

Our General Peer Chat is Back!

We will be starting up some new virtual peer chat options. These will take place on the 2nd Wednesday of each month from noon-1pm. There will also be an evening chat coming soon! Ladies chats will now only be once a month on the last Tuesday of each month from noon-1pm. Sign up to the mailing list with the link to join and reminders sent the day before.

Update your mailing preferences here: <https://sci-ab.ca/keep-in-the-know/>

SIGN UP FOR THE MONTHLY SCI-AB PEER NEWSLETTER TODAY!

Subscribe to our monthly peer newsletter by scanning the QR code below or by visiting: <https://sci-ab.ca/keep-in-the-know/>



Check out past editions: <https://sci-ab.ca/peeriodicals/>



Red Deer Reapers Wheelchair Rugby Try it Event

The Red Deer Reapers welcomed Central Albertans to the Penhold Multiplex on Saturday, Jan. 17, for a "Have A Go" wheelchair rugby event. The open house allowed residents to meet experienced athletes and try the fast-paced sport themselves, with participants of all abilities encouraged to join in.

Players from Red Deer, Edmonton, and Calgary were mixed into teams, giving newcomers a chance to experience real gameplay. Wheelchair rugby was created by five Canadians in 1976 and is now played in more than 25 countries, including at the Paralympic Games.

Founded in 2022, the Red Deer Reapers continue to grow and attract new players. The team practices every Wednesday from 6:30 to 8:30 p.m. at the Penhold Multiplex. More information can be found on the Red Deer Reapers' Facebook and Instagram pages.

Facebook: <https://www.facebook.com/p/Red-Deer-Reapers-100090330095450/>  
Instagram: <https://www.instagram.com/reddeerreapers/>

Central Alberta Spotlight | Upcoming Red Deer Peer Events



Peer Coffee Chat

February 17<sup>th</sup>

(1-3pm)



Peer Dinner

February 25<sup>th</sup>

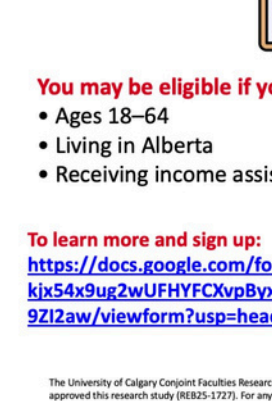
(6:30-8:30pm)



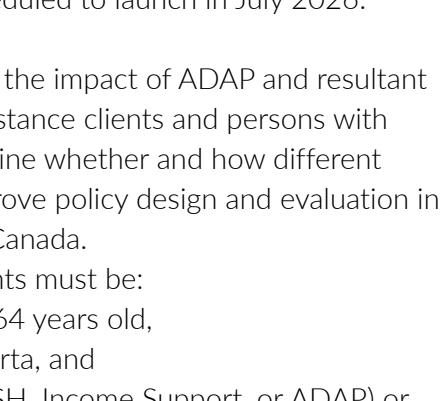
Save the date!

June 20<sup>th</sup>

Who is SCI-AB Presentation at the Grande Prairie Regional Hospital



SCI-AB was excited to have our Grande Prairie and Northwest Region Client Service Coordinator, Mercy, give a presentation at the Grande Prairie Regional Hospital on Monday. With a packed room of Physio and Occupational Therapists, Mercy provided information on how SCI-AB can support patients with transitional and ongoing community support. Thank you GPRH for inviting us into your space.



SCI-AB February 2026 Events:

Upcoming SCI-AB Events in February :

Feb 4/11/25: [Wheelchair Pickleball at the Glenrose](#)

Feb 11: [Virtual Peer Chat with Max](#)

Feb 16: [Family Day \(Offices Closed\)](#)

Feb 17: [Coffee + Peers at the Glenrose](#)

Feb 19: [Red Deer Coffee Chat](#)

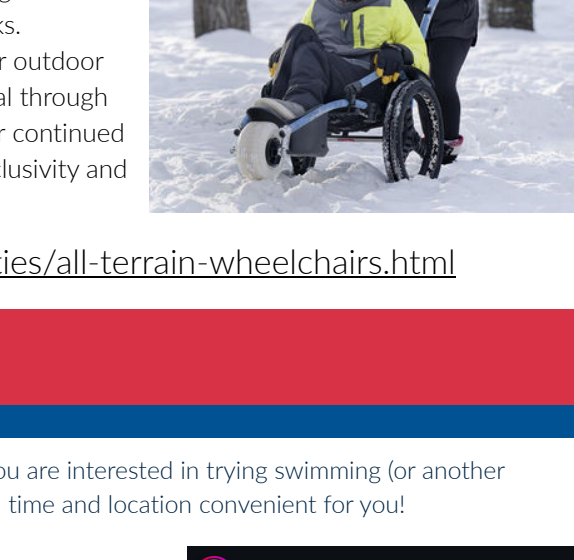
Feb 19: [YYC Peer Dinner](#)

Feb 19: [YEG Peer Dinner at Buco](#)

Feb 24: [Virtual Ladies Peer Chat](#)

Feb 25: [Red Deer Peer Dinner at Redz Scratch Kitchen](#)

Feb 26: [Pizza + Peers at the Glenrose](#)



Be sure to check out our online events calendar or our social media channels to keep up to date on upcoming events!

Research Study Looking for Participants

HAVE YOU HAD A STROKE, TBI, OR SCI - OR ARE YOU A CAREGIVER?

Help identify what matters most to people like you in rehabilitation

What's Involved?

- One online meeting per month
- Discussions about recovery and rehab
- Compensation provided

Who Can Participate?

- Adults or Caregivers of adults with stroke, TBI, or SCI
- 1-8 years after injury
- Received rehabilitation in Alberta

Communication or cognitive disabilities? Do join!

Interested?

Express interest: [https://ualbertauw.qualtrics.com/jfe/form/SV\\_a68Xsu4UVMuBmI](https://ualbertauw.qualtrics.com/jfe/form/SV_a68Xsu4UVMuBmI)

Questions or need help? [ahlamabd@ualberta.ca](mailto:ahlamabd@ualberta.ca)

Principal Investigator: Dr. Eric McCabe

Approved by University of Alberta Research Ethics Board (REB ID: PRO20220002)

Researchers are inviting adults and caregivers of adults with stroke, traumatic brain injury (TBI), or spinal cord injury (SCI) to take part in a research project called ALIGN (Advancing Learning in Neurorehabilitation).

The goal of ALIGN is to work together with patients, families, clinicians, and researchers to identify:

- What outcomes matter most during recovery
- Which outcome measures (questionnaires and tools) should be used to evaluate rehabilitation across Alberta

Your lived experience will help ensure rehabilitation focuses on what truly matters to patients.

You may be eligible if you:

- Are an adult or a caregiver of an adult with stroke, TBI, or SCI.
- Received rehabilitation care in Alberta (in hospital, clinic, or at home)
- Are 1-8 years post-injury

People with communication or thinking challenges, including aphasia, are very welcome. Support persons may attend meetings if helpful.

What is involved?

- Online group meetings once a month
- Meetings last about 2 hours
- The group will meet for approximately 18 months
- Participants will receive compensation for their time

How to express interest?

To apply, please complete the screening survey:

- Aphasia-friendly survey: [https://ualbertauw.qualtrics.com/jfe/form/SV\\_9HMMmYUvMumKyQo](https://ualbertauw.qualtrics.com/jfe/form/SV_9HMMmYUvMumKyQo)
- Standard survey: [https://ualbertauw.qualtrics.com/jfe/form/SV\\_a68Xsu4UVMuBmI](https://ualbertauw.qualtrics.com/jfe/form/SV_a68Xsu4UVMuBmI)

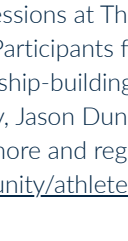
Questions or support, please contact: Dr. Ahlam Zidan  
Email: [ahlamabd@ualberta.ca](mailto:ahlamabd@ualberta.ca) Phone: 780-492-4605

Evaluation of Income supports and Employment for People with Disabilities in Alberta

Evaluation of Income supports and Employment for People with Disabilities in Alberta through the University of Calgary

PARTICIPANTS NEEDED

FOR A RESEARCH STUDY: EVALUATION OF INCOME SUPPORTS AND EMPLOYMENT FOR PERSONS WITH DISABILITIES IN ALBERTA



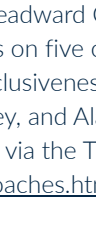
You may be eligible if you are:

- Ages 18-64
- Living in Alberta
- Receiving income assistance or living with a disability

To learn more and sign up:

<https://docs.google.com/forms/d/e/1FAIpQLSdEYkix54x9uz2wUHFYCKpByeIGXWz4BmbvDGwG9X2I2aw/viewform?usp=header>

The University of Calgary Central Business Research Ethics Board has approved this research study (REB23-0370). For any inquiries, contact Dr. Lindsay Taylor at [ltaylor@ucalgary.ca](mailto:ltaylor@ucalgary.ca)



Participants will be asked to answer a survey every six months ending December 2028. The survey questions are on: basic demographics, disability type and severity, employment situation, and ability to meet their and their households needs. Personal questions will be asked including questions about gender, income, culture, education, family composition, employment, disability type and severity, whether participants have/can access certain items and services, and their housing situation.

Participation in this survey is voluntary. Participants may refuse to participate altogether, in any parts of the study, may decline to answer any and all questions, and may withdraw from the study at any time without penalty or loss of benefits.

Adaptive All Terrain Wheelchair Available to Use in Calgary through March

Calgary has launched an exciting new pilot program aimed at making the city's outdoor spaces more accessible for people with mobility challenges by offering all-terrain wheelchairs (ATWs) free of charge. Available for reservation online, these specially designed three-wheeled chairs—with wide tires and optional grips—are stationed at North Glenmore Park, Prairie Winds Park, helping users navigate uneven ground, snow and park paths with a far greater ease than traditional wheelchairs. Families and accessibility advocates say the initiative is already making a real difference in how residents with mobility limitations experience Calgary's parks.

For those who have tried them so far, pilot program has opened up opportunities for outdoor adventures that were previously difficult or impossible. City officials are using the trial through March to evaluate how successful the service is and whether it should be expanded or continued beyond the initial pilot. Supporters see the program as meaningful progress toward inclusive and equitable access to public spaces for all Calgarians.

Learn more here: <https://www.calgary.ca/parks/activities/all-terrain-wheelchairs.html>

In the Community + Across the Province:

Due to low or no RSVPs [SCI-AB peer swimming](#) will be cancelled until further notice. If you are interested in trying swimming for another recreational activity! 1-1 with a peer contact [Tristan.Kowal@sci-ab.ca](mailto:Tristan.Kowal@sci-ab.ca) to set up a time and location convenient for you!

There is a brand **new para swim program launching in Edmonton!** Mathew Mossey previously coached the Steadward Bears para swim team, but this year they have moved the para swim program to the Kennedy Swim Club. They will be swimming out of the downtown YMCA on Tuesdays and Thursdays, and currently have 22 swimmers registered for the fall season, but they would love to see that number grow! This is a great way to take your swimming to the next level, get a full body work out, meet new friends, and enjoy the therapeutic effects of feeling weightless in the water. For more information or to sign up please contact: [paraswim@eksc.com](mailto:paraswim@eksc.com)

The Paralympic Sports Association (PSA) has lots of great programming through the winter months in Edmonton! There is **adaptive taekwondo**, **integrated spin classes**, **bowling**, **wheelchair floor hockey**, and **several sledge hockey programs** too! Check out their website for a full list of program details and contact info to sign up: <https://www.parasportsab.com/we-offer/categories/all-winter-programs-10/>

They also have a **new women's sledge development program** starting up. See the poster for details!

Steadward Centre in Edmonton at the University of Alberta offers a wide range of programming for all levels of fitness goals! They have their Adult Fitness and Recreation program which allows individuals to customize a plan that works best for them and their lifestyle, whether it's custom program design, 1:1 training sessions, group fitness, or access to the gym space to use the adaptive equipment, they will find a plan that works best for you! Finally they also offer Functional Electrical Stimulation (FES) programs that is designed for individuals with paralyzed muscles. The FES program also includes general access to the gym. Learn more here: <https://www.ualberta.ca/en/steadward-centre/programs-and-registration/index.html>

The Steadward Centre also has a new program available: **LEAD is a 7-week leadership development program for athletes with disabilities** who want to grow their wheelchairs and explore opportunities in sport and beyond. Running February 11–March 25, 2026, the program is led by Darda Sales, PhD—Paralympian and swim coach—and blends mostly online Wednesday evening sessions (7:00–8:30 PM MT) with two in-person sessions at The Steadward Centre (Van Vleet Centre, University of Alberta), with travel subsidies available. Participants focus on five core leadership skills—self-awareness, interpersonal skills, empathy and relationship-building, resilience, and problem solving—while learning from guest leaders such as Michael Froyen, Jason Dunkerley, and Alanna Mah, and networking with peers and established sport leaders. Learn more and register via the TSCA website (<https://www.ualberta.ca/en/steadward-centre/community/athletes2coaches.html>), or contact [tscyou@ualberta.ca](mailto:tscyou@ualberta.ca) for questions.

Wheelchair Sports Alberta (WSA) has an **adaptive sports try it opportunity every Thursday** at the main gym at the Glenrose from 2-3pm, but this year there is a rotating try it schedule. There is also the option to try adaptive sports at the Terwilliger Recreation Complex on Thursdays from 4:15-5:15pm every week! Finally, **Wheelchair Pickleball** will continue on Wednesday evenings this month on February 4th, 11th, and 25th at the Glenrose main gym from 6:30-8pm! There will also be a **wheelchair basketball try it event** on February 7<sup>th</sup> (see the poster for details). Regular wheelchair basketball practices are on Tuesdays and Thursdays from 7-9pm at the Saville Centre.

The Alberta Cerebral Palsy Sports Association has programming across the province! They have several programs available for all ability levels! There is **para soccer**, **powerchair soccer** and **boccia**. For more information check out: <https://www.acpsa.ca/>

[Rocky Mountain Adaptive](#) has lots of awesome activities to do in the winter! They have **adaptive downhill skiing**, cross country skiing and biathlon as well! They will also be hosting the **U Can Try it day camps** again this season! Check out their website for more info! <https://rockymountainadaptive.com/>  
Save the date June 20<sup>th</sup> for an exciting Try-It event with the Reapers, Rocky Mountain Adaptive and learn at the Alberta Sports Hall of Fame in Red Deer!

For those looking for a unique new workout opportunity and free trial look no further! ReYu is relaunching **AllCore360, Western Canada's only gravity-powered core system**, on February 4, 2026, and is inviting the community to try it free through hands-on demo sessions. In just 10 minutes, AllCore360 delivers a supported, 360-degree isometric core workout that engages over 50 muscles, promoting balanced activation, posture, spinal stability, and functional strength in a safe, adaptable way. **Free demos** run from 12:00–4:45 PM at ReYu (17716–107 Ave NW, Edmonton), with expert guidance from clinicians; space is limited. To reserve a spot, email [harrison@reyu.ca](mailto:harrison@reyu.ca) or call 587-938-7398, and explore bonus New Year incentive packages available until February 27, 2026.

Ultimate Para Sports will be starting up an **adaptive scuba program** out of Cochrane at the SLS Center. The **try scuba nights will be free on Tuesday evenings**, and then it is \$550 if you want to complete your open water certification! Ultimate Para Sports also offers para-cycling programs at various levels, and guided meditation classes as well. Check out their full list of programming here: <https://www.ultimateparasports.com/our-programs>

The **Calgary PowerHockey League (CPHL)** is dedicated to providing a quality adaptive hockey program for all persons 12 or older who require the use of an electric wheelchair for daily mobility. Their season runs from fall–spring. For more information check out: <https://www.powerhockey.ca/>

The **Calgary Rollers Wheelchair Basketball Society** offers opportunities to give wheelchair basketball a try. Wheelchair Basketball is a fully integrated sport – meaning anyone can play! They provide demos to schools , churches , sports groups to continue to expose the sport and give everyone the opportunity to play. **For more info contact:** (403) 816-7000 or [calgaryrollers@gmail.com](mailto:calgaryrollers@gmail.com)

**Winter City Celebration — Chinook Blast** transforms downtown Calgary's winter chill into vibrant community experiences with art, live music, ice skating, firepits, roving performers, markets, and winter installations. This free, multi-week festival runs January 30–February 16, 2026, at Eau Claire Plaza.

**YYC Hot Chocolate Festival** starts dip from February 1–28, 2026, inviting cafes, restaurants, and chocolatiers to compete for Calgary's top hot chocolate titles. Sip classically, creatively, and spirited concoctions while helping crown the blends that rise above the rest.

**Block Heater Festival** takes place February 5–7, spotlighting winter arts and culture through music, performances, and creative showcases. The festival brings bold energy and warmth to Calgary's arts scene during the coldest months.

**\$5 Tuesdays at Cineplex** makes movie nights more affordable every Tuesday from January 22–February 24, 2026. Enjoy \$5 movie tickets and \$5 small snacks for the perfect midweek escape.

**Penguin Walk at the Wilder Institute/Calgary Zoo** is a winter favourite where King Penguins leave their habitat for a daily outdoor promenade. Running January 10–March 15, 2026, at 10:30 a.m. (weather permitting), the walk is included with day admission and depends on the penguins' willingness to participate.

Research Study Spotlight | SCI-BC Peer Health Coaching Program Study:

SCI BC is partnering with the University of Toronto on a research study to deliver an online peer health coaching intervention to people newly injured with a spinal cord injury. Participants will meet with a trained peer health coach in a series of semi-weekly online or phone sessions to help develop skills in problem solving, goal setting and action planning so people can manage their health more effectively. Eligibility criteria is below and participants with receive a gift card.

Eligibility Criteria:

- Be 18+ years old
- Have an SCI for 3 years or less
- Have access to a computer or telephone
- Be discharged from initial hospital admission

For more information or to register, email [SClAndUstud@utoronto.ca](mailto:SClAndUstud@utoronto.ca) (SCI BC's Peer Health Coach, Barry Arana, is a project coordinator who can answer questions about the study and help get folks signed up for it). Learn more about the [Peer Health Coaching Program at SCI-BC here](#)



Check out the all of the current research study opportunities here!

<https://sci-ab.ca/research-opportunities/>



Did You Know? | Barrier Free Alberta Campaign

Did you know that Alberta is one of the last provinces without accessibility legislation?

Barrier-Free Alberta (BFA) has launched a social media campaign called Accessibility More Than You Think (AMTYT). The social media campaign will run for 10 months, with each month highlighting a different pillar of accessibility. The goal it to raise awareness that accessibility goes far beyond physical features like ramps, elevators, and parking stalls.

Listen to BFA Steering Committee Member Kat Hedges explain how all the pillars intersect to create true accessibility and inclusiveness. Check it out here: <https://www.youtube.com/watch?v=Zn3R0QeTRnQ>

BFA social media is still relatively new, and we need support to increase followers and engagement. Follow, like, tag, and share AMTYT social media on Facebook, Instagram, and LinkedIn. Here is how you can get involved:

Facebook: [BarrierFreeAB](#) Instagram: [Barrier-free AB Alberta](#) LinkedIn: [Barrier-Free](#)

Visit <https://www.barrierfreeab.ca/> and if you have not done so already, pledge your support.

Your voice matters, so please share your stories about the barriers you have faced to help amplify the experiences of the disability community. You can do that on our website <https://www.barrierfreeab.ca/copy-of-photo-campaign>

Servus Calgary Marathon 2026 | May 23 + 24

**We're back for the Servus Charity Challenge May 23 & 24**

Team SCI-AB is ready to go! Whether you run, walk, or roll, this weekend is all about movement, community, and having fun while making a difference.

By joining our Charity Challenge team or making a donation, you're supporting programs and services that connect and empower people living with spinal cord injuries across Alberta. Every step and every roll helps build awareness, inclusion, and stronger communities.

Best of all, Team SCI-AB is back and aiming to break our fundraising record! Grab your friends, cheer us on, or support from the sidelines.

[Registration](#) — [2026 Servus Calgary Marathon](#) — [Race Roster](#) — [Registration, Marketing, Fundraising](#)

Skip the Depot Fundraiser | Support SCI-AB

**Got bottles lying around after the holidays?**

Skip the trip to the depot and donate them to SCI Alberta using SkipTheDepot! **Just download the app, schedule a pickup, and they'll come right to your door.** Your bottles help support programs and services for people living with spinal cord injuries across Alberta, easy and convenient.

<https://app.skipthedept.com/register?tab=customer>

Did You Know? | Qualicare + Self Managed Home Care

Qualicare Homecare: A Personalized Approach to Care at Home

Qualicare Homecare Services in Alberta offer a flexible, personalized alternative to traditional public home care. While Alberta Health Services (AHS) Home Care focuses on medically necessary and essential personal care provided through publicly funded programs, Qualicare delivers a broader, more customized range of support.

Qualicare's services include personal care, companionship, dementia and chronic condition support, respite for family caregivers, and care coordination — all tailored to the individual. Clients benefit from consistent caregivers and care plans that adapt as needs change.

In contrast, AHS home care is assessment-based and designed to meet essential health needs, with services and schedules determined by clinical guidelines and availability. For families seeking greater choice, continuity, and holistic support — especially through options like Client Directed Home Care — Qualicare complements public services by helping Albertans stay independent, comfortable, and supported at home.





We Want to Hear From You!

What day and time would be best for a peer movie night at the Glenrose?

answer now →



What education sessions or topics would you like to see included in online virtual chats?

answer now →

"Thanks for reading—may your February be lovely and cozy!"

- Kendra + Tristan + Max + Sarah

