Canucks Autism Network

WINTER 2027 | PROGRAM GUIDE

Programs for children, youth, and adults on the autism spectrum





Programs by Location

CAN Registration System

Registration opens on a first-come, first-served basis on **Sunday November 29, at 6pm**

Lower Mainland • Kamloops • Kelowna • Nanaimo • Victoria • Virtual

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PROGRAMS

By Location

- Lower Mainland
- Kamloops
- Kelowna
- Nanaimo
- Victoria
- Virtual

By Age Group

- 3-6yrs
- 7-12yrs
- 13-17 & 18+ yrs



Questions?

info@canucksautism.ca | **604-685-4049**
1788 West 8th Avenue, Vancouver
Mon-Thu, 9:00am-4:00pm
*Fri by appointment

IMPORTANT REMINDERS

Look for the green icons throughout the guide to navigate back to this page!

Registration

Winter registration for most weekly programs opens on a first-come, first-served basis on **Sunday, November 29, at 6pm.**

Other Registration Dates

Registration for family experiences and youth & adult pop-up opportunities is on the **15th of each month at 6pm.**

FREE CAN Account

Families and individuals* need to **create a *FREE* CAN account in order to sign up for programs** and family experiences.

Max 2 *Different* Weekly Programs

Participants can be enrolled in a **maximum of 2 *different* weekly programs** per season. There is no limit to the number of waitlists you can sign up for!

Payment Due Upon Registration

Alternative payment methods, such as **Fee Assistance**, are available. However, requests need to be submitted **prior to registration**.

Email Confirmation

You will receive a confirmation email with details, including the **schedule and exception dates**.

Withdraw vs Absence

If you're going to miss one session of a multi-week program, please fill out the form: **canucksautism.ca/absence**. ***To fully withdraw from a program, please visit your CAN account!***

Family Experience Pass

Families must purchase a **$25 Family Experience Pass** to register for family events. The pass gives the family access to events for **365 days**!

*Autistic individuals ages 13+ do NOT need a formal diagnosis to register. ***Learn more!***

PROGRAM FEES

Payment is due upon registration!

We want to ensure that program fees do NOT create any financial barriers to participation.



In addition to credit card, fees may be processed through:

1 CAN Fee Assistance Program

The **Fee Assistance Form** must be completed in advance of registration for the program. A code will be provided to use for registration.



2 Autism Funding

Parents/guardians of participants ages 6-18 can submit a Request to Pay form to Autism Funding for any program fee that is over $100.

Please fill out our **AFU form** in advance of registration if you would like to use Autism Funding for an eligible program.

3 Additional Payment Options

We are open to processing program fee payments through additional routes, including bursaries.

For more information on payment options, including the methods listed above, please visit the **Program Fees section** of our **Program & Registration FAQs webpage.**



DID YOU KNOW? CAN families pay, on average, 31% of what it actually costs to run our programs.

PARTICIPANT SUPPORT

Program Registration Questionnaire

Parents, caregivers, and/or participants are encouraged to **provide as much information as possible about support needs when registering.**

This information is provided to CAN staff at the beginning of each program to ensure that support strategies are customized to meet the unique needs and level of independence of each participant.



Ongoing Collaboration

We also encourage parents, caregivers, and/or participants to speak directly with program staff about ongoing support needs.

Ratio of Support

We are committed to providing participants with high quality support.

Swim & skate programs are staffed at a 1:1 ratio for safety reasons, while other programs vary in ratio of support with a focus on group instruction.

Participants & families can also bring their own Personal Support Worker to assist at programs. For more info, contact info@canucksautism.ca



FAMILY EXPERIENCES

Family events require a Family Experience Pass!

All Ages!

Access unlimited family events for a year by purchasing a **Family Experience Pass** for a family rate of **$25/year!**

Enjoy year-round activities that are open to the entire family, with all ages welcome. Activities may include: mini golf, visits to the farm, ice skating, holiday events, movies, and more!



We offer two types of Family Experiences:

1 Exclusive

- CAN tents & signage on site
- CAN staff & volunteers onsite
- Facility is closed to the public!
- Accommodations are made to ensure the event is more sensory friendly

2 Community

- Fewer CAN staff supporting the event
- Venue is open to the public during the event

Remember!

Family Experiences **open for registration on the 15th of each month** for the following month's events!

LOWER MAINLAND

Sessions subject to change.

Abbotsford

- Multisport (3-6, 6-12yrs)
- Swim (3-5, 6-12yrs)

Burnaby

- Multisport (3-6, 7-12yrs)
- Skate (3-6, 7-12yrs)
- Swim (3-5, 6-12, 13+yrs)

Chilliwack

- Gymnastics (7-12yrs)
- Multisport (3-6, 7-12yrs)
- Swim (3-5, 6-12yrs)

Coquitlam

- Multisport (3-6, 7-12yrs)
- Skate (3-6, 7-12yrs)
- Swim (3-5, 6-12yrs)

Langley

- Multisport (3-6, 7-12yrs)
- Skate (3-6, 7-12yrs)
- Swim (3-5, 6-12, 13+yrs)

Lower Mainland

- Pop Up Opportunities (13-17, 18+yrs)
- RWA career navigation (16+yrs)
- Skills Training Employment Program (16+yrs)

Mission

- Swim (3-5, 6-12yrs)

New Westminster

- Fitness (18+yrs)

Richmond

- Gymnastics (7-12yrs)
- Multisport (3-6, 7-12yrs)

Surrey

- Social Activity Groups (16-24yrs)
- Bouldering (13-17yrs)
- Gymnastics (7-12yrs)
- Movement to Music (3-6, 7-12yrs)
- Multisport (3-6, 7-12yrs)
- Skate (3-6, 7-12yrs, 13-17yrs)
- Swim (3-5, 6-12, 13+yrs)

Vancouver

- Movement to Music (3-6, 7-12yrs)
- Multisport (3-6, 7-12yrs)
- Music (3-6, 7-12yrs)
- Skate (3-6, 7-12yrs)
- Skills Training Employment Program (16+yrs)
- Swim (3-5, 6-12, 13+yrs)

Questions?

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INTERIOR

Sessions subject to change.

Kamloops

- Gymnastics (7-12yrs)
- Multisport (3-6, 7-12yrs)
- Pop Up Opportunities (13-17, 18+yrs)
- Skate (3-6, 7-12yrs)
- Swim (3-5, 6-12, 13+yrs)

Kelowna

- Gymnastics (7-12yrs)
- Skate (3-6, 7-12yrs)
- Social Activity Groups (13+yrs)
- Swim (3-5, 6-12, 13+yrs)
- Pop Up Opportunities (13-17, 18+yrs)
- Skills Training Employment Program (15-30yrs)

West Kelowna

- Multisport (3-6, 7-12yrs)





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VANCOUVER ISLAND

Sessions subject to change.

Nanaimo

- Fitness (13+yrs)
- Multisport (3-6, 7-12yrs)
- Pop Up Opportunities (13-17, 18+yrs)
- Skate (3-6, 7-12yrs)
- Swim (3-5, 6-12, 13+yrs)

Victoria

- Fitness (13+yrs)
- Movement to Music (7-12yrs)
- Multisport (3-6, 7-12yrs)
- Pop Up Opportunities (13-17, 18+yrs)
- Skate (3-6, 7-12yrs)
- Swim (3-5, 6-12, 13+yrs)





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VIRTUAL PROGRAMS

Sessions subject to change.

Weekly

- App Development **(7-12yrs)**
- Coding **(7-12yrs)**
- Creative Writing **(18+yrs)**
- Dungeons and Dragons **(13-17yrs)**
- Kitchen Chemistry **(7-12yrs)**



Drop-In Year Round

- Autistic Community Group **(18+yrs)**
- Autistic Dating Peer Group **(18+yrs)**
- Autistic Queer and Trans Peer Group **(18+yrs)**
- Movie Club **(13+yrs)**
- Women's Peer Group ⚧ **(18+yrs)**

Questions?

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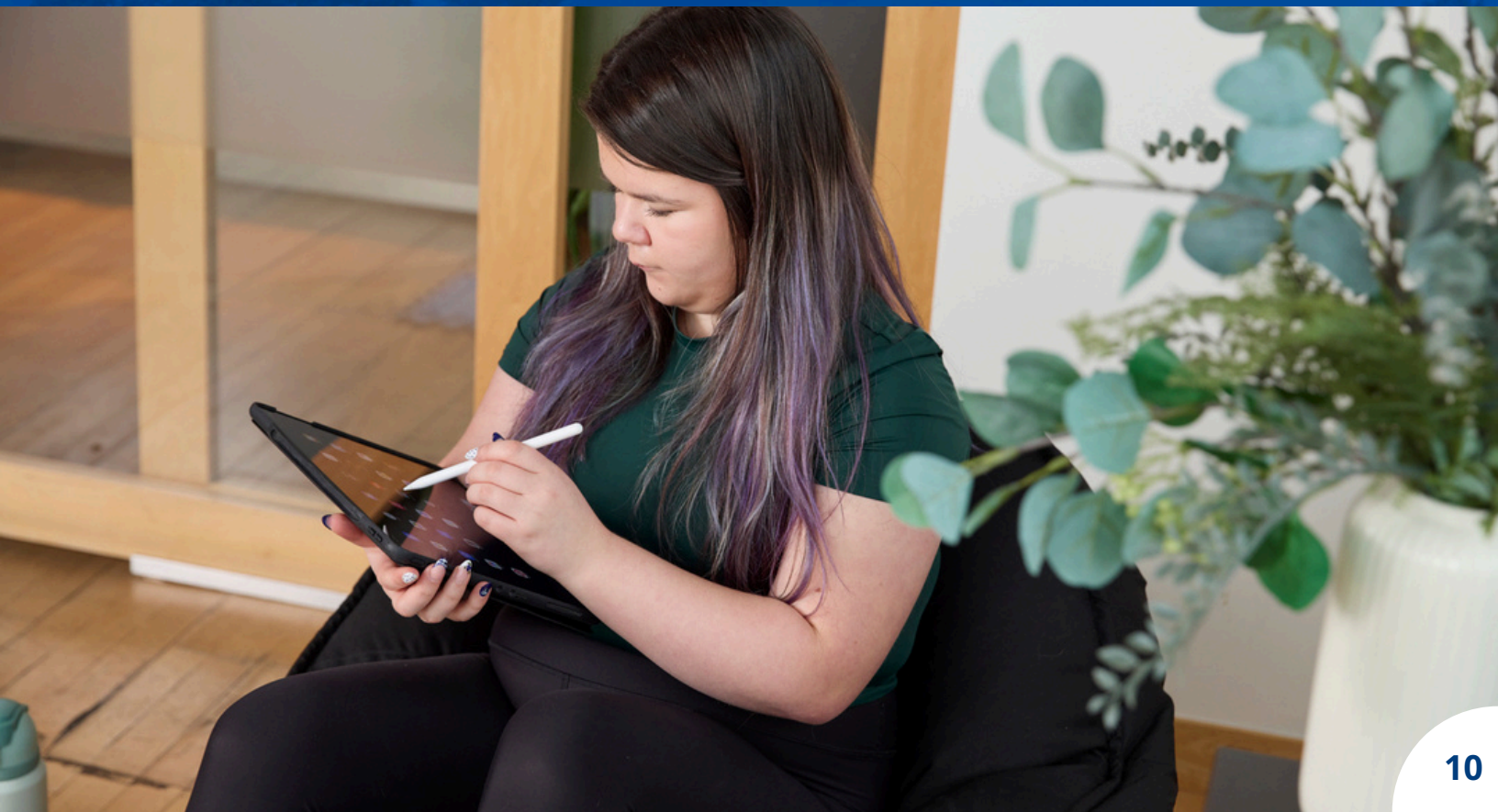

PROGRAMS BY AGE GROUP

Sessions subject to change.

3-6yrs

- Family Experiences
- Movement to Music
- Multisport
- Music
- Preschool Swim (3-5yrs)
- Skate
- Swimmer 1/2/3 (6-12yrs)

7-12yrs

- App Development *(Virtual)*
- Coding *(Virtual)*
- Gymnastics
- Family Experiences
- Kitchen Chemistry *(Virtual)*
- Movement to Music
- Multisport
- Music
- Skate
- Swimmer 1/2/3 (6-12yrs)

13-17 & 18+ yrs*

- Autistic Community Group *(Virtual)*
- Autistic Dating Peer Group *(Virtual)*
- Autistic Queer and Trans Peer Group *(Virtual)*
- Autistic Youth and Wellbeing *(Virtual)*
- Bouldering
- Creative Writing *(Virtual)*
- Dungeons and Dragons *(Virtual)*
- Family Experiences
- Fitness
- Movie Club *(Virtual)*
- Pop-Up Opportunities
- Ready, Willing & Able
- Skate
- Social Activity Groups
- Swim
- Skills Training Employment Program
- Women's Peer Group ⚧ *(Virtual)*

*Exact age ranges vary among youth & adult programs.

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SWIM LEVELS OVERVIEW

LIFESAVING SOCIETY®
The Lifeguarding Experts

Preschool Swim (3-5yrs)

Participants work on entries into the water, buoyancy, bubbles, movement, floats, and front/back swim. Games and songs are incorporated into lessons to create a fun environment that encourages comfort in the water!

Prerequisite: *No previous swim experience required. Participants with all levels of support needs are encouraged to register.*

Swimmer 1 (6-12yrs)

Focuses on swimming strokes, skills, and 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.

Prerequisite: *No swim experience required. Intended for those working on the skills listed above.*

Swimmer 2

Will 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 can confidently and independently execute the associated skills.*

! It is the parent/guardian's responsibility to register for the correct swim level!

If a participant has been registered into the wrong level, our ability to transfer them into the appropriate level once the season has started will be subject to availability. If no space exists, the participant may have to be withdrawn from the program.

Swimmer 3

Will continue to expand on skills completed in Swimmer 2 with the addition of front/side glide with kicks and increasing front and back crawl distance to 15 meters. A lot of time is spent in deep water practicing jumps, dives, and deep water support.

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

Youth & Adult (13+ yrs)

Focuses on building water confidence, improving fitness, and developing smooth, recognizable swim strokes. Participants work at their own pace toward personal swimming goals, with skills adapted from the Lifesaving Society Swimmer 1 program.

Prerequisite: *Suitable for participants who are still developing water entries and exits, floats, glides and front crawl.*



EARLY YEARS PROGRAMS

AGES 3-6



Movement to Music

3-6yrs

Games and activities that focus on **coordination, flexibility,** and **spatial awareness**.

Taught by instructors from *DanceWest* or *Arts Umbrella* (varies by location) and supported by CAN staff and volunteers with a focus on group instruction.

Cost: $51 for 6 weeks



Learn more!

Registration opens **Sunday, November 29, at 6:00pm**.
First-come, first served! *Sessions subject to change.*

Surrey

	Day	Time	Starts	Ends	
DanceWest Studios Surrey	Sun	3:45-4:30pm	Jan 17, 2027	Feb 28, 2027	Register

Vancouver

Mount Pleasant Community Centre	Mon	4:15-5:00pm	Jan 18, 2027	Mar 1, 2027	Register



Multisport

3-6yrs

Games and activities that develop fundamental movement skills, like **running, jumping, throwing, catching**, and **kicking**.

Led and supported by CAN staff and volunteers with a focus on group instruction.

Cost: $51 for 6 weeks



Learn more!

Registration opens **Sunday, November 29, at 6:00pm.**
First-come, first served! *Sessions subject to change.*

Abbotsford — *Focused on Ball Hockey*

	Day	Time	Starts	Ends	
Mt Lehman Community Hall	Mon	5:30-6:15pm	Jan 18, 2027	Mar 1, 2027	Register

Burnaby — *Focused on Basketball & Soccer*

	Day	Time	Starts	Ends	
Gilmore Community School	Tue	6:15-7:00pm	Jan 19, 2027	Feb 23, 2027	Register

Chilliwack — *Focused on Basketball & Ball Hockey*

	Day	Time	Starts	Ends	
Atchelitz Hall	Wed	5:15-6:00pm	Jan 13, 2027	Feb 17, 2027	Register

Coquitlam — *Focused on Basketball & Soccer*

	Day	Time	Starts	Ends	
Bettie Allard YMCA	Sat	12:45-1:30pm	Jan 16, 2027	Feb 27, 2027	Register

Kamloops — *Focused on Basketball & Soccer*

	Day	Time	Starts	Ends	
Beattie Elementary School	Sun	10:15-11:00am	Jan 17, 2027	Feb 28, 2027	Register

Langley — *Focused on Basketball & Ball Hockey*

	Day	Time	Starts	Ends	
Timms Community Centre	Mon	5:30-6:15pm	Jan 18, 2027	Mar 1, 2027	Register

Nanaimo — *Focused on Basketball & Soccer*

	Day	Time	Starts	Ends	
Randerson Ridge Elementary School	Tue	5:00-5:45pm	Jan 19, 2027	Feb 23, 2027	Register

CONTINUED ON THE NEXT PAGE!

Multisport

3-6yrs

Cost: $51 for 6 weeks

Registration opens **Sunday, November 29, at 6:00pm.**
First-come, first served! *Sessions subject to change.*

Day	Time	Starts	Ends	
Richmond	***Focused on Basketball & Soccer***			
West Richmond Community Centre	Sun	2:15-3:00pm	Jan 24, 2027	Mar 7, 2027	Register
Surrey	***Focused on Basketball & Soccer***			
Bear Creek Elementary	Wed	5:15-6:00pm	Jan 20, 2027	Feb 24, 2027	Register
Vancouver	***Focused on Basketball & Soccer***			
Britannia Community Centre	Mon	5:15-6:00pm	Jan 18, 2027	Mar 1, 2027	Register
Victoria	***Focused on Basketball & Soccer***			
Macaulay Elementary	Tue	6:30-7:15pm	Jan 19, 2027	Feb 23, 2027	Register
West Kelowna	***Focused on Basketball & Soccer***			
Mar Jok Elementary	Mon	5:15-6:00pm	Jan 18, 2027	Mar 1, 2027	Register



Music

3-6yrs

Games and activities that focus on **rhythm and percussion**.

This class is parent participation. Parents are expected to stay and participate in the class alongside their child.

Cost: $51 for 6 weeks



Learn more!

Registration opens **Sunday, November 29, at 6:00pm**.
First-come, first served! *Sessions subject to change.*

Vancouver	Day	Time	Starts	Ends	
Vancouver Academy of Music	Wed	4:50-5:20pm	Jan 20, 2027	Feb 24, 2027	Register
Vancouver Academy of Music	Wed	5:25-5:55pm	Jan 20, 2027	Feb 24, 2027	Register



Skate

3-6yrs

Games and activities that teach **basic skating skills**, such as **moving forward, gliding,** and **stopping.**

Led and supported by CAN staff and volunteers with 1:1 instruction.

Cost: $66 for 6 weeks



Learn more!

Registration opens **Sunday, November 29, at 6:00pm.**
First-come, first served! *Sessions subject to change.*

1:1 $ FAQ

	Day	Time	Starts	Ends	
Burnaby					
Rosemary Brown Recreation Centre	Sun	9:05-9:35am	Jan 17, 2027	Feb 28, 2027	Register
Rosemary Brown Recreation Centre	Sun	9:35-10:05am	Jan 17, 2027	Feb 28, 2027	Register
Coquitlam					
Poirier Sport & Leisure Complex	Sat	2:15-2:45pm	Jan 9, 2027	Feb 27, 2027	Register
Kamloops					
Memorial Arena	Thu	4:00-4:30pm	Jan 21, 2027	Feb 25, 2027	Register
Kelowna					
MNP Place	Sat	11:00-11:30am	Jan 16, 2027	Feb 27, 2027	Register
Langley					
Aldergrove Community Centre	Tue	6:30-7:00pm	Jan 19, 2027	Feb 23, 2027	Register
Nanaimo					
Cliff McNabb Arena	Fri	4:15-4:45pm	Jan 15, 2027	Feb 19, 2027	Register
Surrey					
North Surrey Sports & Ice Complex	Sat	9:45-10:15am	Jan 9, 2027	Mar 6, 2027	Register
North Surrey Sports & Ice Complex	Sat	10:15-10:45am	Jan 9, 2027	Mar 6, 2027	Register

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Skate

3-6yrs

Cost: $66 for 6 weeks

Registration opens **Sunday, November 29, at 6:00pm.**
First-come, first served! *Sessions subject to change.*

1:1 $ FAQ

Vancouver	Day	Time	Starts	Ends	
Britannia Commnunity Centre	Sat	10:00-10:30am	Jan 16, 2027	Feb 27, 2027	Register
Britannia Commnunity Centre	Tue	5:30-6:00pm	Jan 19, 2027	Feb 23, 2027	Register
Victoria					
Save-On-Food Memorial Arena	Thu	4:35-5:05pm	Jan 21, 2027	Feb 25, 2027	Register



Preschool Swim

3-5yrs

Games and activities that teach **entries into the water**, **buoyancy**, **bubbles**, **movement**, **floats**, and **front/back swim**.

Led by LSS-certified CAN swim coaches with 1:1 support from CAN staff and volunteers.

Cost: $70 for 8 weeks



Learn more!

Registration opens **Sunday, November 29, at 6:00pm.**
First-come, first served! *Sessions subject to change.*

1:1 $ FAQ

Abbotsford	Day	Time	Starts	Ends	
Matsqui Recreation Centre	Wed	4:00-4:30pm	Jan 13, 2027	Mar 3, 2027	Register
Matsqui Recreation Centre	Wed	6:00-6:30pm	Jan 13, 2027	Mar 3, 2027	Register
Burnaby					
Edmonds Community Centre	Sat	9:00-9:30am	Jan 9, 2027	Mar 6, 2027	Register
Edmonds Community Centre	Sat	9:30-10:00am	Jan 9, 2027	Mar 6, 2027	Register
Chilliwack					
Cheam Leisure Centre	Sun	8:30-9:00am	Jan 17, 2027	Mar 14, 2027	Register
Cheam Leisure Centre	Sun	9:00-9:30am	Jan 17, 2027	Mar 14, 2027	Register
Coquitlam					
City Centre Aquatic Complex	Sun	8:00-8:30am	Jan 10, 2027	Mar 14, 2027	Register
City Centre Aquatic Complex	Sun	8:30-9:00am	Jan 10, 2027	Mar 14, 2027	Register
City Centre Aquatic Complex	Sun	9:00-9:30am	Jan 10, 2027	Mar 14, 2027	Register
City Centre Aquatic Complex	Sun	9:30-10:00am	Jan 10, 2027	Mar 14, 2027	Register
City Centre Aquatic Complex	Sun	10:00-10:30am	Jan 10, 2027	Mar 14, 2027	Register
Kamloops					
YMCA Kamloops	Sun	4:00-4:30pm	Jan 17, 2027	Mar 7, 2027	Register

CONTINUED ON THE NEXT PAGE!

Preschool Swim

3-5yrs

Cost: $70 for 8 weeks

Registration opens **Sunday, November 29, at 6:00pm.**
First-come, first served! *Sessions subject to change.*

1:1 $ FAQ

Kelowna

	Day	Time	Starts	Ends	
Kelowna Family YMCA	Sun	12:30-1:00pm	Jan 10, 2027	Mar 7, 2027	Register

Langley

W.C. Blair Recreation Centre*	Sat	9:00-9:30am	Jan 9, 2027	Mar 6, 2027	Register
W.C. Blair Recreation Centre*	Sat	9:30-10:00am	Jan 9, 2027	Mar 6, 2027	Register

** February 20th, 27th, and March 6th will take place at Walnut Grove Community Centre*

Mission

Mission Leisure Centre	Sun	9:30-10:00am	Jan 17, 2027	Mar 14, 2027	Register

Nanaimo

Beban Park Pool	Sun	4:30-5:00pm	Jan 10, 2027	Mar 7, 2027	Register

Surrey

Tong Louie Family YMCA	Sat	2:00-2:30pm	Jan 9, 2027	Mar 6, 2027	Register
Tong Louie Family YMCA	Sat	2:30-3:00pm	Jan 9, 2027	Mar 6, 2027	Register

Vancouver

Jewish Community Centre	Sat	11:45am-12:15pm	Jan 9, 2027	Mar 6, 2027	Register
Jewish Community Centre	Sat	12:15-12:45pm	Jan 9, 2027	Mar 6, 2027	Register

Victoria

Esquimalt Recreation Centre	Sat	5:30-6:00pm	Jan 9, 2027	Mar 6, 2027	Register
Juan de Fuca Recreation Centre	Sun	4:15-4:45pm	Jan 10, 2027	Mar 7, 2027	Register
Juan de Fuca Recreation Centre	Sun	4:45-5:15pm	Jan 10, 2027	Mar 7, 2027	Register
Esquimalt Recreation Centre	Tue	4:00-4:30pm	Jan 12, 2027	Mar 2, 2027	Register

CHILDREN'S PROGRAMS

AGES 7-12



Coding & Science

7-12yrs

Computer-based and hands-on STEM activities that develop **problem-solving, logical thinking, creativity,** and **teamwork.**

Led by instructors from *Access Collective* or *WWEST* (varies by program) and supported by CAN staff. Sessions take place in real-time **over Zoom.**

Cost: $30-$60 for 6 weeks



Learn more!

Registration opens **Sunday, November 29 at 6:00pm.**
First-come, first served! *Sessions subject to change.*

Coding

Create animations and stories through Scratch, a kid-friendly way to learn through colourful blocks! In collaboration with Access Collective. *No experience required.*

Cost: $60 for 6 weeks

	Day	Time	Starts	Ends	
Zoom	Wed	4:30-5:15pm	Jan 20, 2027	Feb 24, 2027	Register

App Development

Design, code, and test your own mobile apps, using a visual, easy-to-use, drag-and-drop app building platform called Thunkable!

Cost: $60 for 6 weeks

Zoom	Wed	5:30-6:15pm	Jan 20, 2027	Feb 24, 2027	Register

Science: *Kitchen Chemistry*

Create different foods and discuss the science behind it! In collaboration with Westcoast Women in Engineering, Science & Technology (WWEST).

Cost: $30 for 6 weeks

Zoom	Sat	11:00-11:45am	Jan 16, 2027	Feb 27, 2027	Register



Gymnastics

7-12yrs

Games and activities that build skills in **jumping**, **moving in different directions**, **balancing**, and **gym safety.**

Taught by certified coaches from *Chilliwack Gymnastics, Kamloops Gymnastics, Okanagan Gymnastics, TumbleTown & White Rock Gymnastics* (varies by location).

Supported by CAN staff and volunteers with a focus on group instruction.

Cost: $120* for 6 weeks



Learn more!

Registration opens **Sunday, November 29, at 6:00pm.**
First-come, first served! *Sessions subject to change.*

	Day	Time	Starts	Ends	
Chilliwack					
Chilliwack Gymnastics Club	Thu	7:00-8:00pm	Jan 14, 2027	Feb 18, 2027	Register
Kamloops					
Tournament Capital Centre	Sat	1:00-2:00pm	Jan 16, 2027	Feb 27, 2027	Register
Tournament Capital Centre	Sat	2:00-3:00pm	Jan 16, 2027	Feb 27, 2027	Register
Kelowna					
Okanagan Gymnastics	Sat	1:30-2:30pm	Jan 16, 2027	Feb 27, 2027	Register
Okanagan Gymnastics	Sat	2:30-3:30pm	Jan 16, 2027	Feb 27, 2027	Register
Richmond					
TumbleTown Ironwood	Sat	5:00-6:00pm	Jan 16, 2027	Feb 27, 2027	Register
TumbleTown Ironwood	Sat	6:00-7:00pm	Jan 16, 2027	Feb 27, 2027	Register
Surrey					
White Rock Gymnastics	Sat	5:00-6:00pm	Jan 16, 2027	Feb 27, 2027	Register
White Rock Gymnastics	Sat	6:00-7:00pm	Jan 16, 2027	Feb 27, 2027	Register

Program fees over $100 are AFU eligible!
The Autism Funding Form **must be completed prior to registration.**

Movement to Music

7-12yrs

Games and activities that focus on **coordination, flexibility**, and **spatial awareness**.

Taught by instructors from *DanceWest or Arts Umbrella* (varies by location). Supported by CAN staff and volunteers with a focus on group instruction.

Cost: $51 for 6 weeks



Learn more!

Registration opens **Sunday, November 29, at 6:00pm.**
First-come, first served! *Sessions subject to change.*

	Day	Time	Starts	Ends	
Surrey					
DanceWest Studios	Sun	4:45-5:30pm	Jan 17, 2027	Feb 28, 2027	Register
Vancouver					
Mount Pleasant Community Centre	Mon	5:05-5:50pm	Jan 18, 2027	Mar 1, 2027	Register
Victoria					
University of Victoria	Wed	6:00-7:00pm	Jan 13, 2027	Feb 17, 2027	Register



Music

7-12yrs

Games and activities that focus on **rhythm and percussion**.

Led by instructors from *Sarah McLachlan School of Music*. Supported by CAN staff and volunteers with a focus on group instruction.

Cost: $51 for 6 weeks



Learn more!

Registration opens **Sunday, November 29, at 6:00pm.**
First-come, first served! *Sessions subject to change.*

Vancouver	Day	Time	Starts	Ends	
Sarah McLachlan School of Music	Fri	5:00-5:45pm	Jan 15, 2027	Feb 26, 2027	Register
Sarah McLachlan School of Music	Fri	6:00-6:45pm	Jan 15, 2027	Feb 26, 2027	Register



Multisport

7-12yrs

Games and activities that develop fundamental movement skills, like **running, jumping, throwing, catching**, and **kicking**.

Led and supported by CAN staff and volunteers with a focus on group instruction.

Cost: $51 for 6 weeks



Learn more!

Registration opens **Sunday, November 29, at 6:00pm.**
First-come, first served! *Sessions subject to change.*

	Day	Time	Starts	Ends	
Abbotsford	***Focused on Ball Hockey***				
Mt Lehman Community Hall	Mon	6:30-7:30pm	Jan 18, 2027	Mar 1, 2027	Register
Burnaby	***Focused on Basketball & Ball Hockey***				
Gilmore Community School	Tue	7:00-8:00pm	Jan 19, 2027	Feb 23, 2027	Register
Chilliwack	***Focused on Basketball & Ball Hockey***				
Atchelitz Hall	Wed	6:00-7:00pm	Jan 13, 2027	Feb 17, 2027	Register
Coquitlam	***Focused on Basketball & Soccer***				
Bettie Allard YMCA	Sat	1:30-2:30pm	Jan 16, 2027	Feb 27, 2027	Register
Kamloops	***Focused on Basketball & Soccer***				
Beattie Elementary School	Sun	11:00am-12:00pm	Jan 17, 2027	Feb 28, 2027	Register
Langley	***Focused on Basketball & Ball Hockey***				
Timms Community Centre	Mon	6:15-7:15pm	Jan 18, 2027	Mar 1, 2027	Register
Nanaimo	***Focused on Basketball & Soccer***				
Randerson Ridge Elementary School	Tue	5:45-6:45pm	Jan 19, 2027	Feb 23, 2027	Register

CONTINUED ON THE NEXT PAGE!

Multisport

7-12yrs

Cost: $51 for 6 weeks

Registration opens **Sunday, November 29, at 6:00pm.**
First-come, first served! *Sessions subject to change.*

	Day	Time	Starts	Ends	
Richmond	***Focused on Basketball & Soccer***				
West Richmond Community Centre	Sun	3:00-4:00pm	Jan 24, 2027	Mar 7, 2027	Register
Surrey	***Focused on Basketball & Soccer***				
Bear Creek Elementary	Wed	6:00-7:00pm	Jan 20, 2027	Feb 24, 2027	Register
Vancouver	***Focused on Basketball & Soccer***				
Britannia Community Centre	Mon	6:00-7:00pm	Jan 18, 2027	Mar 1, 2027	Register
Victoria	***Focused on Basketball & Soccer***				
Macaulay Elementary	Tue	7:15-8:15pm	Jan 19, 2027	Feb 23, 2027	Register
West Kelowna	***Focused on Basketball & Soccer***				
Mar Jok Elementary	Mon	6:00-7:00pm	Jan 18, 2027	Mar 1, 2027	Register



Skate

7-12yrs

Games and activities that teach **basic skating skills**, such as **moving forward, gliding,** and **stopping.**

Led and supported by CAN staff and volunteers with 1:1 instruction.

Cost: $66 for 6 weeks



Learn more!

Registration opens **Sunday, November 29, at 6:00pm.**
First-come, first served! *Sessions subject to change.*

1:1 $ FAQ

Burnaby

	Day	Time	Starts	Ends	
Rosemary Brown Recreation Centre	Sun	10:05-10:35am	Jan 17, 2027	Feb 28, 2027	Register
Rosemary Brown Recreation Centre	Sun	10:35-11:05am	Jan 17, 2027	Feb 28, 2027	Register

Coquitlam

Poirier Sport & Leisure Complex	Sat	2:45-3:15pm	Jan 9, 2027	Feb 27, 2027	Register
Poirier Sport & Leisure Complex	Sat	3:15-3:45pm	Jan 9, 2027	Feb 27, 2027	Register

Kamloops

Memorial Arena	Thu	4:30-5:00pm	Jan 21, 2027	Feb 25, 2027	Register

Kelowna

MNP Place	Sat	11:30am-12:00pm	Jan 16, 2027	Feb 27, 2027	Register

Langley

Aldergrove Community Centre	Tue	6:00-6:30pm	Jan 19, 2027	Feb 23, 2027	Register
Algergrove Community Centre	Tue	7:00-7:30pm	Jan 19, 2027	Feb 23, 2027	Register

Nanaimo

Cliff McNabb Arena	Fri	4:45-5:15pm	Jan 15, 2027	Feb 19, 2027	Register

CONTINUED ON THE NEXT PAGE!

Skate

7-12yrs

Cost: $66 for 6 weeks

Registration opens **Sunday, November 29, at 6:00pm.**
First-come, first served! *Sessions subject to change.*

1:1 $ FAQ

Surrey

	Day	Time	Starts	Ends	
North Surrey Sports & Ice Complex	Sat	9:45-10:15am	Jan 9, 2027	Mar 6, 2027	Register
North Surrey Sports & Ice Complex	Sat	10:15-10:45am	Jan 9, 2027	Mar 6, 2027	Register
North Surrey Sports & Ice Complex*	Sat	10:45-11:15am	Jan 9, 2027	Mar 6, 2027	Register

** Intermediate level skate program only for those who already know the basics of skating and have completed CAN Skate.*

Vancouver

Britannia Commnunity Centre	Sat	10:30-11:00am	Jan 16, 2027	Feb 27, 2027	Register
Britannia Commnunity Centre	Tue	6:00-6:30pm	Jan 19, 2027	Feb 23, 2027	Register

Victoria

Save-On-Food Memorial Arena	Thu	5:10-5:40pm	Jan 21, 2027	Feb 25, 2027	Register
Save-On-Food Memorial Arena	Thu	5:45-6:15pm	Jan 21, 2027	Feb 25, 2027	Register



Swimmer 1

6-12yrs

Focuses on **swimming strokes and skills**, while building confidence. Participants will be introduced to skills from the **Lifesaving Society Swimmer 1 curriculum**, including bubbles, floating, gliding, kicking, water entries and exits with 1:1 support.

No previous swim experience required. It is the parent or guardian's responsibility to sign up for the correct level. **Refer to our Lifesaving Society guide** for more info on swim levels.



Learn more!

Cost: $70 for 8 weeks

Registration opens **Sunday, November 29, at 6:00pm.**
First-come, first served! *Sessions subject to change.*

1:1 $ FAQ

Abbotsford

Abbotsford	Day	Time	Starts	Ends	
Matsqui Recreation Centre	Wed	4:30-5:00pm	Jan 13, 2027	Mar 3, 2027	Register
Matsqui Recreation Centre	Wed	5:00-5:30pm	Jan 13, 2027	Mar 3, 2027	Register

Burnaby

Edmonds Community Centre	Sat	9:00-9:30am	Jan 9, 2027	Mar 16, 2027	Register
Edmonds Community Centre	Sat	10:00-10:30am	Jan 9, 2027	Mar 16, 2027	Register
Edmonds Community Centre	Sat	10:30-11:00am	Jan 9, 2027	Mar 16, 2027	Register

Chilliwack

Cheam Leisure Centre	Sun	9:30-10:00am	Jan 17, 2027	Mar 14, 2027	Register
Cheam Leisure Centre	Sun	10:30-11:00am	Jan 17, 2027	Mar 14, 2027	Register

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Swimmer 1

6-12yrs

Cost: $70 for 8 weeks

Registration opens **Sunday, November 29, at 6:00pm.**
First-come, first served! *Sessions subject to change.*

1:1 $ FAQ

Coquitlam

	Day	Time	Starts	Ends	
Bettie Allard YMCA	Sun	1:00-1:30pm	Jan 10, 2027	Mar 7, 2027	Register
Bettie Allard YMCA	Sun	1:00-1:30pm	Jan 10, 2027	Mar 7, 2027	Register
Bettie Allard YMCA	Sun	1:30-2:00pm	Jan 10, 2027	Mar 7, 2027	Register
Bettie Allard YMCA	Sun	1:30-2:00pm	Jan 10, 2027	Mar 7, 2027	Register
Bettie Allard YMCA	Sun	2:00-2:30pm	Jan 10, 2027	Mar 7, 2027	Register
Bettie Allard YMCA	Sun	2:30-3:00pm	Jan 10, 2027	Mar 7, 2027	Register

Kamloops

Kamloops YMCA	Tue	4:00-4:30pm	Jan 12, 2027	Mar 2, 2027	Register
Kamloops YMCA	Tue	4:30-5:00pm	Jan 12, 2027	Mar 2, 2027	Register
Kamloops YMCA	Sun	4:30-5:00pm	Jan 17, 2027	Mar 7, 2027	Register
Kamloops YMCA	Sun	5:00-5:30pm	Jan 17, 2027	Mar 7, 2027	Register
Kamloops YMCA	Sun	5:30-6:00pm	Jan 17, 2027	Mar 7, 2027	Register

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Swimmer 1

6-12yrs

Cost: $70 for 8 weeks

Registration opens **Sunday, November 29, at 6:00pm.**
First-come, first served! *Sessions subject to change.*

1:1 $ FAQ

Kelowna

Kelowna	Day	Time	Starts	Ends	
Kelowna Family YMCA	Sun	1:00-1:30pm	Jan 10, 2027	Mar 7, 2027	Register
Kelowna Family YMCA	Sun	1:30-2:00pm	Jan 10, 2027	Mar 7, 2027	Register
Kelowna Family YMCA	Sun	2:00-2:30pm	Jan 10, 2027	Mar 7, 2027	Register

Langley

W.C Blair Recreation Centre*	Sat	10:00-10:30am	Jan 9, 2027	Mar 6, 2027	Register
W.C Blair Recreation Centre*	Sat	10:30-11:00am	Jan 9, 2027	Mar 6, 2027	Register

** February 20th, 27th, and March 6th will take place at Walnut Grove Community Centre*

Mission

Mission Leisure Centre	Sun	8:00-8:30am	Jan 17, 2027	Mar 14, 2027	Register
Mission Leisure Centre	Sun	8:30-9:00am	Jan 17, 2027	Mar 14, 2027	Register

Nanaimo

Beban Park Pool	Sun	5:00-5:30pm	Jan 10, 2027	Mar 7, 2027	Register
Beban Park Pool	Sun	5:30-6:00pm	Jan 10, 2027	Mar 7, 2027	Register

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Swimmer 1

6-12yrs

Cost: $70 for 8 weeks

Registration opens **Sunday, November 29, at 6:00pm.**
First-come, first served! *Sessions subject to change.*

1:1

Surrey

	Day	Time	Starts	Ends	
Tong Louie YMCA	Sat	3:00-3:30pm	Jan 9, 2027	Mar 6, 2027	Register
Tong Louie YMCA	Sat	3:30-4:00pm	Jan 9, 2027	Mar 6, 2027	Register
Guildford Recreation Centre	Sun	1:30-2:00pm	Jan 10, 2027	Mar 14, 2027	Register
Guildford Recreation Centre	Sun	2:00-2:30pm	Jan 10, 2027	Mar 14, 2027	Register
Guildford Recreation Centre	Sun	4:00-4:30pm	Jan 10, 2027	Mar 14, 2027	Register

Vancouver

Jewish Community Centre	Sat	11:45am-12:15pm	Jan 9, 2027	Mar 6, 2027	Register
Jewish Community Centre	Sat	12:15-12:45pm	Jan 9, 2027	Mar 6, 2027	Register
Jewish Community Centre	Sat	12:45-1:15pm	Jan 9, 2027	Mar 6, 2027	Register
Jewish Community Centre	Sat	1:15-1:45pm	Jan 9, 2027	Mar 6, 2027	Register

Victoria

Esquimalt Recreation Centre	Sat	6:00-6:30pm	Jan 9, 2027	Mar 6, 2027	Register
Esquimalt Recreation Centre	Sat	6:30-7:00pm	Jan 9, 2027	Mar 6, 2027	Register
Juan de Fuca Recreation Centre	Sun	5:15-5:45pm	Jan 10, 2027	Mar 7, 2027	Register
Juan de Fuca Recreation Centre	Sun	5:45-6:15pm	Jan 10, 2027	Mar 7, 2027	Register
Esquimalt Recreation Centre	Tue	4:30-5:00pm	Jan 12, 2027	Mar 2, 2027	Register



Swimmer 2

6-12yrs

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** with 1:1 support.

Participants will work on endurance, with a **target distance of 10 meters**. An intro 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.



Learn more!

Cost: $70 for 8 weeks

Registration opens **Sunday, November 29, at 6:00pm.**
First-come, first served! *Sessions subject to change.*

1:1 $ FAQ

Abbotsford

	Day	Time	Starts	Ends	
Matsqui Recreation Centre	Wed	5:30-6:00pm	Jan 13, 2027	Mar 3, 2027	Register

Burnaby

Edmonds Community Centre	Sat	9:30-10:00am	Jan 9, 2027	Mar 6, 2027	Register
Edmonds Community Centre	Sat	10:00-10:30am	Jan 9, 2027	Mar 6, 2027	Register

Chilliwack

Cheam Leisure Centre	Sun	10:00-10:30am	Jan 17, 2027	Mar 14, 2027	Register

Coquitlam

Bettie Allard YMCA	Sun	2:00-2:30pm	Jan 10, 2027	Mar 7, 2027	Register
Bettie Allard YMCA	Sun	2:30-3:00pm	Jan 10, 2027	Mar 7, 2027	Register

Kamloops

Kamloops YMCA	Sun	6:00-6:30pm	Jan 17, 2027	Mar 7, 2027	Register

Kelowna

Kelowna Family YMCA	Sun	2:30-3:00pm	Jan 10, 2027	Mar 7, 2027	Register

CONTINUED ON THE NEXT PAGE!

Swimmer 2

6-12yrs

Cost: $70 for 8 weeks

Registration opens **Sunday, November 29, at 6:00pm.**
First-come, first served! *Sessions subject to change.*

1:1 $ FAQ

Langley

	Day	Time	Starts	Ends	
W.C. Blair Recreation Centre*	Sat	11:00-11:30am	Jan 9, 2027	Mar 6, 2027	Register

** February 20th, 27th, and March 6th will take place at Walnut Grove Community Centre*

Mission

Mission Leisure Centre	Sun	9:00-9:30am	Jan 17, 2027	Mar 14, 2027	Register

Nanaimo

Beban Park School	Sun	6:00-6:30pm	Jan 10, 2027	Mar 7, 2027	Register

Surrey

Guildford Recreation Centre	Sun	2:30-3:00pm	Jan 10, 2027	Mar 14, 2027	Register

Vancouver

Jewish Community Centre	Sat	12:45-1:15pm	Jan 9, 2027	Mar 6, 2027	Register

Victoria

Esquimalt Recreation Centre	Sat	5:00-5:30pm	Jan 9, 2027	Mar 6, 2027	Register
Esquimalt Recreation Centre	Sat	7:00-7:30pm	Jan 9, 2027	Mar 6, 2027	Register
Juan de Fuca Recreation Centre	Sun	6:15-6:45pm	Jan 10, 2027	Mar 7, 2027	Register
Esquimalt Recreation Centre	Tue	5:00-5:30pm	Jan 12, 2027	Mar 2, 2027	Register



Swimmer 3

6-12yrs



Learn more!

Swimmer 3 expands on Swimmer 2 skills, adding in front/side glide with kicks and **increasing front and back crawl distance to 15m** with 1:1 support. Time will be spent in deep water practicing **jumps, dives, and deep water support.**

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

It is the parent or guardian's responsibility to sign up for the correct level. ***Refer to our Lifesaving Society guide >***

Cost: $70 for 8 weeks

Registration opens **Sunday, November 29, at 6:00pm.**
First-come, first served! *Sessions subject to change.*

1:1 $ FAQ

Kamloops

	Day	Time	Starts	Ends	
Kamloops YMCA	Tue	5:00-5:30pm	Jan 12, 2027	Mar 2, 2027	Register

Surrey

Guildford Recreation Centre	Sun	3:00-3:30pm	Jan 10, 2027	Mar 14, 2027	Register

Victoria

Esquimalt Recreation Centre	Tue	5:30-6:00pm	Jan 12, 2027	Mar 2, 2027	Register



YOUTH & ADULT PROGRAMS

AGES 13-17, 18+



Sports

13+yrs

Offerings vary each season. We're committed to providing a variety of opportunities year-round!

Supported by CAN staff and volunteers in a group format. Some are led by collaborating organizations.

Cost: $51 for 6 weeks



Learn more!

Registration opens **Sunday, November 29, at 6:00pm.**
First-come, first served! *Sessions subject to change.*

Bouldering

Learn the basics of bouldering or climbing in an **indoor gym** setting. Sessions are led by certified instructors from The Hive. More >

Surrey

The Hive Vancouver (13-17 yrs)	Fri	6:15-7:30pm	Jan 22, 2027	Feb 26, 2027	Register

Fitness

Cardio, weights, and basic gym etiquette! *New Westminster location led by instructors from təməsewtxʷ Aquatic and Community Centre.* More >

New Westminister

təməsewtxʷ Aquatic and Community Centre (18+ yrs)	Sat	1:00-2:00pm	Jan 16, 2027	Feb 27, 2027	Register

Nanaimo

Nanaimo Aquatic Centre (13+ yrs)	Sat	10:15-11:15am	Jan 16, 2027	Feb 27, 2027	Register

Victoria

Royal Roads Uni. Rec Centre (13+ yrs)	Sat	1:00-2:00pm	Jan 16, 2027	Feb 27, 2027	Register

Skate

Games and activities that teach basic skating skills, such as **moving forward**, **gliding**, and **stopping**. More >

Surrey

North Surrey Sports & Ice Complex (13-17 yrs)	Sat	10:45-11:15am	Jan 9, 2027	Mar 6, 2027	Register

CAN youth & adult programs are for **anyone ages 13+ who self-identifies as Autistic.**
A formal diagnosis is not required.

Sports: Swim

13+yrs

Participants set their own goals to develop water confidence and smooth, recognizable strokes with 1:1 support.

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.



Learn more!

Cost: $70 for 8 weeks

Registration opens **Sunday, November 29, at 6:00pm.**
First-come, first served! *Sessions subject to change.*

1:1 $ FAQ

Swim

Burnaby

	Day	Time	Starts	Ends	
Edmonds Community Centre	Sat	10:30-11:00am	Jan 9, 2027	Mar 6, 2027	Register

Kamloops

YMCA Kamloops	Tue	5:30-6:00pm	Jan 12, 2027	Mar 2, 2027	Register

Kelowna

Kelowna Family YMCA	Sun	3:00-3:30pm	Jan 10, 2027	Mar 7, 2027	Register

Langley

W.C. Blair Recreation Centre	Sat	11:30am-12:00pm	Jan 9, 2027	Mar 6, 2027	Register

Nanaimo

Beban Park Pool	Sun	6:30-7:00pm	Jan 10, 2027	Mar 7, 2027	Register

CONTINUED ON THE NEXT PAGE!

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.

CAN youth & adult programs are for **anyone ages 13+ who self-identifies as Autistic.** *A formal diagnosis is not required.*

Sports: Swim

13+yrs

Cost: $70 for 8 weeks

Registration opens **Sunday, November 29, at 6:00pm.**
First-come, first served! *Sessions subject to change.*

1:1

Surrey

	Day	Time	Starts	Ends	
Tong Louie Family YMCA	Sat	4:30-5:00pm	Jan 9, 2027	Mar 6, 2027	Register
Guildford Recreation Centre	Sun	3:30-4:00pm	Jan 10, 2027	Mar 14, 2027	Register

Vancouver

Jewish Community Centre	Sat	1:15-1:45pm	Jan 9, 2027	Mar 6, 2027	Register

Victoria

Esquimalt Recreation Centre	Sat	7:30-8:00pm	Jan 9, 2027	Mar 6, 2027	Register



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.

CAN youth & adult programs are for **anyone ages 13+ who self-identifies as Autistic.** *A formal diagnosis is not required.*

Hobbies, Life Skills, Wellness & more!

13+yrs

Explore your own mental health, a new hobby, or learn new life skills while connecting with others.

Programs have been developed and led by a mix of CAN staff, Autistic advisors & peer facilitators, community partners, and clinicians.



Learn more!

Cost: *varies per program*

CAN youth & adult programs are for **anyone 13+ who self-identifies as Autistic.** *A formal diagnosis is not required.*

Registration opens **Sunday, November 29, at 6:00pm.**
First-come, first served! *Sessions subject to change.*

Creative Writing

*Explore topics such as **elements of a story**, **imagery**, **communicating through creative writing**, and **creating the 'world'** behind your story!*

Online **$30**

	Day	Time	Starts	Ends	
Adult (18+ yrs)	Mon	7:00-8:30pm	Jan 25, 2027	Mar 8, 2027	Register

Dungeons & Dragons

*Dungeons & Dragons is a fantasy role-playing game where players roll dice and work together to overcome challenges using **creativity**, **quick thinking**, and **teamwork**.*

Online **$60**

Youth (13-17 yrs)	Tue	6:30-8:30pm	Jan 19, 2027	Mar 2, 2027	Register

Social Activity Groups

*Seasonal interest-based programs that provide opportunities to **try new activities, socialize** and **connect with peers** through shared interests and experiences.*

Surrey **$51** ***Board Games Edition***

Each week, participants can choose from a variety of games, try something new, or bring a favourite game to share with the group.

Foundry Surrey Central (16-24 yrs)	Mon	5:00-7:00pm	Jan 18, 2027	Feb 22, 2027	Register

Kelowna **$51** ***STEM Sampler Edition***

Learn the basics of Science, Technology, Engineering, and Mathematics (STEM) in partnership with UBC WWEST.

CAN Kelowna Office (13-17 yrs)	Thu	6:00-7:00pm	Jan 21, 2027	Feb 25, 2027	Register

CAN adult programs are for **anyone ages 18+ who self-identifies as Autistic.**
A formal diagnosis is not required.

Peer Support Groups

13+yrs

Drop-in peer support groups range in opportunities from season-to-season.

Our team is committed to providing a variety of opportunities to Autistic youth & adults year-round.

Cost: FREE!



Learn more!

Registration for drop-ins are open year-round!
Register once & receive monthly meeting info emails until Aug 2027. Attendance optional.

Movie Club

Watch and discuss together in real-time! Movies selected with input from CAN participants. Must have Netflix.

Online

	Day	Time	Starts	Ends	
Join via Zoom (13+yrs)	Fri*	6:00-9:00pm	Sep 18, 2026	Aug 27, 2027	Register

** The Movie Club meets on the third Friday of every month*

Autistic Community Group

Led by Autistic peer facilitators, join a group that builds community and empowers, while fostering support and connections. Explore various topics about the Autistic experience through group discussion. Learn more >

Online

Join via Zoom (18+yrs)	Tue**	6:00-7:30pm	Sep 1, 2026	Aug 3, 2027	Register

*** The Autistic Community Group meets on the first Tuesday of every month*

Autistic Dating Peer Group

Led by Autistic peer facilitators, this group navigates dating goals and relationship milestones. This program provides a safe space for Autistic adults to share their relationship struggles and successes. Learn more >

Online

Join via Zoom (18+yrs)	Wed***	6:30-8:00pm	Apr 29, 2026	Aug 25, 2027	Register

**** The Autistic Dating Peer Group meets on the last Wednesday of every month*

CONTINUED ON THE NEXT PAGE!

CAN adult programs are for **anyone ages 18+ who self-identifies as Autistic.**
A formal diagnosis is not required.

Peer Support Groups

18+yrs

Cost: FREE!

Registration is open year-round!
Drop-in programs only require one registration for the entire 2026-27 program year.

Autistic Queer + Trans Peer Group 🏳️‍🌈🏳️‍⚧️

Led by Autistic peer facilitators, this group is a supportive space for Autistic queer, trans, and questioning adults to connect and navigate the intersection of their Autistic and 2SLGBTQIA+ experiences.

Online

	Day	Time	Starts	Ends	
Join via Zoom (18+yrs)	Thu*	6:30-8:00pm	Jul 30, 2026	Aug 26, 2027	Register

** The Autistic Queer and Trans Peer Group meets on the last Thursday of every month*

Women's Peer Group ⚧

Led by Autistic peer facilitators, this group is for Autistic women, gender non-conforming, and gender diverse adults. Come together to build meaningful connections, share stories, support, and validate each other. Group discussion topics rotate monthly. Learn more >

Online

	Day	Time	Starts	Ends	
Join via Zoom (18+yrs)	Tue**	6:30-8:00pm	Sep 8, 2026	Jun 22, 2027	Register

*** The Women's Peer Group meets on the second and fourth Tuesday of the month*

CAN adult programs are for **anyone ages 18+ who self-identifies as Autistic.**

A formal diagnosis is not required.



Pop-Up Opportunities

13+yrs

Cost is usually $10

In addition to weekly & drop-in programs, we offer one-day workshops and events.

Youth & adult pop-ups are **available both in-person** across the Lower Mainland, Kelowna, Nanaimo, and Victoria, **as well as virtually via Zoom.**

Pop-ups explore various opportunities in the areas of Sports, Hobbies, Life Skills, Wellness and more!

Past pop-ups have included volleyball, stand-up paddle boarding, kayaking, yoga, birding, music, canine cuddles, comics and cartooning, arts and crafts and more!

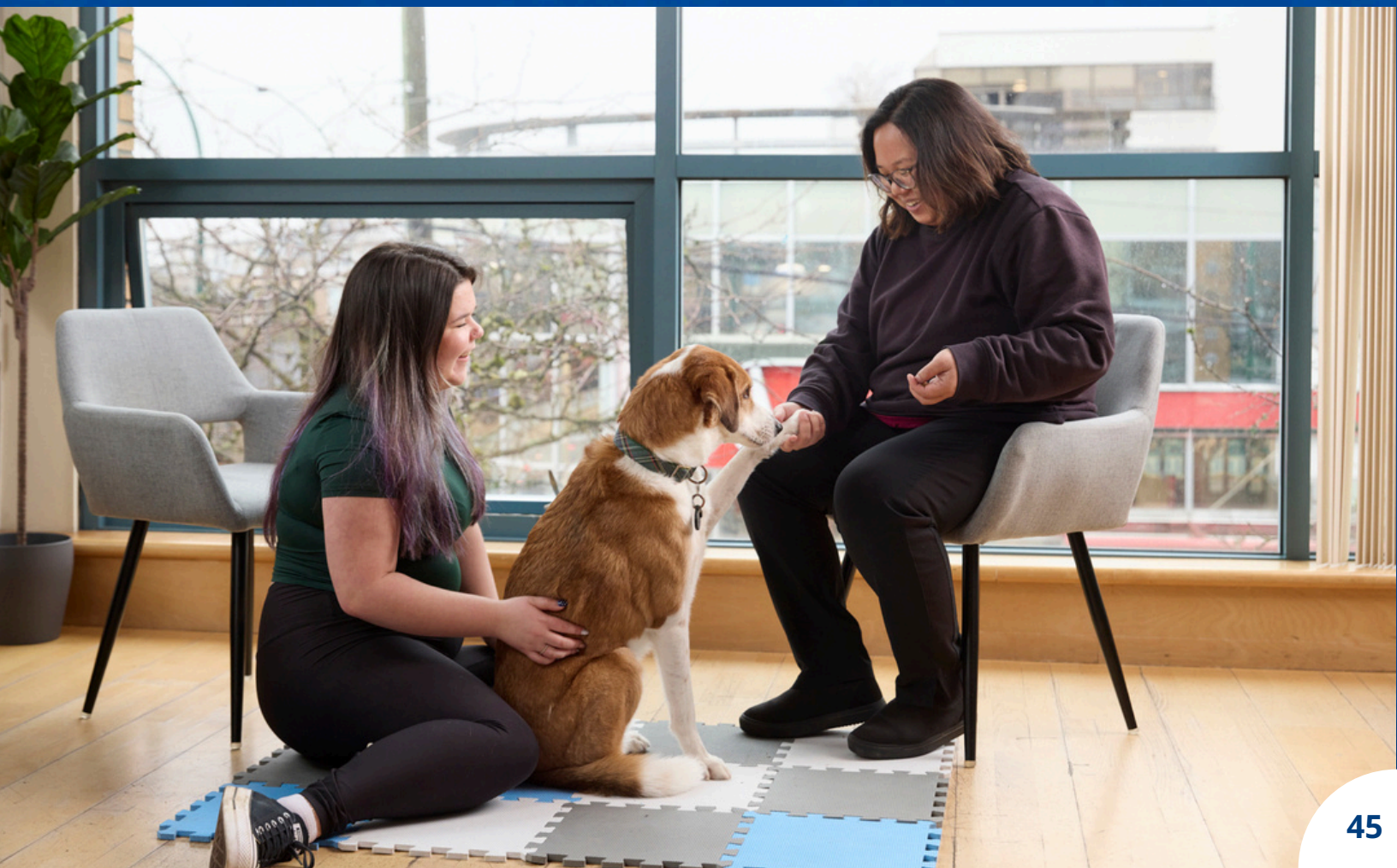
Subscribe to the monthly newsletter to be kept in the loop!



Learn more!

Registration for pop-ups **opens on the 15th of each month at 6pm.**

CAN youth & adult programs are for **anyone ages 13+ who self-identifies as Autistic.** *A formal diagnosis is not required.*



CAN-STEP

Skills Training Employment Program

15-30yrs, 16+yrs

Develop pre-employment skills and gain a paid work experience placement in the hospitality industry.



Learn more!

The CAN-STEP Program begins with up to five days per week of in-person classroom training in the CAN office.*

- Get certified in First Aid, FOODSAFE, SUPERHOST customer service, and more, while developing skills like resume writing, interviewing, and more.
- After classroom training, participants will receive work placements of up to 120 hours over the course of approximately 6 weeks.
- Placements will take place in restaurants, cafes, grocery stores, and more. Onsite support is provided by CAN staff.

CAN youth & adult programs are for individuals who self-identify as Autistic. *Official diagnosis not required*!
Eligibility requirements apply. Learn more >

*Up to 120hrs; approx. 6 weeks.

Okanagan	Age	Classroom Dates		Work Experience*	
CAN office & Zoom*	15-30yrs	Jan 4, 2027	Feb 5, 2027	Expected start in February	Register

Kelowna					
CAN office	15-30yrs	Mar 22, 2027	Apr 27, 2027	Expected start in May	Register

Vancouver & Lower Mainland					
CAN office & Zoom	16+yrs	Jan 25, 2027	Feb 26, 2027	Expected start in March; placements available across the Lower Mainland	Register

Canada

This project in Vancouver is funded in part by the Government of Canada's Opportunities Fund for Persons with Disabilities. This project in Kelowna is funded by the Government of Canada's Youth Employment Skills Strategy (YESS) program.

Registration is open now!

All applicants must apply to the program. Applicants will be contacted for an interview.

Questions?

Email the team at
step@canucksautism.ca

READY, WILLING & ABLE

Reach your career goals!

16+ yrs

Are you looking for employment or need extra support in your post-secondary studies within the Lower Mainland? We can help!



Learn more!

Our Navigator can connect you with community agencies and services that:

- provide pre-employment and on-the-job supports
- have connections to employment opportunities in a variety of industries
- provide mental health, life skills, and housing service referrals
- help with post-secondary studies (e.g. coursework and accommodations needed to complete an internship or field placement)

The first step is to complete The Compass questionnaire!

1. Review the **Terms of Use for The Compass.**
2. Fill out the **Compass Questionnaire.***
3. Tell us about your employment, education, and experience with community services. ***It only takes 10 minutes to complete!***

Our Navigator will follow up with you by phone or email to arrange a time to meet (in-person or virtually).

In your meeting, we will learn more about your support needs and connect you to supports and/or employment opportunities in your community!

*Those who fill out our intake questionnaire will be contacted!

READY WILLING & ABLE

PRÊTS DISPONIBLES & CAPABLES

Funded by the Government of Canada's Opportunities Fund for Persons with Disabilities, Ready, Willing & Able (RWA) is a national partnership initiative of Inclusion Canada and Autism Alliance of Canada and their member organizations.

CAN is an RWA partner, co-delivering the program provincially with Inclusion BC.

Intake for RWA career navigation services is open year-round!

Questions?

Contact our Navigator directly:
navigator@canucksautism.ca

THANK YOU TO OUR PROGRAM FUNDERS

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