

Learn new ways to nurture and love your child
Find understanding, support and encouragement to

Be the parent you want to be



Parent & Grandparent Support Circles

- Free • Weekly • Confidential
- Open to all parents & grandparents with children & teens

Each self-help parent-support Circle is led by two trained facilitators

Childminding and transportation assistance is available with some Circles

Here's what Circle members say

"Helpful. High Quality"

"Get support, feedback and new ideas"

"Hear from other parents and grandparents and know... You're Not Alone"

"Refreshing. Vital"

In Your Area

Burnaby (Evening & Cantonese) * Delta (Grandparents Raising Grandchildren) * Gibsons *
Ladner (for parents with children with behavioural challenges & Grandparents Raising
Grandchildren) * Langley (English & Grandparents Raising Grandchildren) *
* Richmond (English & Latin American) * Surrey (Filipino) * Tri-Cities (Farsi & English) *
Vancouver (Mt. Pleasant, Filipino, Mandarin, Cantonese, Latin American
& Grandparents Raising Grandchildren)

For more information:

604-669-1616; www.parentsupportbc.ca