explore Volunteering | Metro Vancouver | Various | Saturday | 9:30am-12:30pm | Jan 21 | Mar 18 |

Reg. opens: Mon, Nov 21 at noon | Reg. closes: Sun, Nov 27 at 11:59pm

Sessions subject to change.

Transition to Adulthood is a two-week program focused on building independence and skills such as:

- **Career Skills** (resume building, volunteering)
- **Life Skills** (public transit use, cooking basics)
- **Self Care Skills** (mental health maintenance)

Throughout the two weeks, participants will gain skills by participating in workshops, volunteer work, activities and group discussions at the CAN office and in the community.

Important Notes for Participants:

- **Support:** Independent participation is encouraged, but a high ratio of staff-to-participant support is available, if needed.



Eligibility Requirements:

- CAN membership
- Between 15-25 years of age
- Self-identify as being on the spectrum
- Committed to attending the full two weeks

CAN membership required.

A formal autism diagnosis is not required to participate in this program. [Learn more >>](#)

WINTER 2023 YOUTH AND ADULT (15+YRS) PROGRAM

| Program | City | Location | Day | Time | Starts | Ends |
|-------------------------|-----------------|----------|---------|----------|--------|--------|
| Transition to Adulthood | Metro Vancouver | Various | Mon-Fri | 10am-4pm | Mar 13 | Mar 24 |

Reg. opens: Mon, Feb 13 at noon | Reg. closes: Sun, Feb 19 at 11:59pm

Note that takes place outside of the typical Winter weekly reg period.

Sign up for the [Youth & Adult newsletter](#) to stay up-to-date on upcoming program details and registration periods >>



Develop pre-employment skills and gain a work experience placement in the hospitality industry within the Lower Mainland!

Upcoming Cohorts:

- December 1, 2022—January 20, 2023*

Due to the extensive waitlist, we are no longer interviewing new applicants for December. However, participants are welcome to apply and join the waitlist in case of any withdrawals.

[Join the waitlist for CAN-STEP >>](#)

Eligibility Requirements:

- Between 15-30 years old
- Self-identify as being on the autism spectrum
- Not registered in secondary or post-secondary school
- Unemployed or precariously employed
- Not receiving Employment Insurance (EI) benefits
- Canadian citizen, permanent resident, or granted refugee status
- Legally entitled to work in Canada
- Committed to the entirety of the 12-week program
- Interested in working in the hospitality industry

Format

- 6-weeks of paid classroom training** (online and in-person at the CAN office), Mon-Fri, 9am-3pm
- 6-week paid work placement** (hours may vary depending on the employer and work experience may take longer than 6 weeks)

Contact: step@canucksautism.ca

Wanda Gibson & Paul Baron
CAN-STEP Employment Facilitators

CAN membership NOT required.

A formal autism diagnosis is not required to participate.

[Learn more >>](#)



Looking for employment or need support with post-secondary studies?*

Canucks Autism Network can help connect youth and adults in the Lower Mainland to community agencies and services that can help with:

- Pre-employment and employment readiness supports
- Employment opportunities in varying industries
- Additional supports or accommodates that may be needed for a job
- Mental health, life skills, housing services, etc.
- Coursework or accommodations needed to complete an internship or field placement

****Must be 15 years old to access navigation services.***

▶ **To get started, please fill out [The Compass questionnaire >>](#)**

CAN membership NOT required.

A formal autism diagnosis is not required to participate.

[Learn more >>](#)

Questions about our navigation services?

Maegan O'Neill

Navigator, Youth and Adult Services

Autism Outreach Coordinator | Ready, Willing & Able

maegan.oneill@canucksautism.ca



CAN Mental Health & Wellness programs aim to provide Autistic youth & adults with a range of opportunities to better understand their own mental health through exploring a range of topics.

CAN membership is NOT required to sign up!

A formal autism diagnosis is also not required to participate.

These programs are open to all youth & adults who identify on the autism spectrum. [Learn more >>](#)

Healthy Relationships, Sexuality & Autism (HRSA)

HRSA is a 14-week virtual sex-positive, inclusive sexuality education program for Autistic adults, developed and led by Autism Nova Scotia.

Topics include:

- Anatomy
- Dating
- Gender Identity
- Relationships
- Sexual Behaviours
- Sexual Health

Women's Peer Support Group

A space for Autistic individuals who identify as a woman or non binary, transgender inclusive.

Validate, inform and support each other on areas of mutual interest while fostering friendships and social contacts.

Additional mental health workshops (13+yrs) are scheduled on a monthly basis.

Past workshops have included "Healthy Sleeping Habits", "Supporting Your Own Mental Health", "Setting Healthy Boundaries", and much more!

Questions? Contact:

Nadine Wilk

Wellness Specialist

nadine.wilk@canucksautism.ca

Registration for these workshops is not done through the standard registration system. Registration links will be sent out monthly through the [Youth & Adult newsletter](#).



WINTER 2023 WEEKLY PROGRAMS DATES & TIMES

| Location | Program | Age | Day | Time | Starts | Ends |
|----------|---|--------|------------|-------------|--------|--------|
| Online | Healthy Relationships, Sexuality & Autism | 19+yrs | Wednesdays | 6:30-8:00pm | Jan 11 | Apr 12 |

Reg. opens: Mon, Nov 14 at noon | Reg. closes: Sun, Dec 18 at 11:59pm

Registrations accepted [via online form](#) — NOT the CAN registration system.

WINTER 2023 MONTHLY PROGRAMS DATES & TIMES

| Location | Program | Age | Date | Time |
|----------|----------------------------|--------|--------------|-------------|
| Online | Women's Peer Support Group | 18+yrs | Tues, Nov 29 | 6:30-8:00pm |
| Online | Women's Peer Support Group | 18+yrs | Tues, Dec 20 | 6:30-8:00pm |
| Online | Women's Peer Support Group | 18+yrs | Tues, Jan 31 | 6:30-8:00pm |
| Online | Women's Peer Support Group | 18+yrs | Tues, Feb 28 | 6:30-8:00pm |

Sign up for the [Youth & Adult newsletter](#) to stay up-to-date on upcoming workshop details and registration periods >>

Additional workshops (13+yrs) scheduled throughout the Winter season.

Family Experiences provide opportunities to enjoy a variety of fun activities in a safe, supportive and non-judgmental environments.

We offer a range of activities in all regions throughout the year that are open to the entire family, with all ages welcome.



TYPES OF FAMILY EXPERIENCES

Exclusive Family Experience

This is the style of Family Experience that many of our long-time members have come to know and love.

- CAN tents/signage on site
- CAN staff and volunteers on site supporting the event
- Venues are often open exclusively to CAN families
- Goal is for CAN families to connect in a welcoming and non-judgmental environment
- Accommodations are made to ensure the event is autism friendly

Community Family Experience

This type of Family Experience invites CAN members to enjoy a fun activity alongside the general public.

- Fewer CAN staff and volunteers supporting
- Venue is open to the public during the CAN timeslots
- Goal is for CAN families to enjoy a safe and fun activity in their community
- Autism accommodations are made, wherever possible (i.e. designated quiet room)

Independent Family Experience

This type of flexible Family Experience was introduced in response to COVID-19 restrictions.

- No CAN presence at the event (no staff, volunteers or tents)
- Venue is open to the public
- May run over a number of days, with CAN families choosing a day and time that works with their schedules
- Goal is to provide families with a low barrier (little or no cost) opportunity to try a fun activity in their community

Sign up for the [Member newsletter](#) to stay up-to-date on upcoming Family Experiences and registration periods >>



Participant Support

- At Canucks Autism Network (CAN) programs, participants are supported by trained program coaches, experienced support workers and dedicated volunteers.
- At CAN, we strive to meet the needs of each participant through collaboration.

Parent and Guardian Collaboration

- **We strongly encourage parents/caregivers to ensure that their child's profile is up-to-date in the CAN Registration System.** This information is provided to CAN staff at the beginning of each program so that customized support can be provided to each child. Having detailed information about the support strategies that work best for your child helps CAN staff to support the unique needs of each participant.
- Throughout the program, if parents/caregivers have questions or concerns, they are welcome to contact the Program Coordinator, whose information will be provided when registration is confirmed.

Youth and Adult Participant Collaboration

- We encourage youth and adults on the spectrum to speak directly with program coaches and staff about how they would like to be supported. CAN is committed to supporting each participant to meet their unique needs.

Youth and Adult Leadership Group

Help us shape the future of youth and adult programs at CAN! To learn more, email mark.comfort@canucksautism.ca for more information or sign up for the [Youth & Adult newsletter](#).

Additional Information — Registration

Winter Program Registration Period

- **Online Registration opens on Monday, November 21st at noon and closes Sunday, November 27th at 11:59pm.**

Pending Enrolment Registration Process

- All registration requests have a status of Pending, meaning that spots are not provided on a first-come, first-served basis – this allows us to accommodate more individuals into our programs throughout the year.
- There is a program ranking feature to allow participants to communicate their order of preference for programs – we encourage participants to request more than one program, so that if we cannot enroll them into their first choice, we can try to accommodate them into their second or third choice.
- For a step-by-step guide on how to complete program registration, please watch this [how to register for programs tutorial video](#).

Reminders

- **Due to high demand, waitlists do occur.**
- Enrolment decisions are based on a number of different factors, the most significant being demand for the program.
- For more information on the registration process, please read [this blog post](#).
- Individuals who are 13 years and over who wish to participate in CAN programs & services do not need a formal autism diagnosis to register. [Learn more >>](#)

Program Fees

- Once confirmed, participants enrolled into a Winter 2023 program, will have a program invoice owing in their online account (if applicable) – families will receive additional information on how to process this program fee by the payment deadline.
- For information on payment options, including credit card, Autism Funding, and CAN fee assistance program, please see the [Policies & Payment Options](#) page of our website.

Missed Program Registration?

- Late requests may be submitted at www.canucksautism.ca/late

Additional Information — Registration

For some Canucks Autism Network programs, there is a highly subsidized program fee. CAN does not wish for a fee to act as a barrier to participation, and along with traditional payment methods (i.e. credit card, cheque, and cash) participants may also process their fee through one of the following options:

1. Autism Funding

- Parents/guardians of participants' ages 6-18 are able to submit a Request to Pay form to Autism Funding for the program fee.
- For participants 5yrs and younger, parents/guardians are welcome to contact Autism Funding to inquire about the eligibility of a program fee being covered through a participant's funding.

2. CAN Fee Assistance Program

- The CAN Fee Assistance Program helps to alleviate any financial barriers to participation.
- For more information, please email: info@canucksautism.ca.

3. Additional Payment Options

- CAN is open to working with participants to process program fee payments through additional routes, including bursaries.

Upcoming Registration Periods

- **Spring opens on Mon, Feb. 20 at noon and closes Sun, Feb. 26 at 11:59pm.**
- **Summer opens on Mon, May 15 at noon and closes Sun, May 21 at 11:59pm.**

Thank You to Our Sponsors for Winter 2023



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