

Our Vision

VITAL Society envisions a community where all citizens are welcomed and valued.



“It is only when we stand up, with all our failings and sufferings, and try to support others rather than withdraw into ourselves, that we can fully live the life of community.”
- Jean Vanier

VITAL Society is committed to supporting people to become vested participants in their own community, in all aspects of their lives.



Contact Us

Website: www.vitals.ca

Community Inclusion
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Community Inclusion



We support people with complex barriers to connect with their community, to achieve fulfillment, employment, connection and meaning in their lives.



Valley Integration to Active Living

Our Mission

We at VITAL Society serve and support person and their families with diverse needs, striving to promote inclusive communities where every person's rights are respected, their unique gifts are valued and their dreams are celebrated.

Community Inclusion

Be active and have fun!

The VITAL Society Community Inclusion Program offers support to individuals to participate in a variety of recreational, fitness, leisure, and educational activities in the Cowichan Valley area.



Enjoy a program designed just for you!

Our Community Inclusion coordinator and staff will develop a program schedule with you based on your needs, abilities, and dreams.

Activities can include:

- *Swimming
- *Ice skating
- *Bowling
- *Nature walks
- *Picnics
- *Art & Music therapy
- *Sensory play
- *Visits to Museums and Parks
- *Attending local community events
- *Supported employment, and more...



Cowichan Valley agencies have joined with the Victoria Self Advocates for a Brighter Future group.

They meet every 3rd Tuesday at the Cowichan Public Library, located in the Island Savings Center, 2687 James Street, Duncan, BC V9L 2X5 from 12:00pm to 1:30pm.

Please bring your lunch for an opportunity to socialize before the meeting starts.

