

The Accessibility Fund will be Re-Opening Soon!



The Accessibility Fund is an open application focused on supporting persons with a spinal cord injury anywhere in Alberta who are experiencing financial hardship, and who have a significant need for support to adapt and adjust in their community. This fund was established through the R. Vance Milligan Memorial Fund and is administered by The Alberta Paraplegic Foundation (APF Website) in partnership with SCI-AB.

Applications will open on March 16, 2026 and will be accepted until 12:00pm MDT (noon) April 15, 2026

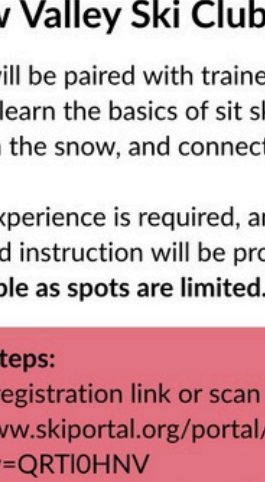
Information about the fund and the link to the application form can be found on the [SCI-AB website](https://sci-ab.ca); or on The [APF website](https://www.apf.ca).

SCI Canada Scholarships are Re-Open (Previous Recipients May Apply Again!)

Are you starting or returning to college or university? Do you have a spinal cord injury?



You may be eligible for a **Spinal Cord Injury Canada** valued at up to **\$2,500 each** for the 2026-27 academic year.



Deadline to apply is Sunday, May 31, 2026.

For full details and to apply online, please visit: <https://sci-can.ca/scholarships>

The **Copnick Hilliard Scholarship** is open to any post-secondary student with a spinal cord injury who is a Canadian citizen or permanent resident. One scholarship, worth \$1,500, is available. This scholarship is granted annually in memory of the late Morton Copnick and Craig Hilliard.

The **Sun Life Financial Scholarship** is open to any post-secondary student with a spinal cord injury who is living in Canada and who is also a peer support volunteer with one of the SCI Canada network partners. There are up to two scholarships worth \$2,500 each.

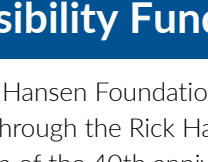
One **Kirby Rowe Scholarship of \$1,000** is available annually to a student with a spinal cord injury to pursue post-secondary education in fields related to management and leadership. You are required to submit a letter addressing the following items: Your personal history and leadership experience to date; career aspirations as a leader; identification of an inspirational leader, and as well, highlight the qualities of that leader you aspire to develop.

The **Thomas O. Parker Scholarship** supports a person who has applied for entry into a program or course with a Canadian post-secondary educational and/or training institution. The program or course must promote your career development. The financial assistance is for anticipated expenses associated with your participation in the program or course. Applicants must have a spinal cord injury, be a resident of Canada, and have officially and successfully graduated from a secondary school or equivalent. The scholarship is \$1,500.

[There are also other scholarships listed here!](#)

YEG Ski Event with CADS

Come try adaptive skiing on March 3rd from 2:30pm-4:30pm at Snow Valley Ski Club (13204 Rainbow Valley Rd NW)



YEG Sit Ski Try-It Event

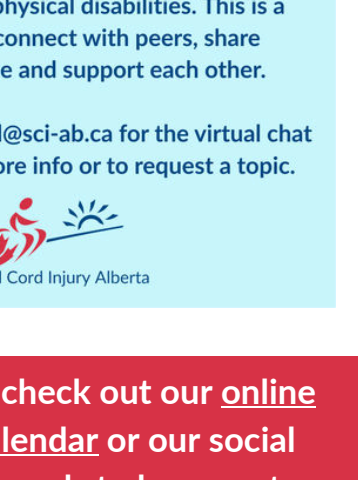
March 3rd from 2:30pm-4:30pm at Snow Valley Ski Club (13204 Rainbow Valley Rd NW)

Participants will be paired with trained instructors and volunteers to learn the basics of sit skiing, build confidence on the snow, and connect with peers.

No prior ski experience is required, and all adaptive equipment and instruction will be provided. Register as soon as possible as spots are limited.

Registration steps:
1. Click the registration link or scan the QR code: https://www.skiportal.org/portal/event_public_sign_up.php?ev=QRTIOHNV
2. On the page that opens, you will need to create an account using the form provided.
3. Once your account is created, log in and complete your participant profile, including all required information and waivers.
Your registration is not complete until your profile and waivers have been fully submitted.

If you have any questions or issues with registration, contact coordinator@cadsemdmonton.ca



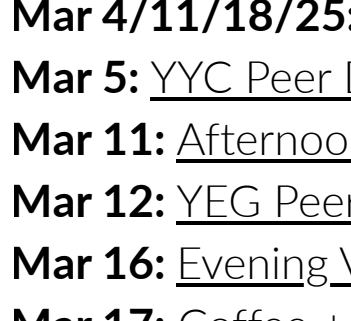
Scan to Register

Cost is \$10 for CADS Membership (To register: create a new profile as a student, it will show annual membership is \$50. Once you get through the profile, you will choose the YEG Try It Event under programs. Complete a 1 day membership and add it to the cart. Pay now and then you can apply the CADS AB no fee bursary to cover the fee.)

If you have any questions or issues with registration, contact coordinator@cadsemdmonton.ca

Or contact Tristan at tristan.kowal@sci-ab.ca

Rick Hansen RBC Accessibility Fund: Breaking Barriers in Communities



The Rick Hansen Foundation, in partnership with the RBC Foundation, is advancing accessibility across Canada through the Rick Hansen RBC Accessibility Fund and its RBC Barrier Buster Grants Program. In celebration of the 40th anniversary of Rick Hansen's Man in Motion World Tour, the program is awarding 40 grants of up to \$40,000 each to support permanent accessibility upgrades in community spaces. Eligible charities, non-profits, schools, and municipalities can apply for funding to complete tangible infrastructure improvements such as ramps, accessible washrooms, elevators, inclusive playgrounds, and trail enhancements. By investing in practical, long-lasting solutions, the fund helps remove physical barriers and create more inclusive, welcoming spaces for people of all abilities.

SCI-AB March 2026 Events:

Upcoming SCI-AB Events in March :

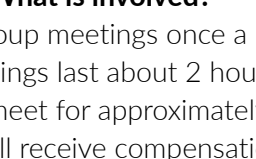
- Mar 3: YEG Sit Ski Try It with CADS
- Mar 4/11/18/25: Wheelchair Pickleball
- Mar 5: YYC Peer Dinner at South Block BBQ
- Mar 11: Afternoon Virtual Peer Chat with Max
- Mar 12: YEG Peer Dinner
- Mar 16: Evening Virtual Peer Chat with Tristan
- Mar 17: Coffee + Peers at the Glenrose
- Mar 19: YYC Peer Lunch at SurfY SurfY
- Mar 23: Coffee + Peers at Norwood
- Mar 26: Pizza + Peers at the Glenrose
- Mar 31: Virtual Ladies Chat

AFTERNOON VIRTUAL PEER CHAT

2nd Wednesday of the month from noon-1pm

General peer chat for people with spinal cord injuries and other physical disabilities. This is a virtual space to connect with peers, share experiences, relate and support each other.

RSVP to max.merland@sci-ab.ca for the virtual chat link or dial in, for more info or to request a topic.



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!

Express interest: https://ualbertauw.qualtrics.com/jfe/form/SV_a68bXsu4Uvnu8MI
Questions or need help? ahlamabd@ualberta.ca 780-492-4605

Principal Investigator: Dr. Erin McCabe emccabeh@ualberta.ca
Approved by University of Alberta Research Ethics Board (REB ID: Pro00153435)

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.

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

ALIGN: Co-Designing Neurorehabilitation Outcomes

What Is ALIGN
Advancing Learning in Neurorehabilitation is a project focused on patient-centred outcome measurement for stroke, traumatic brain injury (TBI), and spinal cord injury (SCI) rehabilitation within Alberta's Learning Health System.

Why ALIGN
Outcome measures are essential in neurorehabilitation, but currently vary across programs and settings. This variability makes it difficult to:
• Track patient recovery across settings
• Use data to improve care
• Do research using routinely collected data
ALIGN addressed this gap by creating a shared, meaningful, and feasible outcome set framework.

How ALIGN Works
Phase 0: Scoping review & Environmental Scan
Phase 1: Consensus-building (Co-design)
Phase 2: Pilot Implementation in 2 sites at the Glenrose
Phase 3: Evaluation & Implementation
Evaluator: 1. Measures 2. Implementation

What ALIGN Enables
• A shared language for neurorehabilitation outcomes
• Measurement that works across settings and populations
• Data that can support patient care, quality improvement, and research

Principal Investigator: Dr. Erin McCabe emccabeh@ualberta.ca
Approved by University of Alberta Research Ethics Board (REB ID: Pro00153435)

The ALIGN (Advancing Learning in Neurorehabilitation) project, is a province-wide initiative focused on improving outcome measurement in neurorehabilitation for people with lived experience of stroke, traumatic brain injury (TBI), or spinal cord injury (SCI).

The project centres patient and caregiver perspectives to help shape outcomes that are meaningful and useful in real-world care.

As noted above, they are currently recruiting patients with stroke, traumatic brain injury (TBI), or spinal cord injury (SCI) for the co-design phase of the study.

Participation involves virtual meetings approximately once per month, where patients work alongside clinicians to help identify and prioritize important outcomes.

In the Community + Across the Province:

Due to low or no RVSPs [SCI-AB peer swimming](https://sci-ab.ca) will be cancelled until further notice. If you are interested in trying swimming (or another recreational activity) 1-1 with a peer contact 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 Swims para swim team, but this year they have moved the para swim program to the Keyano Swim Club. They will be swimming out of the downtown YMCA on Tuesdays and Thursdays, and currently have 22 swimmers registered for the fall session, 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 workout 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



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/fall-winter-programs-10/>



They also have a new womens sledge development program starting up. See the poster for details!



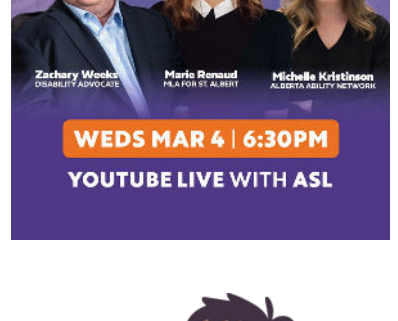
Steadward Centre in Edmonton at the University of Alberta offers a wide range of programming for all levels of fitness goals! They have their Adult Fitness and Recreation program which allows individuals to customize a plan that works best for them and their lifestyle, whether it's custom program design, 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 programs. 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 leadership skills 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 Vliet Centre, University of Alberta), with travel subsidies available. Participants focus on five core leadership skills - self-awareness, interpersonal skills, empathy and relationship-building, inclusiveness, and problem solving - while learning from guest leaders such as Michael Frogley, Jason Dunkerley, and Alanna Mah, and networking with peers and established sport leaders. Learn more and register via the TSC website (<https://www.ualberta.ca/en/steadward-centre/community/athletes2coaches.html>), or contact tsvyouth@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, there is a rotating try it schedule. There is also now 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 March 4th, 11th, 18th, and 25th at the Glenrose main gym from 6:30-8pm!



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 bocce. For more information check out: <https://www.acpsa.ca/>



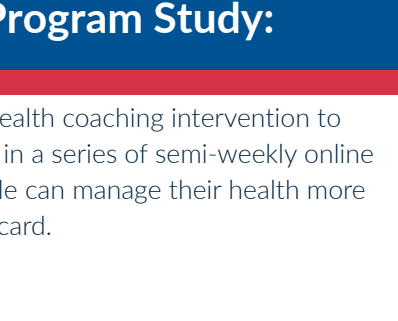
Rocky Mountain Adaptive has lots of awesome activities to do in the winter! They have Adaptive downhill skiing, cross country skiing and biathlon as well! They will also be hosting the U Can Try it day camps again this season! Check out their website for more info! <https://rockymountainadaptive.com/>



Save the date June 20th for an exciting Try-It event with the Reapers, Rocky Mountain Adaptive and more at the Alberta Sports Hall of Fame in Red Deer!



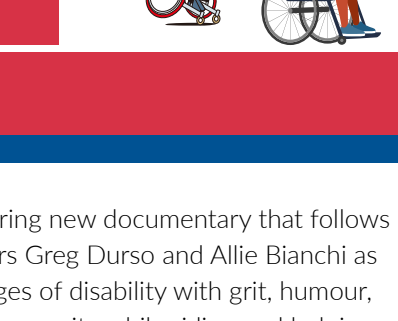
Ultimate Para Sports will be starting up an adaptive scuba program out of Cochrane at the main gym. The try scuba nights will be free on Tuesday evenings, and then it is \$550 if you want to complete your open water certification! Ultimate Para Sports also offers para-cycling programs at various levels,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



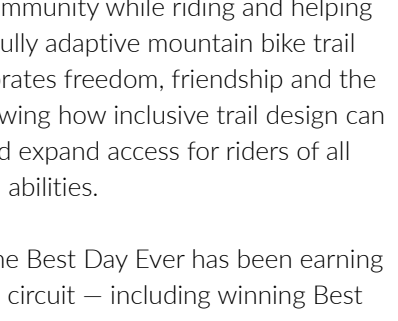
Every day, we hear the same urgent question: What more can I do to push back against cuts to disability services? On Wednesday, March 4 at 6:30 PM, join disability advocate Zachary Weeks and Michelle Kristinson from the Alberta Ability Network for a YouTube Live session focused on practical, real-world advocacy tools you can use to stand up for yourself and others. Let's come together, get informed, and take smart, collective action. Register for "Learn to Advocate | Join the Fight Against Cuts to Disability Services" using this link: <https://www.ultimateparagcaus.ca/events/events-calendar/post/learn-to-advocate>



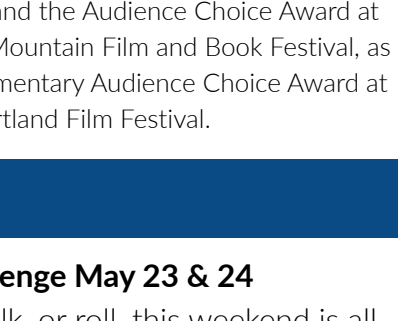
The Calgary PowerHockey League (CPHL) is dedicated to providing a quality adaptive hockey program for all persons 12 or older who require the use of an electric wheelchair for daily mobility. Their season runs from fall-spring. For more information check out: <https://www.powerhockey.ca/>



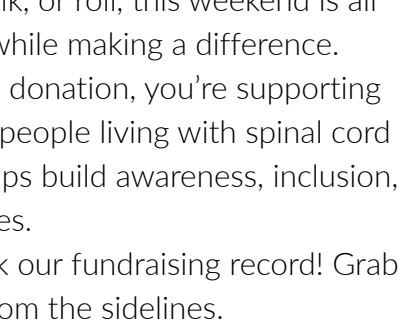
The Calgary Rollers Wheelchair Basketball Society offers opportunities to give wheelchair basketball a try. Wheelchair Basketball is a fully integrated sport - meaning anyone can play! They provide demos to schools , churches , sports groups to continue to expose the sport and give everyone the opportunity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



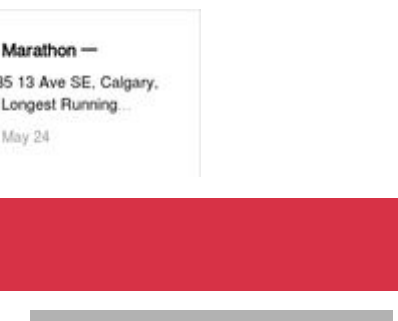
Entwined (Ends March 15th) at Contemporary Calgary brings together nineteen artists across multiple galleries to explore humanity's relationship with the land, inter-species interdependence, and ecological resilience through diverse media ranging from sculpture and textiles to digital animation.



Get ready for a high-energy, family-friendly adventure at TELUS Spark: Where Sport Meets Science! Jump into hands-on sport demos, meet inspiring Olympic and Paralympic athletes, and explore the fascinating science that powers peak performance. From reaction time to biomechanics, discover how strength, speed, and skill all connect back to STEM in this action-packed event designed to get curious minds moving.



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 will receive a gift card.

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

For more information or to register, email SClAndUstudy@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/>

Best Day Ever | Adaptive Mountain Biking Video



Best Day Ever is an inspiring new documentary that follows adaptive mountain bikers Greg Durso and Allece Bianchi as they tackle the challenges of disability with grit, humour, and a deep sense of community while riding and helping build Vermont's first fully adaptive mountain bike trail network. The film celebrates freedom, friendship and the joy of the outdoors, showing how inclusive trail design can dismantle ableism and expand access for riders of all abilities.

Since its 2025 debut, The Best Day Ever has been earning acclaim on the festival circuit - including winning Best Film: Mountain Sports and the Audience Choice Award at the 2025 Banff Centre Mountain Film and Book Festival, as well as an Overall Documentary Audience Choice Award at the Heartland Film Festival.

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.

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 be right at your door!
Your bottles help support programs and services for people living with spinal cord injuries across Alberta, easy and convenient.

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

Did You Know? | Disability Culture Currents Submission Call

Disability Culture Currents (DCC) is launching March 2, 2026. This new publication from Disability Culture Lab will explore the currents of disability culture and identity through opinion, personal essay, and graphic storytelling. We'd love your submissions!

We Accept:
Written submissions from 600 to 1000 words, and topical comics/graphic storytelling with a combination of writing and illustration.
Pieces from disabled creators that are either opinion or personal essays and:
a) illustrates how a system of oppression is disabling, such as racism, ableism, colonialism, capitalism, transphobia, etc.
b) explore the intersections of social movements and identity; or
c) explain how an unexpected issue is a disability issue.

We're looking for personal essays, opinion, and illustrated work from disabled writers rooted in disability culture, community, and resistance.

We pay \$75 per published submission. We aim to increase pay for writers as we fundraise additional resources. We do not pay for unpublished submissions.

Creators maintain ownership of their submissions, and the right to republish their work 90 days after publication in DCC. We do not accept submissions created using artificial intelligence (AI).

Launch week submissions were due by February 20, 2026; additional submissions will be reviewed on a rolling basis for publication. Visit the link QR code or tinyurl.com/DCCurrents for more information and how to submit!

Creators maintain ownership of their submissions. We do not accept submissions created using artificial intelligence (AI).

Pay \$75 per published submission

We Want to Hear From You!

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

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

answer now ->

answer now ->

Be sure to cheer on the Canadian winter Paralympians in Italy! - Kendra + Tristan + Max + Sarah

