



Kinsight Connections

Kinsight Family & Friends Newsletter - Winter 2026

Life & A Place to Call Home: Small Steps toward Big Goals



This February, 24 participants took a deep dive on learning, inclusion, friendship and employment. The workshop was the latest in our "Life & A Place to Call Home" series, designed for youth, young adults, their parents and caregivers to explore different dimensions of a full life.

The workshop helped participants to discover their unique strengths, highlight their skills, and identify their interests. They also learned how other people around them can support them to build their networks and achieve their goals.

To close the day, everyone committed to answering one key question:

“What is one small step I can take on Monday morning to move toward my goal for learning, inclusion, friendship or employment?”

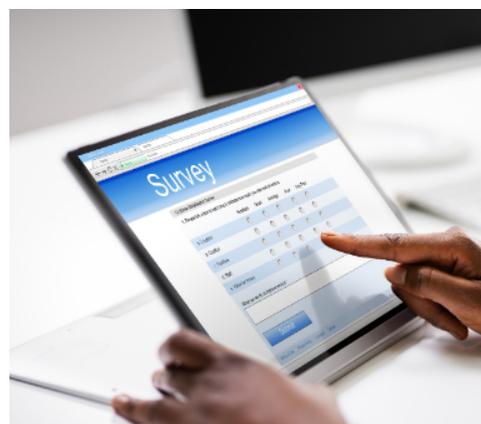
"It was a productive day and the participants that I talked with walked away with a game plan on items that they could complete to help them achieve goals that they set," shared Kinsight staff Zach Milligan.

Save the Date: At the last session, we got some great feedback from the teens and young adults about making the sessions more active and engaging. That's perfect timing for us, as we are busy planning our next session on social lives, relationships and navigating an increasingly complex virtual world. So Save the Date for Saturday, April 11th and get ready for some serious fun!

We Want to Hear from You: Satisfaction Surveys Coming Soon

Watch your inbox for Kinsight's program satisfaction surveys. The annual surveys are an important tool for us to determine how well our programs and services are meeting your needs and to find out more about the supports you are looking for in the future.

The surveys will be sent to families, people served, and community partners starting in March. Your feedback is invaluable in shaping our programs and priorities, both now and in the years ahead. Please take a few moments to complete the survey when it arrives.



Double Feature: Now & Next for Parents and Youth this March



This March, we are offering Now & Next for parents and caregivers of children up to 8 years old, as well as a Spring Break session for youth ages 14–19. Now & Next is designed to help you create a vision and plan for yourself and your family by starting from a strengths-based perspective.

Kinsight first introduced Now & Next in Canada in 2018 and has since expanded its offerings to include Now & Next Youth (2023) and Now & Next Parent Quest (2025).

"What I really loved about it was that it was very strength-focused – looking at how to achieve what you desire based on what your strengths are first. I also just really loved the other

attendees and really connected with them” – Now & Next Parent Alumnus.

We invite parents and caregivers to join us on March 7th and 14th, and youth to register for the Spring Break session on March 23rd–26th.

[Register \(Parents\)](#)

[Register \(Youth\)](#)

Ready, Set, Learn: Find Kinsight at a School Near You

Come on a storybook adventure with SD43, Kinsight, and local community agencies at ‘**Ready, Set, Learn.**’ Connect with other families, speak with early childhood consultants, and join interactive activities at your local elementary school.

We invite families of children ages 3–5 to join us for this free event. Kinsight consultants will be available to speak with families at all five sessions. We look forward to seeing you there!



Register to attend one of the following sessions:

- Birchland Elementary, March 4, 10:00–11:15 am
- Cape Horn Elementary, March 10, 9:30–10:45 am
- Central Elementary, April 14, 1:15–2:30 pm
- Bramblewood Elementary, April 16, 9:30–10:45 am
- Moody Elementary, April 23, 1:15–2:30 pm

[Register](#)

Exploring Spirituality in Agency Services: Research Recap March 4th & 6th

Since 2024, Kinsight has been collaborating with our partners and the Centre for Civic Religious Literacy to explore how spirituality might contribute to the well-being of persons with intellectual or developmental disabilities.

Join us on **March 4th or 6th** for a one-hour overview of our findings so far. Explore questions such as:

- Do agencies think they should be supporting spiritual development?
- How do adults with developmental disabilities engage with spirituality?
- What do family members think about the intersection between spirituality, disability, and agencies?

Hear from the research team, partner agencies, and guest speakers. This will include time for Q&A.

Click the button below to register for one of the two Zoom calls. The content for both sessions will be the same.

SPIRITUALITY RESEARCH FINDINGS

Please join us to hear about our research

Since 2024, we have been exploring how spirituality might contribute to the well-being of persons with intellectual or developmental disabilities. We asked:

- What is spirituality and does it advance human flourishing?
- Do agencies think spirituality is important?
- Do agencies think they should be supporting spiritual development?
- How do adults with developmental disabilities engage with spirituality?
- What do family members think about the intersection between spirituality, disability, and agencies?

Hear from the research team, partner agencies, and guest speakers. This will include time for Q&A.

Scan the QR Code or [click here](#) to register for one of the two Zoom calls



Wednesday, March 4th, 4:00 - 5:00 pm PST

Friday, March 6th, 12:00 - 1:00 pm PST

The content at both sessions will be the same.

Any questions?
Contact us:

Alice (alice@ccri-clrc.ca)
Margie (margie@ccri-clrc.ca)



Kinsight



posAbilities



BACi
Bamaby Association
for Community Inclusion

Register

You are receiving this quarterly newsletter because you/your family has participated in or supported Kinsight in the past.

We respectfully acknowledge that the work of Kinsight is carried out on the Coast Salish ancestral traditional and unceded territories of the $k^w\text{ik}^w\text{ə}\lambda\text{əm}$ (Kwkwetlem), $s\text{ə}l\text{il}w\text{ə}t\text{ə}\dagger$ (Tsleil-Waututh), $x^m\text{ə}\theta k^w\text{ə}\acute{y}\text{əm}$ (Musqueam), $S\text{ḵ}w\text{x}w\acute{u}7\text{mesh}$ (Squamish), $\acute{q}i\acute{c}\acute{ə}\acute{y}$ (Katzie), $q^w\text{a}:\acute{h}$ $\lambda^{\prime}\text{ə}\acute{h}$ (Kwantlen), $q\text{iq}\acute{e}y\text{t}$ (Qayqayt), and $S\text{t}\acute{o}:\text{l}\acute{o}$ (Sto:lo) Peoples.



www.Kinsight.org | 604-525-9494

Kinsight | #101-2312 St. Johns Street | Port Moody, BC V3H 0L7 CA

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