



**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 Spring 2023, participants confirmed into in-person programs are no longer required to self-screen prior to attending to each class.**

[View our Communicable Disease Prevention Plan >](#)

However, we ask that anyone showing symptoms of illness stay home and complete the program absence form by visiting [canucksautism.ca/absence](https://canucksautism.ca/absence).

## Interested in signing up for CAN programs?

[Join now!](#) For \$25 a year (per individual on the autism spectrum), membership gives children, youth and adults on the autism spectrum access to our full range of year-round programs and family experiences. [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+.** We recognize that receiving an official diagnosis can be a barrier to access for Autistic youth & adults.

[Learn more >>](#)

## Already a CAN member?

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

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

## Questions?

[info@canucksautism.ca](mailto:info@canucksautism.ca) | 604-685-4049

1788 West 8th Avenue, Vancouver

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





## **ONLINE REGISTRATION FOR WEEKLY SPRING PROGRAMS**

**OPENS: MONDAY, FEBRUARY 20, at NOON**

**CLOSES: SUNDAY, FEBRUARY 26, at 11:59PM**

[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 program 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, 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](#), [6-12yrs](#))

### Chilliwack

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

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

### 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 Skills Training Employment Program ([15-30yrs](#))
- Multisport ([7-12yrs](#))
- Music ([7-12yrs](#))
- Painting to Process Experiences ([13-17](#), [18+yrs](#))
- Ready, Willing & Able ([15+yrs](#))
- Skate ([3-6](#), [7-12yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))
- Transition to Adulthood ([15+yrs](#))
- Walking Club ([13-17](#), [18+yrs](#))

## Virtual Programs

- Early Years ([3-6yrs](#))
- Children ([7-12yrs](#))
- Youth & 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](#))
- Walking Club ([13+yrs](#))

### Kelowna

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

### West Kelowna

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

## Vancouver Island

### Nanaimo

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

### Victoria

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

*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"> <li>• <a href="#">Active</a></li> <li>• <a href="#">Preschool Swim*</a></li> <li>• <a href="#">Skate</a></li> <li>• <a href="#">Virtual Early Years Programs</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Gymnastics</a></li> <li>• <a href="#">Multisport</a></li> <li>• <a href="#">Music</a></li> <li>• <a href="#">Skate</a></li> <li>• <a href="#">Swimmer 1/2/3*</a></li> <li>• <a href="#">Virtual Children's Programs</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Leisure Education</a></li> <li>• <a href="#">Mental Health &amp; Wellness Programs</a></li> <li>• <a href="#">Monthly Youth &amp; Adult Programs</a></li> <li>• <a href="#">Ready, Willing &amp; Able (RWA)</a></li> <li>• <a href="#">Recreation Programs - Youth &amp; Adult</a></li> <li>• <a href="#">Skills Training Employment Program (CAN - STEP)</a></li> <li>• <a href="#">Transition to Adulthood (15-25yrs)</a></li> <li>• <a href="#">Virtual Weekly Youth &amp; Adult Programs</a></li> <li>• <a href="#">Youth &amp; Adult Swim</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Family Experiences</a></li> </ul>

## ***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](#).



## SPRING 2023 ACTIVE LOCATIONS &amp; TIMES

City	Facility	Day	Time	Starts	Ends
Abbotsford	Abbotsford Rec Centre	Thursday	5:15-6:00pm	Apr 20	May 25
Burnaby	Cameron Rec Complex	Saturday	6:15-7:00pm	Apr 22	June 3
Burnaby	Edmonds Community Centre	Tuesday	6:15-7:00pm	Apr 25	May 30
Chilliwack	Chilliwack Central Elementary	Saturday	1:45-2:30pm	Apr 17	June 3
Kamloops	Beattie Elementary	Saturday	10:15-11:00am	Apr 22	June 3
Kamloops	Beattie Elementary	Saturday	11:00-11:45am	Apr 22	June 3
Kamloops	Beattie Elementary	Monday	5:15-6:00pm	May 1	June 12
Langley	Douglas Recreation Centre	Friday	5:15-6:00pm	Apr 21	June 2
Langley	Douglas Recreation Centre	Wednesday	5:15-6:00pm	Apr 26	May 31
Maple Ridge	Maple Ridge Leisure Centre	Sunday	9:45-10:30am	Apr 30	June 11
Nanaimo	Randerson Ridge Elementary	Tuesday	4:15-5:00pm	Apr 18	May 23
Richmond	West Richmond Community Centre	Saturday	12:30-1:15pm	Apr 22	June 3
Richmond	West Richmond Community Centre	Saturday	1:15-2:00pm	Apr 22	June 3
Surrey	Uplands Sports Centre	Friday	5:15-6:00pm	Apr 21	June 2
Vancouver	Britannia Community Centre	Monday	5:15-6:00pm	Apr 24	June 5
Vancouver	Jewish Community Centre	Saturday	9:45-10:30am	Apr 22	June 3
Victoria	Royal Oak Middle School	Saturday	11:30-12:15pm	Apr 22	June 10
Victoria	Macaulay Elementary	Tuesday	6:15-7:00pm	Apr 25	June 6
Victoria	Northridge Elementary	Monday	6:15-7:00pm	Apr 24	June 5
West Kelowna	Mar Jok Elementary	Monday	5:15-6:00pm	Apr 24	June 5

**Reg. opens: Mon, Feb 20 at noon | Reg. closes: Sun, Feb 26 at 11:59pm**

*Registration is not first-come, first served. 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) SPRING 2023 LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Chilliwack	Sardis Sports Complex	Friday	3:15-3:45pm	Apr 21	June 2
Coquitlam	Poirier Sport & Leisure Complex	Saturday	2:15-2:45pm	Apr 22	June 3
Kamloops	Synergy Skate	Thursday	4:00-4:30pm	Apr 20	May 25
Mission	Mission Arena	Saturday	11:30-12:00pm	Apr 15	May 27
Nanaimo	Cliff McNabb Arena	Friday	4:15-4:45pm	Apr 21	June 2
Vancouver	Britannia Community Centre	Tuesday	6:00-6:30pm	Apr 18	May 23
Vancouver	Britannia Community Centre	Saturday	9:00-9:30am	Apr 22	June 3

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**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) SPRING 2023 LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Abbotsford	Matsqui Recreation Centre	Tuesday	4:15-4:45pm	Apr 11	May 30
Abbotsford	Matsqui Recreation Centre	Tuesday	4:45-5:15pm	Apr 11	May 30
Burnaby	Edmonds Community Centre	Saturday	9:00-9:30am	Apr 15	June 10
Burnaby	Edmonds Community Centre	Saturday	9:30-10:00am	Apr 15	June 10
Burnaby	Edmonds Community Centre	Saturday	10:00-10:30am	Apr 15	June 10
Chilliwack	Cheam Leisure Centre	Sunday	8:30-9:00am	Apr 16	June 11
Chilliwack	Cheam Leisure Centre	Sunday	9:00-9:30am	Apr 16	June 11
Coquitlam	City Centre Aquatic Complex	Sunday	8:00-8:30am	Apr 16	June 11
Coquitlam	City Centre Aquatic Complex	Sunday	8:30-9:00am	Apr 16	June 11
Coquitlam	City Centre Aquatic Complex	Sunday	9:00-9:30am	Apr 16	June 11
Coquitlam	City Centre Aquatic Complex	Sunday	9:30-10:00am	Apr 16	June 11
Coquitlam	City Centre Aquatic Complex	Sunday	10:00-10:30am	Apr 16	June 11
Kamloops	Tournament Capital Centre	Wednesday	4:00-4:30pm	Apr 19	June 7
Kamloops	Tournament Capital Centre	Wednesday	4:30-5:00pm	Apr 19	June 7
Kelowna	Parkinson Rec. Centre	Sunday	3:30-4:00pm	Apr 16	June 11
Langley	W.C. Blair Recreation Centre	Saturday	9:30-10:00am	Apr 15	June 10
Langley	W.C. Blair Recreation Centre	Saturday	10:00-10:30am	Apr 15	June 10
Maple Ridge	Maple Ridge Leisure Centre	Saturday	12:00-12:30pm	Apr 15	June 29
Maple Ridge	Maple Ridge Leisure Centre	Saturday	12:30-1:00pm	Apr 15	June 29
Maple Ridge	Maple Ridge Leisure Centre	Saturday	1:00-1:30pm	Apr 15	June 29
Maple Ridge	Maple Ridge Leisure Centre	Saturday	1:30-2:00pm	Apr 15	June 29
Maple Ridge	Maple Ridge Leisure Centre	Saturday	2:00-2:30pm	Apr 15	June 29
Mission	Mission Leisure Centre	Sunday	8:00-8:30am	Apr 23	June 25
Mission	Mission Leisure Centre	Sunday	8:30-9:00am	Apr 23	June 25

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

City	Facility	Day	Time	Starts	Ends
Nanaimo	Beban Park Pool	Sunday	5:00-5:30pm	Apr 16	June 11
Richmond	Minoru Centre for Active Living	Sunday	9:30-10:00am	Apr 16	June 11
Richmond	Minoru Centre for Active Living	Sunday	10:00-10:30am	Apr 16	June 11
Surrey	Tong Louie YMCA	Saturday	3:00-3:30pm	Apr 15	June 10
Surrey	Tong Louie YMCA	Saturday	3:30-4:00pm	Apr 15	June 10
Vancouver	Jewish Community Centre	Saturday	12:00-12:30pm	Apr 15	June 10
Vancouver	Jewish Community Centre	Saturday	12:30-1:00pm	Apr 15	June 10
Vancouver	Jewish Community Centre	Saturday	1:00-1:30pm	Apr 15	June 10
Victoria	Esquimalt Recreation Centre	Thursday	4:00-4:30pm	Apr 13	June 1
Victoria	Esquimalt Recreation Centre	Saturday	5:00-5:30pm	Apr 15	June 10
Victoria	Esquimalt Recreation Centre	Saturday	5:30-6:00pm	Apr 15	June 10
Victoria	Juan de Fuca Rec Centre	Sunday	4:15-4:45pm	Apr 30	June 25

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**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 Art

Create art while making friends and socializing in a safe and supported environment. Registered participants will receive an equipment kit.

## Virtual Coding

This online program teaches children the basics of coding. No experience or software required!

## Virtual Drama

Participate in drama-based activities and games! Activities may include making commercials and playing charades.

## Virtual Yoga

Learn yoga through group games and activities!

## SPRING 2023 VIRTUAL PROGRAMS DATES & TIMES

Location	Activity	Day	Time	Starts	Ends
Online	Virtual Art	Sunday	10:00-10:30am	Apr 16	May 28
Online	Virtual Coding	Monday	4:15-4:45pm	Apr 17	May 29
Online	Virtual Drama	Thursday	4:15-4:45pm	Apr 20	May 25
Online	Virtual Yoga	Wednesday	4:30-5:00pm	Apr 19	May 24

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## 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.

## SPRING 2023 GYMNASTICS LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Chilliwack	Chilliwack Gymnastics Club	Thursday	7:00-8:00pm	Apr 20	May 25
Kamloops	Tournament Capital Centre	Sunday	12:15-1:15pm	Apr 23	June 4
Kamloops	Tournament Capital Centre	Sunday	1:15-2:15pm	Apr 23	June 4
Kelowna	Okanagan Gymnastics	Saturday	2:30-3:30pm	Apr 22	June 10
Kelowna	Okanagan Gymnastics	Saturday	3:30-4:30pm	Apr 22	June 10
Langley	Langley Gymnastics	Sunday	4:45-5:45pm	Apr 23	June 4
Richmond	Tumble Town Steveston	Friday	6:00-7:00pm	Apr 21	June 2
Richmond	Tumble Town Steveston	Friday	7:00-8:00pm	Apr 21	June 2
Richmond	Tumble Town Ironwood	Saturday	4:00-5:00pm	Apr 22	June 3
Richmond	Tumble Town Ironwood	Saturday	5:00-6:00pm	Apr 22	June 3

**Reg. opens: Mon, Feb 20 at noon | Reg. closes: Sun, Feb 26 at 11:59pm**

**Registration is not first-come, first served. 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](#).

## SPRING 2023 MULTISPORT LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Abbotsford	Abbotsford Recreation Centre	Thursday	6:00-7:00pm	Apr 20	May 25
Burnaby	Cameron Recreation Complex	Saturday	7:00-8:00pm	Apr 22	June 3
Burnaby	Edmonds Community Centre	Tuesday	7:00-8:00pm	Apr 25	May 30
Chilliwack	Chilliwack Central Elementary	Saturday	2:30-3:30pm	Apr 22	June 3
Kamloops	Beattie Elementary	Saturday	11:45-12:45pm	Apr 22	June 3
Kamloops	Beattie Elementary	Monday	6:00-7:00pm	May 1	June 12
Kelowna	Capital News Centre	Saturday	11:45-12:45pm	Apr 22	June 10
Kelowna	Capital News Centre	Saturday	12:45-1:45pm	Apr 22	June 10
Langley	Douglas Recreation Centre	Friday	6:00-7:00pm	Apr 21	June 2
Langley	Douglas Recreation Centre	Wednesday	6:00-7:00pm	Apr 26	May 31
Maple Ridge	Maple Ridge Leisure Centre	Sunday	10:30-11:30am	Apr 30	June 11

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**Registration is not first-come, first served. Sessions subject to change.**



## SPRING 2023 MULTISPORT LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Richmond	West Richmond Community Centre	Saturday	2:00-3:00pm	Apr 22	June 3
Nanaimo	Randerson Ridge Elementary	Tuesday	5:00-6:00pm	Apr 18	May 23
Nanaimo	Randerson Ridge Elementary	Tuesday	6:00-7:00pm	Apr 18	May 23
Surrey	Uplands Sports Centre	Friday	6:00-7:00pm	Apr 21	June 2
Surrey	Uplands Sports Centre	Friday	7:00-8:00pm	Apr 21	June 2
Vancouver	Britannia Community Centre	Monday	6:00-7:00pm	Apr 24	June 5
Vancouver	Jewish Community Centre	Saturday	10:30-11:30am	Apr 22	June 3
Victoria	Royal Oak Middle School	Saturday	12:15-1:15pm	Apr 22	June 10
Victoria	Macaulay Elementary	Tuesday	7:00-8:00pm	Apr 25	June 6
Victoria	Northridge Elementary	Monday	7:00-8:00pm	Apr 24	June 5
West Kelowna	Mar Jok Elementary	Monday	6:00-7:00pm	Apr 17	June 5

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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



## SPRING 2023 MUSIC LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Vancouver	Sarah McLachlan School of Music	Friday	5:00-5:45pm	Apr 21	June 16
Vancouver	Sarah McLachlan School of Music	Friday	5:45-6:30pm	Apr 21	June 16

**Reg. opens: Mon, Feb 20 at noon | Reg. closes: Sun, Feb 26 at 11:59pm**

*Registration is not first-come, first served. 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.



## SPRING 2023 SKATE LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Chilliwack	Sardis Sports Complex	Friday	3:45-4:15pm	Apr 21	June 2
Coquitlam	Poirier Sport & Leisure Complex	Saturday	2:45-3:15pm	Apr 22	June 3
Coquitlam	Poirier Sport & Leisure Complex	Saturday	3:15-3:45pm	Apr 22	June 3
Kamloops	Synergy Skate	Thursday	4:30-5:00pm	Apr 20	May 25
Mission	Mission Arena	Saturday	12:00-12:30pm	Apr 15	May 27
Nanaimo	Cliff McNabb Arena	Friday	4:45-5:15pm	Apr 21	June 2
Nanaimo	Cliff McNabb Arena	Friday	5:15-5:45pm	Apr 21	June 2
Vancouver	Britannia Community Centre	Tuesday	6:30-7:00pm	Apr 18	May 23
Vancouver	Britannia Community Centre	Saturday	9:30-10:00am	Apr 22	June 3
Vancouver	Britannia Community Centre	Saturday	10:00-10:30am	Apr 22	June 3

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## 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 >](#)

## SPRING 2023 SWIM LEVEL 1: LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Abbotsford	Matsqui Recreation Centre	Tuesday	5:15-5:45pm	Apr 11	May 30
Burnaby	Edmonds Community Centre	Saturday	9:00-9:30am	Apr 15	June 10
Burnaby	Edmonds Community Centre	Saturday	9:30-10:00am	Apr 15	June 10
Burnaby	Edmonds Community Centre	Saturday	10:30-11:00am	Apr 15	June 10

## SPRING 2023 SWIMMER 1: LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Chilliwack	Cheam Leisure Centre	Sunday	9:30-10:00am	Apr 16	June 11
Chilliwack	Cheam Leisure Centre	Sunday	10:00-10:30am	Apr 16	June 11
Kamloops	Tournament Capital Centre	Wednesday	5:00-5:30pm	Apr 19	June 7
Kamloops	Tournament Capital Centre	Wednesday	5:30-6:00pm	Apr 19	June 7
Kamloops	Tournament Capital Centre	Wednesday	6:00-6:30pm	Apr 19	June 7
Kelowna	Parkinson Recreation Centre	Sunday	4:00-4:30pm	Apr 16	June 11
Langley	W.C. Blair Recreation Centre	Saturday	10:30-11:00pm	Apr 15	June 10
Maple Ridge	Maple Ridge Leisure Centre	Saturday	12:00-12:30pm	Apr 15	June 29
Maple Ridge	Maple Ridge Leisure Centre	Saturday	12:30-1:00pm	Apr 15	June 29
Mission	Mission Leisure Centre	Sunday	9:00-9:30am	Apr 23	June 25
Nanaimo	Beban Park Pool	Sunday	5:30-6:00pm	Apr 16	June 11
Port Coquitlam	Hyde Creek Rec Centre	Sunday	12:15-12:45pm	Apr 16	June 11
Richmond	Minoru Centre	Sunday	10:30-11:00am	Apr 16	June 11
Richmond	Minoru Centre	Sunday	11:00-11:30am	Apr 16	June 11
Surrey	Guildford Rec Centre	Sunday	1:15-1:45pm	Apr 16	June 11
Surrey	Guildford Rec Centre	Sunday	1:45-2:15pm	Apr 16	June 11
Surrey	Guildford Rec Centre	Sunday	2:15-2:45pm	Apr 16	June 11
Surrey	Tong Louie YMCA	Saturday	4:45-5:15pm	Apr 15	June 10
Vancouver	Jewish Community Centre	Saturday	12:00-12:30pm	Apr 15	June 10
Vancouver	Jewish Community Centre	Saturday	12:30-1:00pm	Apr 15	June 10
Vancouver	Jewish Community Centre	Saturday	1:30-2:00pm	Apr 15	June 10
Victoria	Esquimalt Recreation Centre	Thursday	4:30-5:00pm	Apr 13	June 1
Victoria	Esquimalt Recreation Centre	Thursday	5:00-5:30pm	Apr 13	June 1
Victoria	Esquimalt Recreation Centre	Saturday	6:00-6:30pm	Apr 15	June 10
Victoria	Juan de Fuca Rec Centre	Sunday	4:45-5:15pm	Apr 30	June 25

**Reg. opens: Mon, Feb 20 at noon | Reg. closes: Sun, Feb 26 at 11:59pm**

*Registration is not first-come, first served. 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 >](#)



## SPRING 2023 SWIM LEVEL 2: LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Abbotsford	Matsqui Rec Centre	Tuesday	5:45-6:15pm	Apr 11	May 30
Burnaby	Edmonds Community Centre	Saturday	10:00-10:30am	Apr 15	June 10
Chilliwack	Cheam Leisure Centre	Sunday	10:30-11:00am	Apr 16	June 11
Kelowna	Parkinson Rec Centre	Sunday	4:30-5:00pm	Apr 16	June 11
Langley	W.C. Blair Rec Centre	Saturday	11:00-11:30am	Apr 15	June 10
Maple Ridge	Maple Ridge Leisure Centre	Saturday	1:00-1:30pm	Apr 15	June 29
Maple Ridge	Maple Ridge Leisure Centre	Saturday	1:30-2:00pm	Apr 15	June 29
Mission	Mission Leisure Centre	Sunday	9:30-10:00am	Apr 23	June 25
Nanaimo	Beban Park Pool	Sunday	6:00-6:30pm	Apr 16	June 11
Port Coquitlam	Hyde Creek Rec Centre	Sunday	12:45-1:15pm	Apr 16	June 11
Richmond	Minoru Centre for Active Living	Sunday	11:30-12:00pm	Apr 16	June 11
Surrey	Guildford Rec Centre	Sunday	2:45-3:15pm	Apr 16	June 11
Surrey	Tong Louie YMCA	Saturday	5:15-5:45pm	Apr 15	June 10
Surrey	Tong Louie YMCA	Saturday	5:45-6:15pm	Apr 15	June 10
Vancouver	Jewish Community Centre	Saturday	1:00-1:30pm	Apr 15	June 10
Victoria	Esquimalt Recreation Centre	Thursday	5:30-6:00pm	Apr 13	June 1
Victoria	Esquimalt Recreation Centre	Saturday	6:30-7:00pm	Apr 15	June 10
Victoria	Juan de Fuca Rec. Centre	Sunday	5:15-5:45pm	Apr 30	June 25

**Reg. opens: Mon, Feb 20 at noon | Reg. closes: Sun, Feb 26 at 11:59pm**

**Registration is not first-come, first served. 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 >](#)

## SPRING 2023 SWIM LEVEL 3: LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Victoria	Esquimalt Recreation Centre	Saturday	7:00-7:30pm	Apr 15	June 10
Victoria	Juan de Fuca Rec Centre	Sunday	5:45-6:15pm	Apr 30	June 25

## 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.



**Reg. opens: Mon, Feb 20 at noon | Reg. closes: Sun, Feb 26 at 11:59pm**

*Registration is not first-come, first served. Sessions subject to change.*



**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 Spring's Virtual offerings include:***

- Art
- Coding
- Drama
- Drawing Club
- Meet-Up
- Sibling Meet-Up
- Yoga

**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 Art

Create art while making friends and socializing in a safe and supported environment. Registered participants will receive an equipment kit.

## Virtual Coding

Have fun while learning the basics of coding. No experience or software required!

## Virtual Drama

Participate in drama-based activities and games! Activities may include making commercials and playing charades.

## Virtual Drawing Club

Draw while making friends and socializing in a safe and supported environment.

## Virtual Meet-Up

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

## Virtual Sibling Meet Up

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

## Virtual Yoga

Learn yoga through group games and activities!

## SPRING 2023 VIRTUAL PROGRAMS DATES & TIMES

Location	Activity	Day	Time	Starts	Ends
Online	Virtual Art	Sunday	10:45-11:30am	Apr 16	May 28
Online	Virtual Art	Sunday	11:45-12:30pm	Apr 16	May 28
Online	Virtual Coding	Monday	5:00-5:45pm	Apr 17	May 29
Online	Virtual Coding	Monday	6:00-6:45pm	Apr 17	May 29
Online	Virtual Coding	Monday	7:00-7:45pm	Apr 17	May 29
Online	Virtual Drama	Thursday	5:00-5:45pm	Apr 20	May 25
Online	Virtual Drawing Club	Tuesday	4:15-5:00pm	Apr 25	May 30
Online	Virtual Drawing Club	Tuesday	5:15-6:00pm	Apr 25	May 30
Online	Virtual Meet-Up	Friday	6:30-7:15pm	Apr 14	May 26
Online	Virtual Sibling Meet-Up	Friday	5:30-6:15pm	Apr 14	May 26
Online	Virtual Yoga	Wednesday	5:15-6:00pm	Apr 19	May 24

**Reg. opens: Mon, Feb 20 at noon | Reg. closes: Sun, Feb 26 at 11:59pm**

**Registration is not first-come, first served. 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 >>](#)

**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 >](#)**

## 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.



## SPRING 2023 ADULT SWIM (13YRS+) LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Abbotsford	Matsqui Rec Centre	Tuesday	6:15-7:00pm	Apr 11	May 30
Burnaby	Edmonds Community Centre	Saturday	10:30-11:00am	Apr 15	June 10
Chilliwack	Cheam Leisure Centre	Sunday	11:00-11:45am	Apr 16	June 11
Langley	W.C. Blair Rec Centre	Saturday	11:30-12:15pm	Apr 15	June 10
Maple Ridge	Maple Ridge Leisure Centre	Saturday	2:00-2:45pm	Apr 15	June 29
Nanaimo	Beban Park Pool	Sunday	6:30-7:15pm	Apr 16	June 11
Surrey	Guildford Rec Centre	Sunday	3:15-4:00pm	Apr 16	June 11
Surrey	Tong Louie YMCA	Saturday	4:00-4:45pm	Apr 15	June 10
Vancouver	Jewish Community Centre	Saturday	1:30-2:00pm	Apr 15	June 10
Victoria	Juan de Fuca Centre	Sunday	6:15-6:45pm	Apr 15	June 10

## 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!

## Intro to Rowing (3-week program)

Learn the basics of rowing, on-land training and on-water rowing. The rowing stroke uses the whole body (legs, back and core, arms and shoulders) to propel the boat backwards through the water.

The repetitive motion can be a relaxing recreational activity, or become a competitive pursuit.

## Outdoor Active (Kelowna)

In partnership with Community Recreation Initiatives Society (CRIS) in Kelowna. Bike, hike and potentially snow shoe (depending on weather conditions).

## Walking Club

Stretch your legs and enjoy a walk while getting to know each other and building peer relationships.

### 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 >>](#)

## SPRING 2023 YOUTH AND ADULT (13+YRS) PROGRAMS

Program	City	Location	Day	Time	Starts	Ends
Intro to Rowing	Nanaimo	Long Lake Rowing Club	Wednesday	5:00-6:30pm	May 17	May 31
Outdoor Active	Kelowna	Various - TBA	Wednesday	6:00-7:30pm	Apr 26	May 31
Walking Club	Kamloops	Various	Tuesday	5:00-6:30pm	Apr 18	May 23
Walking Club	Victoria	Various	Wednesday	5:00-6:30pm	Apr 12	May 31
Walking Club	Nanaimo	Various	Saturday	11:00-12:30pm	Apr 1	June 3

## SPRING 2023 YOUTH AND ADULT (13-17YRS, 18+YRS) PROGRAMS

Program	Age	City	Location	Day	Time	Starts	Ends
Walking Club	13-17yrs	Vancouver	Seawall	Sunday	10:00-11:15am	Apr 23	June 4
Walking Club	18+yrs	Vancouver	Seawall	Sunday	11:30-12:45pm	Apr 23	June 4

**Reg. opens: Mon, Feb 20 at noon | Reg. closes: Sun, Feb 26 at 11:59pm**

**Registration is not first-come, first served. 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.

**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 facilitates the group, introducing fun activities each week.

**Leisure Education (18+yrs)**

This 8 week program will consist of two sessions each week. The first session will be an online group workshop focused on a specific topic, such as leisure awareness and skills for accessing community recreation. The second session will be an in-person, 1:1 meeting to apply skills taught in the workshop.

During these 1:1 sessions, participants will meet their Leisure Support Worker at local facilities to complete various activities, including rec activities of the participant's choice (pending local availability).

*Interested participants will have to complete an intake assessment with CAN's Recreation Specialist to determine eligibility for this program.*

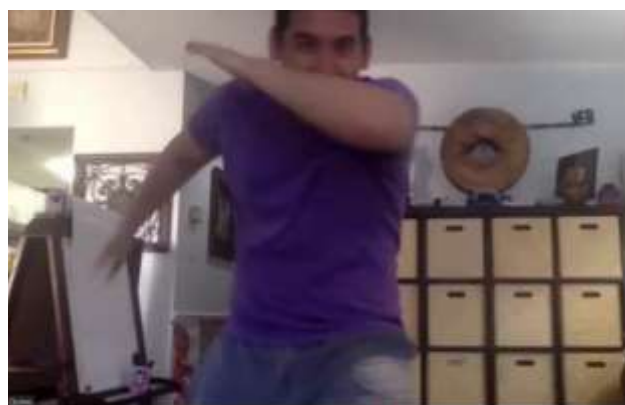
**Program Structure**

**Duration:** 6-8 weeks

**Seasons:** Fall, Winter, Spring,

**Cost:** None | **Siblings:** No

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

***CAN membership required.***

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

**SPRING 2023 WEEKLY VIRTUAL PROGRAM DATES & TIMES**

Location	Age	Activity	Day	Time	Starts	Ends
Online	13-17yrs	Youth Virtual Meet-Up	Thursday	5:45-6:45pm	Apr 27	June 1
Online	18+yrs	Adult Virtual Meet-Up	Thursday	7:00-8:00pm	Apr 27	June 1
Online	18+yrs	Leisure Education	Wednesday	5:30-7:00pm	Apr 5	May 31

**Reg. opens: Mon, Feb 20 at noon | Reg. closes: Sun, Feb 26 at 11:59pm**

**Registration is not first-come, first served. 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 Note 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 >>](#)

## SPRING 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 Spring weekly reg. period.*

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



### 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

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

Participants will receive approximately \$5,000\* in wages as all hours in the classroom and at work experience are paid.

*\*Assuming full completion of classroom hours and 180 hours of work experience.*

**CAN membership NOT required**

**A formal autism diagnosis is not required to participate.**

[Learn more >>](#)

### 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)

### Upcoming cohorts:

- March 6 – July 21

***Applications are due Thursday, Feb 23!***

**[Apply for CAN-STEP](#)**

**Contact: [step@canucksautism.ca](mailto:step@canucksautism.ca)**

Wanda Gibson & Paul Baron  
CAN-STEP Employment Facilitators



## 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 at least 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](mailto: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 >>](#)

## 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.

## Painting to Process Experiences

Explore cathartic new ways to process and communicate experiences.

This workshop introduces participants to the basics of acrylic painting and how it can be used to turn an experience, emotion, or belief into visual artwork.

***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](mailto: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](#).***



## SPRING 2023 MONTHLY PROGRAMS DATES & TIMES

Location	Program	Age	Date	Time
Online	Women's Peer Support Group	18+yrs	Tues, Feb 28	6:30-8pm
Online	Women's Peer Support Group	18+yrs	Tues, Mar 28	6:30-8pm
Online	Women's Peer Support Group	18+yrs	Tues, Apr 25	6:30-8pm
Online	Women's Peer Support Group	18+yrs	Tues, May 30	6:30-8pm
Online	Women's Peer Support Group	18+yrs	Tues, June 27	6:30-8pm

## ADDITIONAL WORKSHOPS DATES & TIMES

Location	Program	Age	Date	Time
Vancouver	Painting to Process Experiences	13-17 yrs	Sat, Mar 18	1:30-3:30pm
Vancouver	Painting to Process Experiences	18-30 yrs	Sat, Mar 25	1:30-3:30pm

**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 Spring 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.

### Autistic Leaders Group

- Opportunities for Autistic adults to work together on projects that focus on advocacy and leadership within the CAN community. To learn more, email [mark.comfort@canucksautism.ca](mailto:mark.comfort@canucksautism.ca) for more information or sign up for the [Youth & Adult newsletter](#)



# Additional Information — Registration

## Spring Program Registration Period

- **Online Registration opens on Mon, Feb. 20th at noon and closes Sun, Feb 26th at 11:59pm.**  
*Registration is NOT first-come, first served.*

## 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 Spring 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.

# 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](mailto:info@canucksautism.ca).

## 3. Additional Payment Options

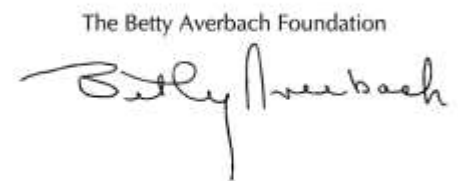
- CAN is open to working with participants to process program fee payments through additional routes, including bursaries.

### Upcoming Registration Periods

- **Summer opens on Mon, May 15 at noon and closes Sun, May 21 at 11:59pm.**
- **Note that registration periods for family experiences and select youth & adult opportunities take place on a monthly basis.**

*Refer to the [monthly member newsletter](#) for all upcoming registration dates.*

# Thank You to Our Sponsors for Spring 2023







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