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# PSS SUMMER NEWSLETTER

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## Message from the Executive Director

As we all learn and adapt during COVID-19, we are reminded how important it is to work together and practise kindness, even while apart.



For 46 years, Parent Support Services Society of BC has been working collaboratively with agencies and British Columbians in a parenting role to respond to both long-term social issues and emerging needs pertaining to raising children. We held our last AGM on June 29, 2020 and invite people to read our annual report [here](#) or visit [parentsupportbc.ca/agm-reports](https://parentsupportbc.ca/agm-reports).

We celebrated Pride, National Indigenous People's Day, World Refugee Day and Canada Day. As we look to moving to a healthier world, to heal our communities and address racism, injustices and inequality, we celebrate our differences and find new ways to protect the safety and wellbeing of children and to promote the health of families so that we can envision a world where all children and their families are nurtured, valued and safe. We invite you to participate in a virtual parenting circle, contact our parenting support line, speak to our Kinship Care advocates, participate in our Orange Tshirt Day contest and learn about the work we do. Hats off to all those Kinship Care providers who continue to care for the more than 13,000 children in this province who you parent.

Thank you to all the families who are working tirelessly to support BC's children. You are appreciated!

CAROL MADSEN

## Parenting Support During COVID-19

Recognising the challenges, stress and isolation that families experience during this pandemic, we are providing the following FREE services:

**Online Parenting Support Circles** - we continue to be here on a regular basis to families across BC where they have a safe and confidential space to connect with other parents and caregivers to talk about their children, parenting challenges, the impact of COVID19 in their lives, receive support and parenting skills.

**Parent Line** - parents and caregivers are welcome to call Monday to Friday, 10 am – 4 pm to receive emotional support and referrals to Parenting Circles and other community resources.

**Online Parenting Book Club** - for parents and caregivers that would like more intellectual connection to their parenting roles, read and discuss what they are learning and practicing.

**Virtual GRG Nature Camp** – an opportunity for children raised in kinship care families to explore the woods and the sea and the mysterious creatures that live in it. This will also provide a time of respite and connection with other Grandparents Raising Grandchildren and & kinship caregivers.

**Grandparents Day** – stay tuned for our upcoming events on September 13<sup>th</sup> to celebrate Grandparents and families.

**Indigenous Peoples Day of Wellness** – oral storytelling with Ts'msyen Hereditary Chief Smooygit Gitxoon & Mini Button blanket making sessions via Zoom in collaboration with First Nations Health Authority Day of Wellness. See flyer for details

**Orange Shirt Day** – we are holding a T-shirt design contest that says: “Every Child Matters”. Deadline of entries: Friday August 28, 2020 @ 3pm, to: danella.angus@parentsupportbc.ca. See flyer for details.

**Online Facilitator Training** – is scheduled in September for volunteers who are interested to co-facilitate our Parenting Support Circles. We are now accepting applications. See flyer for details.

## Grandparents Raising Grandchildren Support Line Fully Operational During COVID-19

The GRG Support Line advocates are continuing to pick up the phone!!! The support line hours remain Monday, Tuesday, Thursday and Friday from 10:00am to 2:00pm.

The GRG Support Line is staffed by trauma-informed advocates who offer support, information, and referrals. The GRG Support Line advocates connect kinship caregivers with local resources, including PSS support circles, and they are available to help callers navigate complex systems (such as family and child protection court/legal proceedings) and to answer questions about eligibility for financial supports.

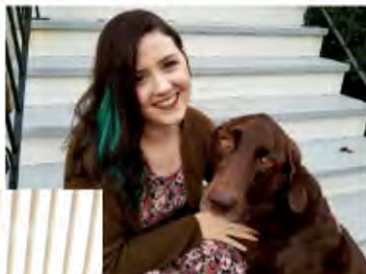
Currently, the support line advocates are working remotely but collecting messages regularly throughout our service days.

Please leave a detailed message and you will receive a return call in a timely manner. We apologise for any inconvenience that working remotely may cause you. We look forward to hearing from you!!!

### Grandparents Raising Grandchildren (GRG) Support Line Advocates:

**Christina Campbell, M.S.W.**  
**Advocate — Social Worker**

Christina Campbell is a UBC graduate with a Masters in Social Work who has practiced community development internationally and has, as a long serving support line advocate, become highly knowledgeable about caregiver experiences navigating kinship care law and policy.



**Caity Goerke, J.D.**  
**Advocate — Lawyer**

Caity is a practicing Family Law lawyer and previous student clinician at the Indigenous Community Legal Clinic, Peter A. Allard School of Law where she served clients with family and Indigenous legal issues and received training in child protection law.

## Kinship Families Mobilise for Change Project

**What is it?** PSS's three-year collaborative project with kinship caregivers and youth, funded by the Vancouver Foundation. Aims are:

- Conduct research and build awareness on the state of kinship care in BC
- Facilitate the connection and initiatives of kinship care families in BC
- Support kinship families to develop independent networks(s). Goal – a vehicle for kinship caregivers and the youth raised in kinship care to advocate the resources and services that they are entitled to.

**Where we're at?** Year 2. Research portion of the project complete. Kinship caregivers are meeting online to discuss research, explore issues/recommendations and how to effectively mobilise for change.

Rebecca, the PSS GRG Support Line staff, and kinship caregiver Gary Goodwin, had the opportunity to discuss this project, and specific kinship care issues, at the June 2020 First Call BC Child and Youth Advocacy Coalition meeting.

**How you can be involved?** As we move forward, we plan to bring kinship caregivers and youth together in-person over late summer/early fall (depending on COVID-19 protocol). These gatherings would be to have fun, connect, discuss and share ideas, and plan for future steps together.

**Supported by PSS staff, it is kinship caregivers and youth raised in kinship care that will drive this project forward.** If you would like to be involved or would like more information about this work, please contact Jane Bouey [jane.bouey@parentsupportbc.ca](mailto:jane.bouey@parentsupportbc.ca) or Rebecca Vattathichirayil [rebecca.vattathichirayil@parentsupportbc.ca](mailto:rebecca.vattathichirayil@parentsupportbc.ca)

**Save the Date: September 13, 2020 Grandparents Day**

**More Information to come**

**Do you need more resources and support? Feel free to reach out to us!**

**Website:** [parentsupportbc.ca](http://parentsupportbc.ca)

**Facebook:** @ParentSupportBC

**Twitter:** @PSS\_BC

**Instagram:** @pss\_bc

**Provincial Office:**

- *604-669-1616 or 1-877-345-9777*
- *office@parentsupportbc.ca*

**GRG Support Line:** 1-855-474-9777 [grgline@parentsupportbc.ca](mailto:grgline@parentsupportbc.ca)  
Monday, Tuesday, Thursday, and Friday 10 am - 2 pm

# "EVERY CHILD MATTERS"



## T-shirt Design contest

Wear Orange on September 30th to show your support



### T-shirt Design Submission Criteria:

- **Every Child Matters** needs to be written in the design
- Design has to be black on a white background.  
*(This is so the design can be transferred to a screen)*
- Send design as a PDF, PNG or JPG

All entries must be family friendly.

*Each design will automatically be entered for a chance to win a cultural prize and an orange shirt with their design.*

PSS appreciates all entries submitted and will be putting together a movie clip for September 30th in honor of "Every Child Matters"

Feel free to also send in a picture, drawing, painting, story or poem for the movie clip.

**If you would like to know more about Orange Shirt Day, check out "Phyllis' Story"**  
<https://www.orangeshirtday.org/phyllis-story.html>

When submitting please give brief description of entry, name, phone # and E-mail.  
*Please note: each submission is also consent to share it on the PSS Social Media page and website.*

**Due Date: Friday August 28, 2020 @ 3pm**

**Submit entries to: [danella.angus@parentsupportbc.ca](mailto:danella.angus@parentsupportbc.ca)**

[www.parentsupportbc.ca](http://www.parentsupportbc.ca) 604-669-1616 ext. 104



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# Oral Storytelling & Mini Button Blanket making

In collaboration with FNHA Day of Wellness



**Oral Storytelling with  
Alexander Fred Campbell Sr.  
Ts'msyen Hereditary Chief  
Smooygit Gítxoon, Iaxsgyiik  
Gispaxlo'ots**

**Wed. Aug. 5th, 2020  
@ 2pm  
via Facebook live**

**Mini Button Blanket making  
sessions Via Zoom.**

Open to Indigenous people across BC,  
must be able to commit to the FB live,  
and zoom sessions.



**Group 1  
Mon. Aug. 10, 17 & 24 at 7:30pm  
Group 2  
Tues. Aug. 11, 18 & 25 at 3:00pm  
Group 3  
Wed. Aug. 12, 19 & 26 at 6:00pm  
Group 4  
Thurs. Aug. 13, 20 & 27 at 4:00pm**



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**Sign up by: Friday July 31, 2020 @ 3pm**

**Sign up with: [danella.angus@parentsupportbc.ca](mailto:danella.angus@parentsupportbc.ca)**

[www.parentsupportbc.ca](http://www.parentsupportbc.ca) 604-669-1616 ext. 104





# PARENT SUPPORT SERVICES OF BC

Creating a world where children and families are nurtured, valued and safe

## GRG & KINSHIP PROVINCIAL SERVICES AVAILABLE DURING COVID-19

### Grandparents Raising Grandchildren (GRG) Support Line

*Help for Grandparents and relatives raising a family member's child (kinship Care Provider)*

Providing Advocacy & Emotional Support

**Mon, Tues, Thurs & Fri.**

10:00am - 2:00pm

Toll-free across BC

**1-855-474-9777 or 1-855-GRG-9PSS**

[grgline@parentsupportbc.ca](mailto:grgline@parentsupportbc.ca)

## WEEKLY ONLINE PROVINCIAL SUPPORT CIRCLES

*Our Support Circles are here to provide a safe and confidential space for GRG & Kinship Care Providers, to share the challenges, concerns, questions and offer the support you need during COVID-19*

### Kinship Circles

**Indigenous**

**Monday**

6pm

**Monday**

10am

**Tuesday**

7:30pm

**Thursday**

1pm

Wanting to join an Online Support Circle via Zoom

Please call 1-877-345-9777 ext. 100

**PSS RECOGNIZES and RESPECTS all the INDIGENOUS NATIONS, TRADITIONAL LANDS & TERRITORIES that we GATHER, LIVE, WORK & PLAY ON across BC.**

Check out our website at: [www.parentsupportbc.com](http://www.parentsupportbc.com)



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# PARENT SUPPORT SERVICES OF BC

Creating a world where children and families are nurtured, valued and safe

## PROVINCIAL SERVICES AVAILABLE TO PARENTS DURING COVID-19

### Parenting Support Line

*Are you juggling home, work, at home education and possibly childcare? Are the new changes stressful and taking a toll on your emotional and mental health? Do you need space to talk it out?*

Give us a call

**Monday - Friday**

10:00am - 4:00pm

Toll-free across BC

**1-877-345-9777 or 1-855-345-9PSS  
ext. 100**

## WEEKLY ONLINE PROVINCIAL SUPPORT CIRCLES

*Our Support Circles are here to provide a safe and confidential space for Parents to share the challenges, concerns, questions and offer the support you need during COVID-19*

### Parents

Monday	Indigenous Tuesday	Tuesday	Wednesday	Thursday
9pm	6pm	1:00pm	1:00pm	6pm

## Wanting to join an Online Support Circle via Zoom Please call 1-877-345-9777 ext. 100

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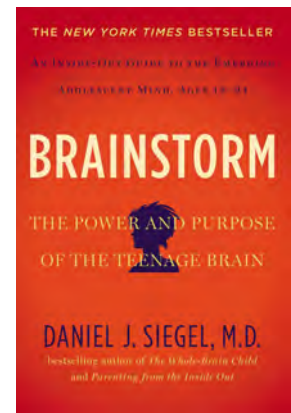
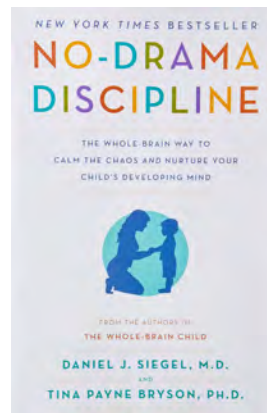
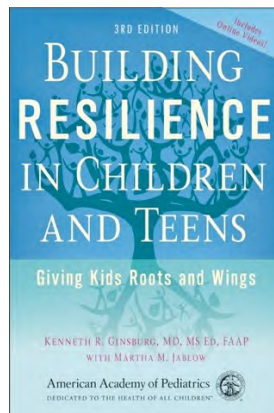
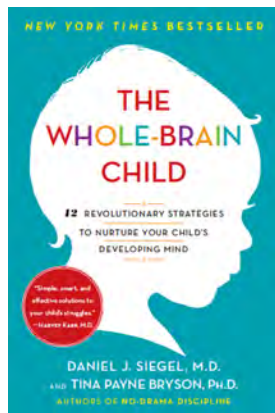
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Parent Support Services  
Society of BC

# PARENTING BOOK CLUB

Interested in reading and discussing some of today's  
best selling parenting books?



Join us on a bi-weekly basis via Zoom and on our Facebook group, to discuss the reading material; have the space to ask questions; receive information and resources; and connect with other parents & caregivers.

Open to all  
Parents/Caregivers  
in BC

To Join, Click [HERE](#)

OR email:

[office@parentsupportbc.ca](mailto:office@parentsupportbc.ca)

OR call our

Parenting Support Line:

1-877-345-9777 ext.1

We thank the Province of  
British Columbia for their  
financial contribution

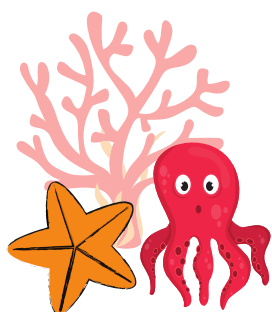




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# VIRTUAL GRG/KINSHIP NATURE CAMP

**JOIN US VIA ZOOM, AS WE WALK THROUGH GALIANO ISLAND AND LEARN ABOUT ITS ECO-SYSTEM AND CREATURES.**



*We're going into the woods and the sea! If you have children in your care that are interested in nature and the mysterious creatures that live in it, then this is the place for them.*



**FREE & Open to kids ages 6-12 in BC & in the care of Grandparents & other relatives**

**Monday August 17th & 24th @ 10am**

Zoom sessions will be 45 min long and will require a device with internet connection, camera and microphone. These 2 sessions will be very interactive.

**Click HERE to register**

For more info, contact  
Daniela & Sandi  
[office@parentsupportbc.ca](mailto:office@parentsupportbc.ca)

We thank the  
Province of British  
Columbia for their  
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[www.parentsupportbc.ca](http://www.parentsupportbc.ca)

# KAMLOOPS

## The Parent Support Circle & Grandparent Raising Grandchildren/Kinship Support Circle

### Volunteer Facilitators needed:

- Become part of a trusted network of volunteers with Parent Support Services Society of BC
- Participate in foundation training: September 2020
- Continue skill development throughout the program.
- Help those in a parenting role through leading Support Circle discussions.
- During Covid-19, our support circles are offered online!

*We ask our volunteers to commit 3-5 hrs a week for a minimum of 1 year. This allows our facilitators to develop relationships with the support circle participants within the context of the peer support model.*

## Listen - Learn - Empower

For more information  
Contact: Bella Cenezero  
[bella\\_cenezero@parentsupportbc.ca](mailto:bella_cenezero@parentsupportbc.ca)  
604-669-1616 ext 105  
Visit: [parentsupportbc.ca/volunteer/](http://parentsupportbc.ca/volunteer/)

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# Vancouver Island

Capital Region, Cowichan Valley, Nanaimo & Oceanside

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## Listen - Learn - Empower

For more information

Contact: Sandi Halvorson, Program Coordinator

[sandi.halvorson@parentsupportbc.ca](mailto:sandi.halvorson@parentsupportbc.ca)

250-468-9658

Visit: [parentsupportbc.ca/volunteer/](http://parentsupportbc.ca/volunteer/)



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Greater Victoria

PARENT SUPPORT SERVICES SOCIETY of BC

# RAISED BY A GRANDPARENT OR OTHER RELATIVE? CHILDREN & YOUTH MOBILIZE FOR ART CONTEST!

WHAT DOES FAMILY MEAN TO YOU?

**SUBMISSIONS DUE  
SEPTEMBER 4TH, 2020**

We encourage kinship children & youth across BC to send us one piece of your original artwork (eg. song, TikTok, photography, painting, drawing, piece of writing, etc) that represents your experience(s) of what family means to you. Please email us, at the emails provided below, if you have questions.

**ELIGIBILITY:**

- Child or Youth (5-24), Raised by a grandparent or other relative
- BC Resident

**PRIZES!**

All participants will automatically be entered into a draw. One submission from each of the following age categories will be chosen at random to win a prize.

- Ages 5-10
- Ages 11-18
- Ages 19-24

All submissions will be displayed in a gallery and/or online.

**SUBMISSIONS:**

Email us one original piece of your artwork, along with, your full name, age, and any other information about yourself you wish to share.

PLEASE EMAIL YOUR WONDERFUL ARTWORK TO BOTH :  
JANE.BOUHEY@PARENTSUPPORTBC.CA  
AND  
REBECCA.VATTATHICHIRAYIL@PARENTSUPPORTBC.CA



PLEASE NOTE THAT EACH SUBMISSION IS ALSO A CONSENT FOR PSS TO SHARE IT ON OUR VARIOUS SOCIAL MEDIA PLATFORMS AND WEBSITE

## **Thank you to our generous funders!**

Vancouver Foundation

Vancity Foundation

Victoria Foundation – Adoption & Permanency Fund of BC

Law Foundation

United Way Greater Victoria

United Way of the Lower Mainland

United Way Central & Northern Vancouver Island

Government of Canada

Seniors Horizon

Gaming and Enforcement Branch

Ministry for Children and Family Development

First Nations Health Authority

Children's Health Foundation

### **Appreciation to all of our generous individual and corporate donors.**

We are grateful to our supporters and community partners who work with us to create a better world for all children and families. Collaboration is the key to successful social change. Our partners provide meeting space, childcare, food for Circle participants. Others provide consultation, referral and promotion. Many individuals share their wisdom, time, efforts and skills for the success of PSS programs and resources.

**TO DONATE— <https://www.parentsupportbc.ca/donate/>**