



Grand Connection



December 2019

Welcome to the Grand Connection! The Parent Support Services Society of BC (PSS) on Vancouver Island has created this publication to bring you the news about our programs for Grandparents Raising Grandchildren (GRG'S) and other kinship care providers on the island!

Grandparents Raising Grandchildren (GRG) Support Circles

Raising children the second time around can feel overwhelming at times. Sometimes it helps to know that you are not alone. Grandparents Raising Grandchildren (GRG) Support Circles are free, confidential groups that provide an opportunity to meet other grandparents raising grandchildren or other relatives who are raising relatives' children to share information, stories and find out about resources.

Grandparents Raising Grandchildren Support Circle groups (Vancouver Island)

Victoria – View Royal - day time group! Eagle Creek Village, Quality Foods Store, 27 Helmcken Rd., Victoria

community meeting rm, upstairs

Fri., Dec 13th 10 a.m. to 11:30 a.m.

Fri., Jan 10th 10 a.m. to 11:30 a.m.

Victoria, (Esquimalt – evening group) at Esquimalt Rec Centre, 527 Fraser St., Victoria - Viewfield Room.

Mon., Dec 2nd 6:30-8:30 pm *meetings will resume in January 2020*

Duncan – Evening group Sands Reception Centre, 187 Trunk Rd.

Thu., Dec 12th 6:30 p.m. to 8:30 p.m.

Thu., Jan 9th 6:30 p.m. to 8:30 p.m.

Nanaimo - Evening group Child care space is available with registration call or email for further details!

Wed., Dec 11th 6:30 p.m. to 8:00 p.m. – Child Development Centre, 1135 Nelson St., Nanaimo

Wed., Jan 8th 6:30 p.m. to 8:00 p.m. – Child Development Centre, 1135 Nelson St., Nanaimo

Nanaimo - Daytime group Nanaimo Aquatic Centre, 741 Third St. Nanaimo - Jack Little A room

Tues., Jan 14th 10:00 a.m. to 12:00

Parksville/Qualicum Beach Daytime group Family Place, 494 Bay Ave., Parksville - Rm 121

Fri., Dec 13th 11:30 a.m. to 1:30 p.m.

Fri., Jan 10th 11:30 a.m. to 1:30 p.m.



Sunday, December 8th, 2019

At the Child Development Centre, 1135 Nelson Street, Nanaimo

12 to 3 pm with two lunch seatings (12 noon and 1:30 pm)

There will be pizza, crafts and all tons of holiday fun!

Pre-registration is required <https://www.eventbrite.ca/e/fsf-old-fashion-family-christmas-party-2019-tickets-81884712379>

Party is hosted by the Families Supporting Families working group and funded in partnership by: Nanaimo Child Development Centre, Children's Health Foundation, Autism BC, Parent Support Services Society of BC, and CAN-Canucks Autism Network

Grandparents Raising Grandchildren Support Line (Province wide)

Problem solving, legal and resource information for grandparents and other relatives raising a family member's child

Monday, Tuesday, Thursday and Friday 10:00 a.m. to 2 p.m.

Toll free in BC 1-855-474-9777 Or email grgline@parentsupportbc.ca

Grandparents Raising Grandchildren BC on Facebook



The GRG BC Facebook group provides a larger opportunity for connection, sharing of resources and information. Grandparents raising grandchildren and other kinship care providers in BC can join through the following link: <https://www.facebook.com/groups/145017612556075/>



Parent Support Services Society of BC & the Nanaimo Child Development Centre are co-hosting a workshop on **Saturday, January 25, 2020 in Nanaimo**

"Let's start the conversation on ACEs!"

As research over the past twenty years has shown us, experiencing childhood adversity increases the risk of mental, and physical, health challenges over a person's lifetime. This workshop will provide an opportunity to view the documentary "Resilience", which explains this correlation, and offers strategic solutions to build resilience to trauma. We will also explore, through round table discussion, opportunities we have within our families and communities to mitigate the effects of adverse childhood experiences, known as ACEs. This workshop will be of interest to grandparents raising grandchildren and other kinship care givers



Lynne Godfrey is a parent, grandmother, former foster parent, dog lover, and a strong advocate for child and youth mental health. Through her work as a project lead under the CYMHSU, communities have had many opportunities to view documentary screenings that provide education and awareness around the impact of trauma, adverse childhood experiences (ACEs) and resiliency. She is a strong believer in "starting the conversation" about mental health, because it makes a difference!

12:30 to 3:00 pm

Nanaimo Child Development Centre, 1135 Nelson St., Nanaimo

This workshop is free, seating is limited and preregistration is required. **Registration details will be emailed out to you soon!**

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For information and other resources please visit www.parentsupportbc.ca



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