

Peer Support Groups - to register contact Aashini Patel,
aashini.patel@cnib.ca or call 306-514-0558.

Our peer support is a group for seniors who are experiencing vision loss the topics discussed are relevant and chosen by the group to make sure that participants are getting the information that they require to live a full life. The groups are a way to support those with vision loss and socialize and enjoy the company of those who understand what it is like to live with vision loss. Guest speakers are brought in to discuss things like nutrition, working with your pharmacist, personal safety, fraud and many others.

Regina Peer Group

When: every 2nd and 4th Tuesday.

Time: 1:30pm-3.00pm

Location: CNIB Regina - Multi-purpose Room

Virtual Coffee Chat Group

This group is for people who are experiencing vision loss. It would be a time to chat and discuss issues that are important to one another. The group is a way to support those with vision loss to socialize and enjoy the company of those who understand what it is like to live with vision loss.

Date: Last Tuesday of each month resuming in September

Time: 1:00 – 2:00pm

Location: Teleconference – details will be sent out the Monday before

Recreation & Leisure Programs - to register contact Aashini Patel, aashini.patel@cnib.ca or call 306-514-0558

CNIB Exercise Hours - Regina

Physical activity is very important, and sometimes finding fun and accessible ways of exercising can be challenging. CNIB is excited to offer our exercise hour! During this program, participants will have the chance to try a variety of physical activities in a safe and supportive environment. From yoga to kickboxing, Pilates and more, there's bound to be something for everyone.

When: Starting in October; dates to be announced

Dates: January 11th, January 25th, February 8th, February 22nd, March 7th, March 21st, April 4th, and April 18th.

Time: 6:00 pm – 7:00 pm

Location: YMCA building (5939 Rochdale Blvd S4X 2P9)

Better Health Series

Our Better Health Series is one-hour sessions where we tackle all the things Health with our special guest from various health fields, from nutrition to exercise and more.

When: every 3rd Friday of the month.

Time: 6:00pm – 7:00pm.

Location: Zoom*

*Zoom link will be sent out monthly once registered

Art Nights – with Dunlop Art Gallery

Join CNIB and the Dunlop Art Gallery and create. Monthly we meet and create different art projects from sculpting to mobiles and so much more. If you are interested in being on the program list please register by emailing Aashini Patel. Dates are announced monthly. All supplies are mailed out to individuals prior to the sessions so that you have all the materials you will need.

When: Monthly sessions, last Monday of each month*

Location: TBC

Time: 3.30pm-5.30pm

*Must Register to receive materials by mail or call

Tandem Bike

This program is designed to provide individuals with sight loss, blind or deaf blind the opportunity to experience the joy and freedom of cycling. Participants are paired with "captain" volunteers for a safe and enjoyable ride.

Dates: May-September

When: TBC

Time: TBC

Location: TBC

TECHNOLOGY - To register, or for more information please contact Aashini Patel, Program Coordinator Peer Support and Recreation aashini.patel@cnib.ca or call 306-514-0558

Phone it Forward/iPad Deployment

This program is designed to equip clients with technology to increase independence. Phones are set up by CNIB Program Leads and training is provided by VLR specialists. We provide iPhone and a variety of Android phones. Phones have the following accessible apps:

- Be My Eyes
- Seeing AI
- BlindSq Events

By Appointment Only