





As announced ahead of the Winter Program Guide, we are introducing increases to our program fees.

This will be our first increase since introducing program fees in 2016. In the 7 years since, we have seen program-related costs steadily increase.

The fee increases will help ensure the long-term sustainability of our *high-quality* programming for thousands of participants across BC.

Program fees effective Winter 2024 onwards:



Gymnastics (1hr)

\$80 for 8 weeks

(Previously \$60)



Skate (30mins)

\$50 for 6 weeks

(Previously \$30)



Swim (30mins)

\$60 for 8 weeks

(Previously \$40)

Do you face financial barriers to access?

Email info@canucksautism.ca to inquire about the CAN Fee Assistance Program.

NEW Registration System Coming!



Coming Spring 2024

Starting in February, our community will have a new, more streamlined way to register for programs. We will keep you updated every step of the way. Stay tuned for announcements in your inbox in the months to come.

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



As we move towards Winter 2024, 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.

Interested in signing up for CAN programs?

[Join now!](#) 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 | 604-685-4049

1788 West 8th Avenue, Vancouver

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





ONLINE REGISTRATION FOR WEEKLY WINTER PROGRAMS:

OPENS: MON, NOV 20, NOON | CLOSES: SUN, NOV 26, 11:59PM

CAN Membership is required for registration.

Registration periods for select Youth & Adult Programs and Family Experiences vary 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.
- **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 and increasing demand, waitlists will occur.

- We encourage waitlisted participants & families to continue registering for future opportunities.

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.
- **Due to high demand, we can no longer accommodate non-ASD siblings in programs.**

Lower Mainland

Abbotsford

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

Burnaby

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

Chilliwack

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

Coquitlam

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

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

Mission

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

North Vancouver

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

Richmond

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

Surrey

- Active ([3-6yrs](#))
- Bouldering ([13-17 yrs](#), [18+](#))
- Dance ([7-12yrs](#))
- Leisure Education ([13+yrs](#))
- Multisport ([7-12yrs](#))
- Skate ([3-6](#), [7-12yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))

Vancouver

- Active ([3-6yrs](#))
- Mental Health & Wellness ([13+yrs](#))
- Multisport ([7-12yrs](#))
- Music ([7-12yrs](#))
- Music to Move Your Mood ([13-17](#), [18+yrs](#))
- Skate ([3-6](#), [7-12yrs](#))
- Skills Training Employment Program ([16+yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))

Sessions subject to change.

Interior

Kamloops

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

Kelowna

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

West Kelowna

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

Sessions subject to change.

Vancouver Island

Nanaimo

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

Victoria

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

Virtual Programs

- Early Years ([3-6yrs](#))
- Children ([7-12yrs](#))
- Generation Health ([7-12yrs](#))
- Youth & Adult Rec Programs ([13+yrs](#))
- Mental Health & Wellness Programs ([13+yrs](#))

Programs by Age Group

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

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

A fun introduction to fundamental movement skills!

Active teaches children on the autism spectrum 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: None

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

Siblings: Due to high demand, we can no longer accommodate non-ASD siblings.

Wheelchairs may be available upon request in certain regions. Email info@canucksautism.ca to inquire if one is needed.



WINTER 2024 ACTIVE LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Abbotsford	Abbotsford Recreation Centre	Thursday	5:15-6:00pm	Jan 25	Feb 29
Burnaby	Edmonds Community Centre	Tuesday	6:15-7:00pm	Jan 23	Feb 27
Chilliwack	Chilliwack Central Elementary	Saturday	1:30-2:15pm	Jan 20	Mar 2
Coquitlam	Bettie Allard YMCA	Saturday	12:45-1:30pm	Jan 20	Mar 2
Kamloops	Beattie Elementary School	Sunday	10:15-11:00am	Jan 21	Mar 3
Kamloops	Beattie Elementary School	Monday	5:15-6:00pm	Jan 22	Mar 4
Langley	Timms Community Centre	Monday	5:15-6:00pm	Jan 22	Mar 4
Maple Ridge	Maple Ridge Leisure Centre	Sunday	9:45-10:30am	Jan 21	Mar 3
Nanaimo	Randerson Ridge Elementary	Tuesday	4:15-5:00pm	Jan 23	Feb 27
Richmond	West Richmond Community Centre	Sunday	1:30-2:15pm	Jan 21	Mar 3
Richmond	West Richmond Community Centre	Sunday	2:15-3:00pm	Jan 21	Mar 3
Surrey	Uplands Sports Centre	Sunday	5:15-6:00pm	Jan 21	Mar 3
Vancouver	Britannia Community Centre	Monday	5:15-6:00pm	Jan 22	Mar 4
Vancouver	Jewish Community Centre	Saturday	9:45-10:30am	Jan 20	Mar 2
Victoria	Northridge Elementary School	Monday	6:15-7:00pm	Jan 22	Mar 4
Victoria	Macaulay Elementary	Tuesday	6:15-7:00pm	Jan 23	Feb 27
Victoria	Campus View Elementary	Saturday	11:30-12:15pm	Jan 20	Mar 2
West Kelowna	Mar Jok Elementary	Monday	5:15-6:00pm	Jan 22	Mar 4

Reg. opens: Mon, Nov 20 at noon | Reg. closes: Sun, Nov 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 mins, once per week, 6 weeks

Seasons: Fall, Winter, Spring

Cost: \$50

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

Equipment: Skate and helmet rentals are available at facilities.

WINTER 2024 SKATE LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Chilliwack	Sardis Sports Complex	Monday	3:45-4:15pm	Jan 22	Mar 4
Coquitlam	Poirier Sport & Leisure Complex	Saturday	2:30-3:00pm	Jan 20	Mar 2
Coquitlam	Poirier Sport & Leisure Complex	Saturday	3:00-3:30pm	Jan 20	Mar 2
Kamloops	Memorial Arena	Thursday	4:00-4:30pm	Jan 25	Feb 29
Kelowna	Capital News Centre	Thursday	5:00-5:30pm	Jan 25	Feb 29
Mission	Mission Arena	Tuesday	3:15-3:45pm	Jan 23	Feb 27
Nanaimo	Cliff McNabb Arena	Friday	4:15-4:45pm	Jan 19	Mar 1
Surrey	North Surrey Sport & Ice Complex	Saturday	9:30-10:00am	Jan 20	Mar 9
Vancouver	Britannia Community Centre	Saturday	10:00-10:30am	Jan 20	Mar 2
Vancouver	Britannia Community Centre	Tuesday	6:00-6:30pm	Jan 23	Feb 27

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

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

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

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

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

**No previous swim experience required.*

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

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

Program Structure

30 mins, once per week, 8 weeks

Seasons: Fall, Winter, Spring

Cost: \$60

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.



LIFESAVING SOCIETY®
The Lifeguarding Experts



WINTER 2024 PRESCHOOL SWIM LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Abbotsford	Matsqui Recreation Centre	Wednesday	4:00-4:30pm	Jan 17	Mar 6
Abbotsford	Matsqui Recreation Centre	Wednesday	4:30-5:00pm	Jan 17	Mar 6
Burnaby	Edmonds Community Centre	Saturday	9:00-9:30am	Jan 13	Mar 9
Burnaby	Edmonds Community Centre	Saturday	9:30-10:00am	Jan 13	Mar 9
Chilliwack	Cheam Leisure Centre	Sunday	8:30-9:00am	Jan 14	Mar 10
Chilliwack	Cheam Leisure Centre	Sunday	9:00-9:30am	Jan 14	Mar 10
Coquitlam	City Centre Aquatic Complex	Sunday	8:00-8:30am	Jan 14	Mar 10
Coquitlam	City Centre Aquatic Complex	Sunday	8:30-9:00am	Jan 14	Mar 10
Coquitlam	City Centre Aquatic Complex	Sunday	9:00-9:30am	Jan 14	Mar 10
Coquitlam	City Centre Aquatic Complex	Sunday	9:30-10:00am	Jan 14	Mar 10
Coquitlam	City Centre Aquatic Complex	Sunday	10:00-10:30am	Jan 14	Mar 10
Kamloops	Tournament Capital Centre	Wednesday	4:00-4:30pm	Jan 24	Mar 13
Kelowna	Rutland YMCA	Sunday	3:00-3:30pm	Jan 14	Mar 10
Langley	W.C. Blair Recreation Centre	Saturday	9:30-10:00am	Jan 13	Mar 9
Langley	W.C. Blair Recreation Centre	Saturday	10:00-10:30am	Jan 13	Mar 9
Maple Ridge	Maple Ridge Leisure Centre	Saturday	12:00-12:30pm	Jan 13	Mar 16
Maple Ridge	Maple Ridge Leisure Centre	Saturday	12:30-1:00pm	Jan 13	Mar 16
Mission	Mission Leisure Centre	Friday	4:00-4:30pm	Jan 12	Mar 8
Nanaimo	Beban Park Pool	Sunday	5:00-5:30pm	Jan 14	Mar 10
Richmond	Minoru Centre for Active Living	Sunday	9:30-10:00am	Jan 14	Mar 10
Richmond	Minoru Centre for Active Living	Sunday	10:00-10:30am	Jan 14	Mar 10

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

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



WINTER 2024 PRESCHOOL SWIM LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Surrey	Tong Louie YMCA	Saturday	2:00-2:30pm	Jan 13	Mar 9
Surrey	Tong Louie YMCA	Saturday	2:30-3:00pm	Jan 13	Mar 9
Vancouver	Jewish Community Centre	Saturday	12:00-12:30pm	Jan 13	Mar 9
Vancouver	Jewish Community Centre	Saturday	12:30-1:00pm	Jan 13	Mar 9
Victoria	Esquimalt Recreation Centre	Saturday	5:00-5:30pm	Jan 13	Mar 9
Victoria	Esquimalt Recreation Centre	Thursday	4:00-4:30pm	Jan 18	Mar 7
Victoria	Esquimalt Recreation Centre	Thursday	4:30-5:00pm	Jan 18	Mar 7
Victoria	Juan de Fuca Recreation Centre	Sunday	4:15-4:45pm	Jan 14	Mar 10
Victoria	Juan de Fuca Recreation Centre	Sunday	4:45-5:15pm	Jan 14	Mar 10

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

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

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

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

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



Program Structure

30 mins, once per week, 6 weeks

Seasons: Fall, Winter, Spring **Cost:** No cost

Siblings: Due to high demand, we can no longer accommodate non-ASD siblings.

Art*

Create art while making friends and socializing in a safe and supported environment.

Coding

Learn fundamental coding skills with CAN! No experience or software required.

Music

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

Dance

Learn the basics of dance through games and activities.

**Some basic household items may be needed to participate in certain activities.*

WINTER 2024 VIRTUAL PROGRAMS DATES & TIMES

Location	Activity	Day	Time	Starts	Ends
Online	Art	Sunday	10:00-10:30am	Jan 21	Mar 3
Online	Coding	Monday	4:15-4:45pm	Jan 22	Mar 4
Online	Dance	Wednesday	4:30-5:00pm	Jan 24	Feb 28
Online	Music	Tuesday	5:30-6:00pm	Jan 23	Feb 27

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

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



The Dance program, in partnership with [Arts Umbrella](#), offers participants an introductory opportunity to learn various styles of dance in a group lesson format.

Participants will enjoy games and activities that make movement fun. Lessons are taught by Arts Umbrella instructors and supported by CAN staff and volunteers.

Program Structure

45 mins, once per week, 6 weeks

Seasons: Fall, Winter

Cost: No cost

WINTER 2024 DANCE LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Surrey	Arts Umbrella	Tuesday	5:15-6:00pm	Jan 23	Feb 27
Surrey	Arts Umbrella	Tuesday	6:00-6:45pm	Jan 23	Feb 27

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

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



Program Structure

1 hour, once per week, 6 weeks

Seasons: Fall, Winter, Spring

Cost: \$80

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

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

WINTER 2024 GYMNASTICS LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Abbotsford	Twisters Gymnastics Club	Sunday	10:00-11:00am	Jan 21	Mar 3
Chilliwack	Chilliwack Gymnastics Club	Thursday	7:00-8:00pm	Jan 25	Feb 29
Kamloops	Tournament Capital Centre	Saturday	12:30-1:30pm	Jan 27	Mar 9
Kamloops	Tournament Capital Centre	Saturday	1:30-2:30pm	Jan 27	Mar 9
Kelowna	Okanagan Gymnastics	Saturday	2:30-3:30pm	Jan 20	Mar 2
Kelowna	Okanagan Gymnastics	Saturday	3:30-4:30pm	Jan 20	Mar 2
Langley	Langley Gymnastics	Sunday	5:30-6:30pm	Jan 21	Mar 3
Richmond	TumbleTown Ironwood	Saturday	4:00-5:00pm	Jan 20	Mar 2
Richmond	TumbleTown Ironwood	Saturday	5:00-6:00pm	Jan 20	Mar 2
Surrey	White Rock Gymnastics	Saturday	5:00-6:00pm	Jan 20	Mar 2
Surrey	White Rock Gymnastics	Saturday	6:00-7:00pm	Jan 20	Mar 2

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

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

Multisport provides children on the autism spectrum 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: None

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](#).

Siblings: Due to high demand, we can no longer accommodate non-ASD siblings.

Wheelchairs may be available upon request in certain regions. Email info@canucksautism.ca to inquire if one is needed.

WINTER 2024 MULTISPORT LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Abbotsford	Abbotsford Recreation Centre	Thursday	6:00-7:00pm	Jan 25	Feb 29
Burnaby	Edmonds Community Centre	Tuesday	7:00-8:00pm	Jan 23	Feb 27
Chilliwack	Chilliwack Central Elementary	Saturday	2:15-3:15pm	Jan 20	Mar 2
Coquitlam	Bettie Allard YMCA	Saturday	1:30-2:30pm	Jan 20	Mar 2
Kamloops	Beattie Elementary School	Sunday	11:00-12:00pm	Jan 21	Mar 3
Kamloops	Beattie Elementary School	Monday	6:00-7:00pm	Jan 22	Mar 4
Langley	Timms Community Centre	Monday	6:00-7:00pm	Jan 22	Mar 4
Nanaimo	Randerson Ridge Elementary	Tuesday	5:00-6:00pm	Jan 23	Jan 27
Maple Ridge	Maple Ridge Leisure Centre	Sunday	10:30-11:30am	Jan 21	Mar 3
Richmond	West Richmond Community Centre	Sunday	3:00-4:00pm	Jan 21	Mar 3

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

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



WINTER 2024 MULTISPORT LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Surrey	Uplands Sports Centre	Sunday	6:00-7:00pm	Jan 21	Mar 3
Surrey	Uplands Sports Centre	Sunday	7:00-8:00pm	Jan 21	Mar 3
Vancouver	Britannia Community Centre	Monday	6:00-7:00pm	Jan 22	Mar 4
Vancouver	Jewish Community Centre	Saturday	10:30-11:30am	Jan 20	Mar 2
Victoria	Campus View Elementary	Saturday	12:15-1:15pm	Jan 20	Mar 2
Victoria	Northridge Elementary School	Monday	7:00-8:00pm	Jan 22	Mar 4
Victoria	Macaulay Elementary	Tuesday	7:00-8:00pm	Jan 23	Feb 27
West Kelowna	Mar Jok Elementary	Monday	6:00-7:00pm	Jan 22	Mar 4

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

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

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

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

Program Structure

45 mins, once per week, 6 weeks

Seasons: Fall, Winter, Spring

Cost: \$40



WINTER 2024 MUSIC LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Vancouver	Sarah McLachlan School of Music	Friday	5:00-5:45pm	Feb 2	Mar 15
Vancouver	Sarah McLachlan School of Music	Friday	6:00-6:45pm	Feb 2	Mar 15

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

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



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 mins, once per week, 6 weeks

Seasons: Fall, Winter, Spring

Cost: \$50

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

Equipment: Skate and helmet rentals are available at facilities.



WINTER 2024 SKATE LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Chilliwack	Sardis Sports Complex	Monday	4:15-4:45pm	Jan 22	Mar 4
Coquitlam	Poirier Sport & Leisure Complex	Saturday	3:30-4:00pm	Jan 20	Mar 2
Coquitlam	Poirier Sport & Leisure Complex	Saturday	4:00-4:30pm	Jan 20	Mar 2
Kamloops	Memorial Arena	Thursday	4:30-5:00pm	Jan 25	Feb 29
Kelowna	Capital News Centre	Thursday	5:30-6:00pm	Jan 25	Feb 29
Kelowna	Capital News Centre	Thursday	6:00-6:30pm	Jan 25	Feb 29
Mission	Mission Arena	Tuesday	3:45-4:15pm	Jan 23	Feb 27
Nanaimo	Cliff McNabb Arena	Friday	4:45-5:15pm	Jan 19	Mar 1
Nanaimo	Cliff McNabb Arena	Friday	5:15-5:45pm	Jan 19	Mar 1
Surrey	North Surrey Sport & Ice Complex	Saturday	10:00-10:30am	Jan 20	Mar 9
Surrey	North Surrey Sport & Ice Complex	Saturday	10:30-11:00am	Jan 20	Mar 9
Vancouver	Britannia Community Centre	Saturday	10:30-11:00am	Jan 20	Mar 2
Vancouver	Britannia Community Centre	Tuesday	6:30-7:00pm	Jan 23	Feb 27

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

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



Program Structure

30 mins, once per week, 8 weeks

Seasons: Fall, Winter, Spring **Cost:** \$60

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 partnership with the Lifesaving Society >>](#)

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

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

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

WINTER 2024 SWIMMER 1: LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Abbotsford	Matsqui Recreation Centre	Wednesday	5:00-5:30pm	Jan 17	Mar 6
Burnaby	Edmonds Community Centre	Saturday	10:00-10:30am	Jan 13	Mar 9
Burnaby	Edmonds Community Centre	Saturday	10:30-11:00am	Jan 13	Mar 9
Burnaby	Edmonds Community Centre	Saturday	9:00-9:30am	Jan 13	Mar 9
Chilliwack	Cheam Leisure Centre	Sunday	9:30-10:00am	Jan 14	Mar 10
Chilliwack	Cheam Leisure Centre	Sunday	10:00-10:30am	Jan 14	Mar 10

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

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

WINTER 2024 SWIMMER 1: LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Coquitlam	Bettie Allard YMCA	Sunday	1:00-1:30pm	Jan 14	Mar 10
Coquitlam	Bettie Allard YMCA	Sunday	1:30-2:00pm	Jan 14	Mar 10
Kamloops	Tournament Capital Centre	Wednesday	4:30-5:00pm	Jan 24	Mar 13
Kamloops	Tournament Capital Centre	Wednesday	5:00-5:30pm	Jan 24	Mar 13
Kamloops	Tournament Capital Centre	Wednesday	5:30-6:00pm	Jan 24	Mar 13
Kamloops	Tournament Capital Centre	Wednesday	6:30-7:00pm	Jan 24	Mar 13
Kelowna	Rutland YMCA	Sunday	3:30-4:00pm	Jan 14	Mar 10
Langley	W.C. Blair Recreation Centre	Saturday	10:30-11:00am	Jan 13	Mar 9
Maple Ridge	Maple Ridge Leisure Centre	Saturday	1:00-1:30pm	Jan 13	Mar 16
Maple Ridge	Maple Ridge Leisure Centre	Saturday	1:30-2:00pm	Jan 13	Mar 16
Mission	Mission Leisure Centre	Friday	4:30-5:00pm	Jan 12	Mar 8
Mission	Mission Leisure Centre	Friday	5:00-5:30pm	Jan 12	Mar 8
Nanaimo	Beban Park Pool	Sunday	5:30-6:00pm	Jan 14	Mar 10
Nanaimo	Beban Park Pool	Sunday	6:00-6:30pm	Jan 14	Mar 10
Richmond	Minoru Centre for Active Living	Sunday	10:30-11:00am	Jan 14	Mar 10
Richmond	Minoru Centre for Active Living	Sunday	11:00-11:30am	Jan 14	Mar 10
Surrey	Guildford Recreation Centre	Sunday	1:15-1:45pm	Jan 14	Mar 24
Surrey	Guildford Recreation Centre	Sunday	1:45-2:15pm	Jan 14	Mar 24
Surrey	Guildford Recreation Centre	Sunday	2:15-2:45pm	Jan 14	Mar 24
Surrey	Tong Louie YMCA	Saturday	3:45-4:15pm	Jan 13	Mar 9
Surrey	Tong Louie YMCA	Saturday	4:15-4:45pm	Jan 13	Mar 9
Vancouver	Jewish Community Centre	Saturday	1:00-1:30pm	Jan 13	Mar 9
Vancouver	Jewish Community Centre	Saturday	1:30-2:00pm	Jan 13	Mar 9
Vancouver	Jewish Community Centre	Saturday	12:00-12:30pm	Jan 13	Mar 9
Victoria	Esquimalt Recreation Centre	Thursday	5:00-5:30pm	Jan 18	Mar 7
Victoria	Esquimalt Recreation Centre	Saturday	5:30-6:00pm	Jan 13	Mar 9
Victoria	Juan de Fuca Recreation Centre	Sunday	5:15-5:45pm	Jan 14	Mar 10
Victoria	Juan de Fuca Recreation Centre	Sunday	5:45-6:15pm	Jan 14	Mar 10

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

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



Program Structure

30 mins, once per week, 8 weeks

Seasons: Fall, Winter, Spring

Cost: \$60

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 partnership with the Lifesaving Society >>](#)

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

If a participant has been 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 >](#)

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

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



WINTER 2024 SWIM LEVEL 2: LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Abbotsford	Matsqui Recreation Centre	Wednesday	5:30-6:00pm	Jan 17	Mar 6
Burnaby	Edmonds Community Centre	Saturday	9:30-10:00am	Jan 13	Mar 9
Burnaby	Edmonds Community Centre	Saturday	10:00-10:30am	Jan 13	Mar 9
Chilliwack	Cheam Leisure Centre	Sunday	10:00-10:30am	Jan 14	Mar 10
Coquitlam	Bettie Allard YMCA	Sunday	2:00-2:30pm	Jan 14	Mar 10
Coquitlam	Bettie Allard YMCA	Sunday	2:30-3:00pm	Jan 14	Mar 10
Kamloops	Tournament Capital Centre	Wednesday	6:00-6:30pm	Jan 24	Mar 13
Kelowna	Rutland YMCA	Sunday	4:00-4:30pm	Jan 14	Mar10
Langley	W.C. Blair Recreation Centre	Saturday	11:00-11:30am	Jan 13	Mar 9
Maple Ridge	Maple Ridge Leisure Centre	Saturday	2:00-2:30pm	Jan 13	Mar 16
Mission	Mission Leisure Centre	Friday	5:30-6:00pm	Jan 12	Mar 8
Nanaimo	Beban Park Pool	Sunday	4:30-5:00pm	Jan 14	Mar 10
Surrey	Guildford Recreation Centre	Sunday	2:45-3:15pm	Jan 14	Mar 24
Surrey	Tong Louie YMCA	Saturday	4:45-5:15pm	Jan 13	Mar 9
Richmond	Minoru Centre for Active Living	Sunday	11:30-12:00pm	Jan 14	Mar 10
Vancouver	Jewish Community Centre	Saturday	12:30-1:00pm	Jan 13	Mar 9
Vancouver	Jewish Community Centre	Saturday	1:00-1:30pm	Jan 13	Mar 9
Victoria	Esquimalt Recreation Centre	Thursday	5:30-6:00pm	Jan 18	Mar 7
Victoria	Esquimalt Recreation Centre	Saturday	6:00-6:30pm	Jan 13	Mar 9
Victoria	Juan de Fuca Recreation Centre	Sunday	6:15-6:45pm	Jan 14	Mar 10

Reg. opens: Mon, Nov 20 at noon | Reg. closes: Sun, Nov 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 partnership with the Lifesaving Society >>](#)

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

If a participant has been 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 >](#)

Program Structure

30 mins, once per week, 8 weeks

Seasons: Fall, Winter, Spring

Cost: \$60

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



WINTER 2024 SWIM LEVEL 3: LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Victoria	Esquimalt Recreation Centre	Saturday	6:30-7:00pm	Jan 13	Mar 9

Reg. opens: Mon, Nov 20 at noon | Reg. closes: Sun, Nov 26 at 11:59pm
Registration is not first-come, first served. Sessions subject to change.

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

Coaches are able to connect in real-time with participants and teach new, fun, interactive lessons in a supportive digital environment. Have fun and build confidence alongside peers through activities guided by experienced CAN coaches!

Art*

Create art while making friends and socializing in a safe and supported environment.

Coding

Learn fundamental coding skills with CAN! No experience or software required.

Dance

Learn the basics of dance through games and activities.

Music

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

Program Structure

45 mins, once per week, 6 weeks

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

Siblings: Due to high demand, we can no longer accommodate non-ASD siblings.



**Some basic household items may be needed to participate in certain activities.*

WINTER 2024 VIRTUAL PROGRAMS DATES & TIMES

Location	Activity	Day	Time	Starts	Ends
Online	Art	Sunday	10:45-11:30am	Jan 21	Mar 3
Online	Art	Sunday	11:45-12:30pm	Jan 21	Mar 3
Online	Coding	Monday	5:00-5:45pm	Jan 22	Mar 4
Online	Coding	Monday	6:00-6:45pm	Jan 22	Mar 4
Online	Coding	Monday	7:00-7:45pm	Jan 22	Mar 4
Online	Dance	Wednesday	5:15-6:00pm	Jan 24	Feb 28
Online	Music	Tuesday	6:15-7:00pm	Jan 23	Feb 27

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

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



Program Structure

1 hour, once per week, 10 weeks

Season: Winter

Cost: None

Siblings: Yes

Requirements:

At least one parent or caregiver is required to attend each session. It does not need to be the same guardian each week.

[Generation Health](#)'s virtual 10-week program helps inspire BC families to be active and healthy. The program involves fun activities for the whole family and opportunities to learn about:

- Healthy eating
- Physical activity
- Positive mental health
- Sleep hygiene
- Reducing recreational screen time



Activities designed to improve well-being and build confidence and resiliency have been added to the weekly sessions along with Q&A sessions and cooking classes with a Registered Dietitian and a Physical Activity Expert.

CAN credits, courtesy of Generation Health, may be offered upon completion. These credits will be added to your CAN membership account and may be applied to future CAN program fees.

WINTER 2024 GENERATION HEALTH DATES & TIMES

City	Program	Day	Time	Starts	Ends
Online	Generation Health	Thursday	6:00-7:00pm	Jan 18	Mar 21

Reg. opens: Mon, Nov 20 at noon | Reg. closes: Sun, Nov 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 partnership with the Lifesaving Society >>](#)

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

If a participant has been 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 >](#)



Program Structure

30-45-mins/week for 8 weeks

Seasons: Fall, Winter, Spring

Cost: \$60

Session structure: Support provided by a certified swim instructor, support workers and volunteers. To prepare: [Swim Activity Storybook](#).



LIFESAVING SOCIETY®
The Lifeguarding Experts

WINTER 2024 YOUTH & ADULT SWIM (13YRS+) LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Abbotsford	Matsqui Recreation Centre	Wednesday	6:00-6:45pm	Jan 17	Mar 6
Burnaby	Edmonds Community Centre	Saturday	10:30-11:00am	Jan 13	Mar 9
Langley	W.C. Blair Recreation Centre	Saturday	11:30-12:15pm	Jan 13	Mar 9
Nanaimo	Beban Park Pool	Sunday	6:30-7:15pm	Jan 14	Mar 10
Surrey	Guildford Recreation Centre	Sunday	3:15-4:00pm	Jan 14	Mar 24
Surrey	Tong Louie YMCA	Saturday	3:00-3:45pm	Jan 13	Mar 09
Vancouver	Jewish Community Centre	Saturday	1:30-2:00pm	Jan 13	Mar 9
Victoria	Esquimalt Recreation Centre	Saturday	7:00-7:45pm	Jan 13	Mar 9

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

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

In-Person & Virtual

Monthly Youth & Adult Programs provide 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. Past activities have included bowling, rock climbing, pizza making and more.



Virtual Programs offered monthly:

Virtual Movie Club (13+yrs)

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

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

NEW! Register once and gain access to this program every month until August! [Learn more and register >](#)



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 programs provide chances to get together to build skills and make new connections!

- **Basketball**
Learn basketball skills in a supported environment.
- **Bouldering**
Learn the basics of bouldering at [the HIVE!](#)
- **Cooking**
Learn cooking basics with CAN and [Nanaimo Foodshare!](#)
- **Fitness**
Learn fitness basics. Led by a personal trainer and supported by CAN Staff.
- **Outdoor Active**
Go cross country skiing and snowshoeing in various locations. Led by [Community Recreation Initiatives Society \(CRIS\)](#) staff and supported by CAN Staff.
- **Try It**
Led by staff from [North Vancouver Recreation and Culture](#) and supported by CAN staff. Activities may include fitness, art, yoga and sports!
- **Virtual Yoga**
Learn introductory yoga poses and breathing exercises in this beginner class. Practice exploring movement in a new way. No experience or equipment necessary.
- **Swim**
Learn water safety and introductory swim skills from certified Lifesaving Society Instructors. [Learn more >>](#)

Program Structure

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

Seasons: Fall, Winter, Spring

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

CAN membership required

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



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

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



WINTER 2024 YOUTH AND ADULT (13+, 13-17, 18+YRS) PROGRAMS

Program	Age	City	Location	Day	Time	Starts	Ends
Basketball	13+	Kamloops	TBD	Tuesday	6:15-7:30pm	Jan 23	Feb 27
Bouldering	13-17	Surrey	The HIVE	Saturday	3:15-4:30pm	Jan 27	Mar 9
Bouldering	18+	Surrey	The HIVE	Saturday	4:45-6:00pm	Jan 27	Mar 9
Cooking	13+	Nanaimo	Nanaimo Foodshare	Monday	5:00-7:00pm	Jan 29	Mar 11
Outdoor Active	13+	Kelowna	Various	Wednesday	6:00-7:00pm	Jan 24	Feb 28
Try it!	13+	North Vancouver	Capilano Room - Harry Jerome Community Centre	Wednesday	6:00-7:30pm	Jan 24	Feb 28
Fitness	14+	Victoria	Royal Roads University Rec Centre	Saturday	2:15-3:15pm	Jan 20	Mar 2
Virtual Yoga	13+	Virtual	Zoom	Monday	6:00-7:00pm	Jan 8	Jan 29
Virtual Yoga	13+	Virtual	Zoom	Monday	6:00-7:00pm	Feb 26	Mar 18

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

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

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

Interested participants will have to complete an [intake assessment](#) with a Leisure Coach to determine eligibility for this program.



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 >>](#)

WINTER 2024 LEISURE EDUCATION (13+YRS)

Program	Location	Day	Time	Starts	Ends
Leisure Education Session #1*	Virtual	Monday	5:00-6:30pm	Jan 15	Mar 11

**Session #2 will be in-person in Surrey and scheduled based on participant availability.*

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



Eligibility Requirements:

- 16+ 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 chosen program schedule
- Interest in working in the hospitality industry

CAN membership NOT required

A formal autism diagnosis is not required.

[Learn more >>](#)

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

Participants will have the opportunity to select from a range of optional workshops to complement their career goals and employment needs.

Get certified in First Aid, FOODSAFE, SUPERHOST customer service training, Workplace Hazardous Materials Information System (WHMIS), and more!

Classroom Training

- Up to five days in-person at the CAN Office* (Monday-Friday; 9:30am-3:30pm)
- Up to eight participants for five weeks
- Workshops, discussions, group & individual work
- Participants will get a lunch stipend

Paid Work Experience

- 120 hours in an entry level position
- To be completed over a 6-week period*
**Assuming a 20-hr work week (120 hrs total). If an employer has an opportunity that is less than 20 hrs per week, the work experience may be longer than 6 weeks.*
- May be anywhere across the Lower Mainland
- Onsite support provided by CAN staff

Upcoming Cohort *Applications due Fri, Dec 15!*

- Classroom Portion: Begins Mon, Jan 15

[Apply for CAN-STEP](#)

Contact: step@canucksautism.ca

Paul Baron & Jessica McDonald
CAN-STEP Employment Facilitators



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

[Learn more >>](#)

CAN membership is NOT required.

Formal autism diagnosis NOT required to participate.

Programs open to all youth & adults who identify as being on the autism spectrum.

[Learn more >>](#)

Women's Peer Support Group (18yrs+)

A space for Autistic women, gender non-conforming, and gender-diverse individuals.

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

[Learn more >>](#)

Dungeons & Dragons (13-17yrs, 18yrs+)

This 8 week introductory program is led by an experienced Dungeon Master and supported by CAN staff.

This program will return in 2024. Details will be sent in the [Youth & Adult newsletter](#).

Mental Health & Wellness Workshop (13+yrs) (scheduled on a monthly basis)

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

Registration for these workshops is not done through the standard registration system.

Links to sign up will be sent out monthly in the [Youth & Adult newsletter](#).

Autistic Leaders Group

Opportunities for Autistic adults to collaborate on projects that focus on advocacy and leadership within the CAN community.

Email mark.comfort@canucksautism.ca or sign up for the [Youth & Adult newsletter](#) to learn more or to get involved.

Questions? Contact:

Nadine Wilk

Wellness Specialist

nadine.wilk@canucksautism.ca



Autistic Youth & Well-Being (13-18yrs)

Explore mental health in a supportive and engaging environment. Each session will be co-led by a clinical counselor and an Autistic peer facilitator. [Learn more & register >>](#)

CAN membership is NOT required.

Formal autism diagnosis NOT required to participate.

Programs open to all youth & adults who identify as being on the autism spectrum. [Learn more >>](#)

Healthy Relationships, Sexuality & Autism (HRSA) 19+yrs

HRSA is a 16-week virtual sex-positive, inclusive sexuality education program for Autistic adults, developed by Autism Nova Scotia and delivered by Canucks Autism Network.

Topics include: Dating, Gender Identity, Sexual Behaviours and Relationships. [Learn more & register >>](#)

WINTER 2024 MENTAL HEALTH & WELLNESS PROGRAMS

Program	Age	Location	Day	Time	Starts	Ends
Autistic Youth & Well-Being	13-18	Zoom	Wednesday	6:00-7:30pm	Jan 12	Mar 13
Healthy Relationships, Sexuality & Autism	19+	Zoom	Thursday	6:00-8:00pm	Feb 8	May 23

Music to Move Your Mood (13-17, 18+yrs)

Come join us at the [Sarah McLachlan School of Music](#) and explore the many ways music can help regulate and express moods and emotions.

Questions? Email youthandadults@canucksautism.ca

Fri, Dec 8

13-17yrs: 5:30-6:45pm

18yrs+: 4:00-5:15pm

138 E 7th Ave, Vancouver

[Learn more & register >>](#)

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

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



Family Experiences bring CAN families together while enjoying a variety of community activities. We offer year-round activities in all regions that are open to the entire family, with all ages welcome.

TYPES OF FAMILY EXPERIENCES

Exclusive Family Experience

- CAN tents and signage on site
- CAN staff and volunteers onsite
- Facility is open exclusively to CAN
- Goal is for CAN families to connect in a welcoming and non-judgmental environment
- Accommodations are made to ensure the event is more sensory friendly

Community Family Experience

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

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 Autistic youth and adults 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.

Additional Information - Registration

The below details only refer to weekly programs. Much like registration periods, the registration process for Youth & Adult Programs and Family Experiences vary.

Winter Program Registration Period

Online Registration opens on Mon, Nov 20 at noon and closes Sun, Nov 26 at 11:59pm.

Registration is NOT first-come, first served.

Pending Enrolment Registration Process

- Registration requests first go to a PENDING status, meaning that no program spots are provided on a first-come, first-served basis.
- 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, watch this [how to register for programs tutorial video](#).

Reminders

- Due to increasing demand, many of our programs will have waitlists. We encourage waitlisted participants to continue registering for future opportunities.
- 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 >>](#)
- Due to high demand, we can no longer accommodate non-ASD siblings in programs.

Program Fees

- Once confirmed, participants enrolled into a Winter 2024 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.

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 any program fees over \$100.
- For participants 5yrs and younger, parents/guardians are welcome to contact Autism Funding to inquire about the eligibility of a program fee being covered through a participant's funding.

2. CAN Fee Assistance Program

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

3. Additional Payment Options

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

Registration Reminders

- Starting in February, our community will have a new, more streamlined way to register for programs. We will keep you updated every step of the way. *Stay tuned for announcements in your inbox in the months to come.*
- 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 Supporters for Winter 2024





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