

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 in-to 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

Community Inclusion
156D Government Street
Duncan, BC V9L 1A2

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Visit us on the web:
www.vitals.ca

Community Inclusion



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



Valley Integration to Active Living

Our Mission:

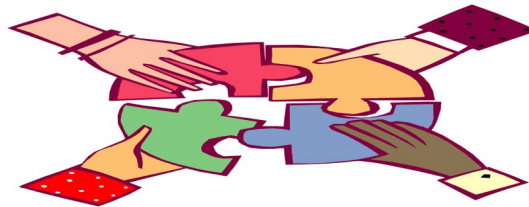
Valley Integration to Active Living Society works towards the promotion of social justice for individuals with developmental disabilities. We strive to empower individuals to exercise all their rights as citizens in all aspects of their lives. We envision communities where all persons are valued for their unique gifts, talents, capabilities and contributions.



Community Inclusion:

Be active and have fun!

The Vitals 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.

