



NEW Networks



Greetings!

I hope everyone is making their way through this terrible winter safe and warm. I am Michelle Campbell and I am the new Program Coordinator for REALM. I joined REALM in August of 2024 and am so humbled and honoured to be part of this organization. Since beginning my journey with REALM my main focus has been developing and supporting 3 new Centre's create their new networks. It gives me great joy to inform you that 3 new networks have joined REALM since summer and are working very hard to accept the process and work through all that is required.

The 3 new Centre's are a testament to the resilience and fortitude it takes to navigate the world we live in when your loved ones have a disability. All of our new Centre's are parents/guardians or spouses of family members with a disability. Each network has presented some unique strengths and network goals but one thing that we all share is determination. As we work through the training modules with each other there is a community being developed within the already strong and vibrant community that is REALM. Each Centre is at a different point in their network journey, but each network is committed to taking the next steps.

During this process, we have been so blessed that other Centre's and REALM supporters, with lots of experience, have been able to meet with us and share their journey with REALM. This is vitally important for new centres as it gives hope and instills the belief that while there is work to do, together we will make a difference in their lives. I am excited to continue this journey with the 3 new networks.

As we look forward to new beginnings in Spring, we too look forward to seeing the growth and sustainability of the 3 new networks. Working together we can make a difference!

Michelle Campbell
Program Coordinator

THANK YOU, *City of Regina New Initiative Grant* and the *Lorne and Evelyn Johnson Foundation* through the South Saskatchewan Community Foundation

We LOVE Our Board





Love Without Limits: Rethinking Disability and Dating

Everyone deserves love and connection, yet the romantic lives of people with disabilities are often left out of the conversation.

The topic of dating for people with disabilities is frequently overlooked or clouded by harmful myths and misconceptions. Many still believe that people with disabilities are asexual, uninterested in relationships, or unable to make their own decisions about their bodies and intimacy.

Despite these myths, the truth is clear: people with disabilities are fully human, with the same desires for relationships, intimacy, and connection as anyone else, whether or not we talk about it. According to the Saskatchewan Prevention Institute, people with disabilities engage in dating and intimacy at rates equal to or even higher than those without disabilities. Furthermore, people with disabilities have the fundamental right to sexual and reproductive health, including the freedom to date and make their own choices about relationships. These rights are protected under the Canadian Charter of Rights and Freedoms, the Canadian Human Rights Act, and international human rights agreements.

You might be wondering, how can I help shift these narratives? It may seem like a big challenge, and honestly, it is! There are, however, practical actions we can take to create a society where the dating lives of people with disabilities are celebrated and respected.

Take a moment to reflect, what are your current beliefs about disability and dating? Have you ever unknowingly believed any of the myths mentioned? It's never too late to reconsider how we approach and talk about these topics. Education plays a key role, too. Many of us did not receive comprehensive sexual health education growing up, which means we might still have questions about dating, sexuality, or intimacy. There are plenty of great resources available to help us learn more. Check out [Amaze](#) or [Tell It Like It Is: Sexual Health & Wellness Education](#). Our words and actions are also key to dismantling myths about disability and relationships. Avoid speaking to people with disabilities as if they are children or incapable of understanding topics surrounding dating. It's also important not to laugh off or downplay people's own lived experience. By choosing our words thoughtfully, we help create an environment where people with disabilities are seen as equal participants in relationships.

Ultimately, we are all just humans seeking connection. Whether you have a disability yourself or play a role in the life of someone who has a disability, you are worthy of love, respect, and meaningful relationships. Let's work together to create a world where those opportunities are open to all, and everyone gets a chance to swipe right and find their match!

Kristyn White (she/her) is a researcher and facilitator based on Treaty 4 Territory in Regina, Saskatchewan. She works at Creative Options Regina (COR) and is dedicated to advancing sexual health, disability rights, and inclusion.





Volunteer Opportunities

Join Our Volunteer Teams: Be Part of Something Special!

We're excited to announce two fantastic opportunities for you to get involved with REALM and make a lasting impact!

1. Personal Volunteer Support Network

We're seeking compassionate, dedicated volunteers to join a Personal Volunteer Support Network. If you're passionate about creating an inclusive community, helping others and making a personal difference, we would love to have you on board! Learn more here: [Volunteer Support Network](#)

2. Gala 2025 Committee

Gala 2025 is just around the corner, and we're assembling a dynamic team to help plan and execute this unforgettable event. Whether you have experience with event planning or simply want to be part of creating something memorable, the Gala Committee is the perfect way to contribute. You'll collaborate with a passionate group, tackling everything from décor and logistics to fundraising and accessibility.

Interested? Reach out to learn more and get involved! Your time and skills can make a real difference!

Contact Amanda at info@realmfoundation.ca or call 306-546-4600



SAVE THE DATE



12.09.25
ANNUAL REALM GALA
Conexus Arts Centre, Regina

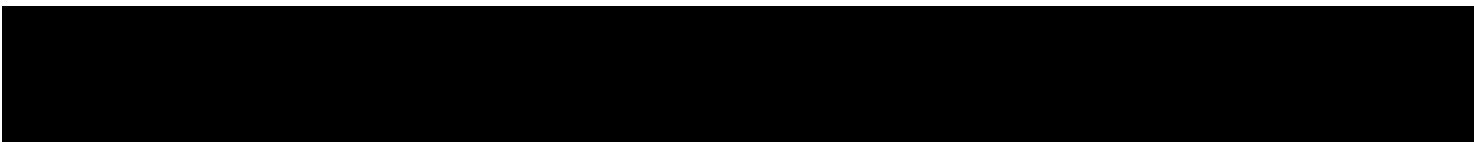
Entertainment by Regina's
own Tornado Hunter, Greg
Johnson.



DONATE



Scan the QR Code to support REALM





Copyright © 2025 REALM, All rights reserved.

You are receiving this email because you are a valued member of the REALM community.

Our mailing address is:

REALM

PO Box 37153

Regina, SK S4S 7K4

Canada

Want to change how you receive these emails?

You can [unsubscribe](#) or [manage preferences](#).