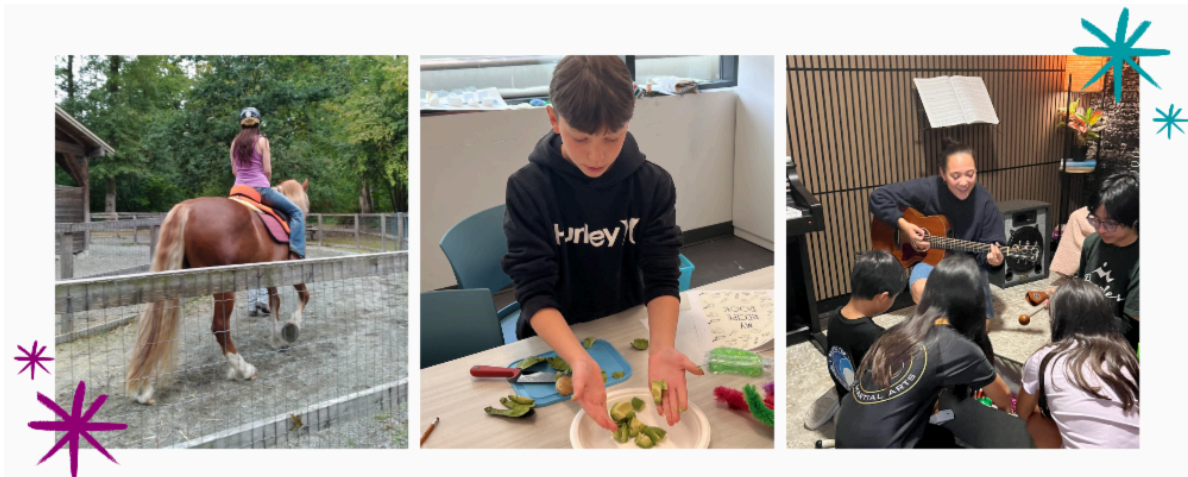




Kinsight Connections

Kinsight Family & Friends Newsletter - Summer 2026

Pottery, Ponies & New Possibilities: Youth Projects Make Lasting Impact



This summer, Kinsight brought together children and youth with diverse abilities for community connections and life-skills projects in New Westminster and the Tri-Cities. The projects offered a chance for participants to try activities they might not otherwise have access to, while engaging in their communities, developing new skills, building confidence, and forming friendships.

Activities included an animal meet and greet with Mike's Critters Urban Safari, clay sculpting with Pottery Works, and horseback riding at Maplewood Farm and the Coquitlam Equestrian Centre. New Westminster participants also took dance lessons and learned to make sushi, while Tri-Cities youth went trampolining and tried parkour.

Sessions held at Kinsight featured opportunities for participants to learn how to plan, shop, and prepare easy meals using nutritious recipes and practice their chopping, grating, and baking skills. Leftovers were sent home each day, allowing families to enjoy the culinary creations together.

The benefits extended beyond the activities. As Andrea Carlson, Coordinator of the CDBC/Key Worker Program, shares, "We saw quiet kids come out of their shells, engage with their peers, and connect outside the group, while others stepped into a leadership role by demonstrating how to prep ingredients."

A special thank you to the Coquitlam Foundation for supporting the Coquitlam youth community projects, and the Rotary Club of New Westminster for making the youth community engagement project in New Westminster possible. We were also grateful to

receive donations from members of our community to extend these activities across the Tri-Cities.

Quest Walks: Building Skills one Step at a Time



Community Inclusion participants have been enjoying 'Quest Walks', a fun and new twist on community outings. Quest Walks feature a different theme each week, inviting participants to work together to solve challenges and complete tasks while out walking.

Recent quests have included grocery store scavenger hunts, exploring local community resources, and searching for festive Halloween decorations.

"Quest Walks are my favourite," says Graeme, who enjoyed discovering that a local real estate agent shares his name during one of the group's outings.

Participants take the lead in every walk. They decide which direction to go, who will use the camera, and how they will work together to problem solve. The program also supports them in staying physically active, building communication skills, and becoming more engaged in their community.

This fall, we invite you to create your own quest walk and explore your neighbourhood with fresh eyes.

Familiar Faces: Kinsight Out and About this Summer

Canada Day in Coquitlam, Car-Free Day in Port Moody, and many events in between kept Kinsight busy across the Tri-Cities and New Westminster this summer. Our team offered sensory-friendly spaces, applied over 500 temporary tattoos, and connected with Kinsight families past and present.

"Running into families I supported eight years ago and sharing in the joy of reconnecting is absolutely heartwarming and invaluable," shares Maria Pinzon, Infant Development Consultant. "It's a powerful reminder that the relationships we build and the support we provide can have a lasting impact."

You can find Kinsight at the Port Moody Foundation **Fall Fair** on September 26th, outside Inlet Theatre from 11:00 am – 2:00 pm.



Turning Strength into Action:

Now & Next Returns this October



Join us this fall for Now & Next, a program designed by parents, for parents. Through group conversations and practical tools, you will create a plan for the future that reflects what matters most to you, your child, and your family.

In just a few sessions, you'll gain:

- Greater clarity and confidence in setting goals
- Practical tools and strategies to help you navigate services and make the most of available supports
- Skills for building strong partnerships with professionals and your support network

"I realized how much I love connecting with other parents and helping people with the knowledge I have," shares a recent parent participant.

We invite parents and caregivers of children with extra support needs up to 8 years old to join us in October for this hybrid offering. Please join us for all three sessions – two online and one in person:

- October 15th and 22nd, Online, 7:00 - 9:00 pm
- October 24th, 2315 Spring Street, 10:00 am - 3:00 pm (a light lunch will be served and a child care subsidy is available)

[Register Now | Free](#)

Fresh Air & Good Company: Highlights from our Summer Family Picnics

Summer is picnic season at Kinsight! Our New Westminster and Tri-Cities Children's Centres, in partnership with SHARE, brought together nearly 250 people across three events at Blue Mountain Park and Hume Park.

Families made lasting memories participating in fun activities like painting flowerpots, playing ring toss, and capturing smiles at the photo booth.

We're grateful to the Rotary Club of Coquitlam (lunch club), our supporter for the June 9th Youth & Family Picnic, as well as the Royal Canadian Legion Branch #2 New Westminster for their support with the June 15th New Westminster Children's Centre picnic.



[Read More](#)

Sporting Red in Support of FASD Day



September 9th marked International FASD (Fetal Alcohol Spectrum Disorder) Day. On this day, people around the world wore red shoes – a symbol first popularized by self-advocate RJ Formanek to make visible a disorder that is largely invisible.

The theme for 2026 is "Everyone Plays a Part: It Takes a Community." Each of us has a role to play in creating a more inclusive, understanding environment where individuals with FASD can lead happy, fulfilling lives.

Creating Spaces where Every Child Belongs: Kinsight Leads Inclusion Workshop



On August 24th, Kinsight's Supported Child Development Coordinator Lina Do Couto and Consultant Marianna Cavezza facilitated a Supporting Inclusion Workshop for educators at Honeybees Child Care Centre.

Bringing together 12 educators, the workshop focused on building a shared understanding of inclusion and how it can be strengthened through everyday practices. Participants valued the opportunity to learn from one another, with one educator noting, "I came away with a deeper appreciation for respecting each child's individual needs, strengths, and background."

Workshops like these are a great opportunity for educators to build child care environments where all children can belong and thrive. To read more about protecting and expanding inclusive child care spaces in BC, [click here](#).

Updated Number for BC's Helpline for Children

The BC Helpline for Children provides confidential, 24/7 support for children and youth who may be feeling unsafe or experiencing abuse. The Ministry of Children and Family Development is now promoting the toll-free number **1-877-631-8282** for all calls. While 310-1234 remains active, families are encouraged to save and use the toll-free number going forward.



We respectfully acknowledge that the work of Kinsight is carried out on the Coast Salish ancestral traditional and unceded territories of the kʷikʷəłəm (Kwkwetlem), səliwətał (Tsleil-Waututh), xʷməθkʷəyəm (Musqueam), Sḵwxwú7mesh (Squamish), ḡičəy (Katzie), qʷa:ń Ḳ'əń (Kwantlen), qiqéyt (Qayqayt), and Stó:lō (Sto:lo) Peoples.



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