



BCVTA NEWSLETTER

December 2025

BCVTA Board Meeting Highlights

The next BCVTA Board meeting is Monday, January 12. Highlights will be included in the January Newsletter.



BCVTA 'Tech Talk'

Breakdown of the Board of Directors (BoD)

There is a minimum of four and a maximum of ten positions to be held on the BoD as per bylaw article 6.4. Directors contribute to governance, strategic planning, and committee work. They participate in Board and AGM meetings, support decision-making, and help oversee the association's financial and organizational performance. Directors also act as ambassadors for the profession, engage with the veterinary technology community, and assist with Board recruitment. Here is a breakdown of each position!

President: Give general supervision to Association activities and support executive board roles as needed, present annual report at AGM, attend any and all BCVTA meetings. Work closely alongside Executive Director. Elected from current members of the Board of Directors in good standing, may only hold the position for one 2 year term.

Vice-President: Serve in the absence of the President, assist with any duties deemed necessary. Member must be on the BoD for minimum 1 year prior to presidential role, may only hold the position for one 2 year term.

Secretary: Manage and record minutes for all general and executive board meetings. May be elected for two 2 year terms.

Treasurer: Oversee BCVTA financial decisions, create reports to share with BoD and members. May be elected for two 2 year terms.

CVBC Liaison: meet and attend CVBC meetings on behalf of the BCVTA. May be elected for two 2 year terms.

Student Liaison: represent the BCVTA with Veterinary Technology programs in BC, coordinate and help VT students through their program and transition into becoming an RVT. May be elected for three 2 year terms.

RVTTC Representative: attend RVTTC meetings and represent the BCVTA, may be elected for the position for three 2 year terms, as per RVTTC bylaws and policies. (This position will be discussed at the AGM in May 2026 further)

Director at Large: Only position on the board where a BoD does not have a direct responsibility. Can be assigned to different roles, give a broad perspective and are important for member representation. May be elected for three 2 year terms.

Interested in joining the board? Email executivedirector@bcvta.com for more information.

Meet the facilitator...

Ciara Toddington, BA, MC, RCC



Ciara is a Registered Clinical Counsellor (RCC) who holds a BA in Psychology, and a Masters in Clinical Counselling. Ciara has over a decade of experience working in the field of mental health in a variety of settings, including residential, community, and inpatient. She has facilitated countless groups over the years, and aims to create a safe, supportive, and healing space for all participants.

Contact

To learn more about the group, or sign up for a free consultation, please contact Ciara at:

ciara.toddington@gmail.com

OR direct message on Instagram at @ciaracounselling



601 W Broadway, #424
Vancouver, BC

(604) 774-7682
<https://unitiveclinic.ca/>
info@unitiveclinic.ca



PET LOSS SUPPORT GROUP

a safe & supportive group for those who have lost a pet.

Ciara Toddington is a registered clinical counsellor (RCC), who currently works at Unitive Wellness Clinic located in Vancouver, BC.

Starting in January, she will be running a **low-cost, drop-in pet loss and grief support group**. This group will provide a safe and supportive space for individuals who are grieving the loss of a pet. Participants will have the opportunity to learn about grief, gain skills, and above all, connect with others experiencing a similar loss. This group may be covered by extended benefits if someone has coverage for group therapy run by an RCC.

Veterinarians and those in the industry know better than anyone that grief around losing a pet/animal is a very real concern. Unfortunately, there are very few accessible supports for those experiencing this type of grief. The burden of supporting these individuals may then fall on veterinary staff themselves. Her goal with this group is not only to support those who have lost a pet, but to try and reduce the burden on veterinary clinics, by providing an accessible resource that clinics can be referred to.

Pet Loss and Grief

Grief can be described as a profound and often painful experience associated with loss. For many of us, pets are some of our closest companions, and the loss of a pet can be just as impactful as the loss of a human companion.

Unfortunately, not everyone understands how painful pet loss can be, leading to feelings of isolation, and magnifying the painful feelings and experiences associated with grief. Support groups have long been a way to bring individuals together, to learn, process, and support one another.



What can I expect?

Psychoeducation & Skills

Psychoeducation refers to education regarding topics such as behaviour, emotional wellness, and mental health. This group will not only aim to provide a better understanding of what is happening when we experience grief, but strategies and skills to better cope with these experiences.

Processing

Processing refers to reflecting on both our own, and others experience, to better understand and move through what we are feeling. We may feel like we are not "supposed" to talk about our loss in our day-to-day lives. Group creates a space that encourages speaking our difficult thoughts and feelings aloud.

Support

Above all, group aims to provide support. Sharing space with others who may be experiencing similar struggles can create a sense of safety, camaraderie, and understanding. When we are able to both give and receive support from others, we can reduce feelings of isolation, and begin to move through the more difficult parts of our grief journey.

FAQ

How much does the group cost?

This group cost \$30.00 per session. Because this group is run by a registered clinical counsellor (RCC), it may be covered by your extended benefits.

Where does the group take place?

Currently, this group takes place online.

What is a drop-in model?

Drop-in means there is no commitment required. It is up to you whether you would like to come to the group regularly, or check in once in awhile. Please note the group requires 48 hour

Do I need to register?

Yes. While the group uses a drop-in model, each participant will be required to do a brief, no cost, intake session to make sure the group is an appropriate fit at this time.



Canadian Animal Blood Bank is coming to Vancouver and they are looking for volunteers!

As it stands, canine blood donor clinic operations are scheduled to begin as of March 2026! The first will be on **Friday March 6 at Vancouver Animal Emergency & Referral Clinic** and the second is scheduled for **Sunday March 15 at Kitsilano Animal Clinic**. Volunteering as an RVT with CABB will qualify for CE credits. CABB is always looking for canine donors as well!

Scheduled clinics, volunteering FAQs and CABB information can be found [here](#).

CABB is currently hiring RVTs! Check out the job [here](#)!

Did you know BCVTA members have exclusive discounts with certain companies?

Access to these discounts and more are available through our member portal!

Luuna Scrubs : 15% off. Use code **BCVTA15** at checkout

GreenPAW Scrubs : 10% off. Use code **BCVTA10** at checkout

Covet Coaching - Strengthscope Assessment Program, 15% off program price. Email lucie@covetcoaching.com to register.



If there is a discount you don't see, or would like information about, please email communications@bcvta.com

HOW TO USE YOUR DIGITAL CLIENT SAVINGS CARD



Please present your Digital Client Savings Card on your mobile device at any Mark's retail location. Your digital card must be shown at the point of each purchase. See link below to find a retail location near you

This digital card is re-usable and valid until the expiry date found at the bottom of your digital card. This digital card must be shown for discount to be applied. The discount will be applied to the product(s) listed on the card.

To maintain the optimal performance of your garments and/or footwear, please ensure to follow all wash and care instructions. Please follow the link below to carefully review our return policy

Mark's Clothing - show a copy of the digital savings card at the time of purchase. Card accessible through the member portal.

Bell - Visit bell.ca/epg or call 1-833-964-4484
Register as a new user, choose 'Personal Email' option
Enter **BCVTA BC Vet Tech Association** in the company/association field and select your company from the drop-down. You will need to upload proof of BCVTA membership (PDF or JPG formats) in order to view exclusive discounts.

2026 WCABP Conference

Survive & Thrive

January 15 – 17 | Sheraton Cavalier, Calgary



Upcoming CE Events

- Jan 15-17, 2026 Western Canadian Association of Bovine Practitioners Conference
- Jan 17-21, 2026 VMX Orlando
- Feb 15-18, 2026 WVC Las Vegas
- Feb 26-28, 2026 OAVT Conference

[Check out the website for more continuing education opportunities!](#)

Keep an eye on the [BCVTA Job Board](#) for career opportunities!

Don't forget to update or add yourself to the [locum directory](#)!



British Columbia Veterinary Technologists Association PO Box 4573 Williams Lake, British Columbia V2G 2V6

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