



Celebrating  
**50**  
YEARS  
of  
EMPOWERING  
FAMILIES



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## Grandparents Day Picnic Volunteers Needed!

We're looking for enthusiastic volunteers to assist with various tasks such as setup, serving food, organizing games, and cleanup.

Sept. 8, 2024 @ 11am-2pm  
Slocan Park, Vancouver BC



## QUICK LINKS



[NEWSLETTER](#)

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[RESOURCES](#)







Parent Support Services  
Society of BC Presents

# Grandparents Day Picnic 2024

FREE, FAMILY FRIENDLY EVENT!

**SUNDAY, SEPT. 8, 2024**

**11:00 AM - 2:00 PM**

**FOOD | MUSIC | GAMES | DOOR PRIZES**

**Slocan Park,  
2750 E 29th Ave, Vancouver, BC**



**SCAN  
ME**

**TO RSVP**

To learn more, visit [www.parentsupportbc.ca](http://www.parentsupportbc.ca)





# SUMMER

## SCHEDULE ANNOUNCEMENT

Dear friends,

Please be informed that some of our Parenting Support Groups are currently paused for the summer and will resume their regular meetings in September. However, many groups are still open to new referrals.

Additionally, some groups have changed their frequency or meeting times during the summer. We encourage all members to check in with their facilitators to ensure they have the most up-to-date information regarding their group's schedule.

If you or someone you know could benefit from joining a Parenting Support Group, please don't hesitate to reach out.

Call our office at [604-669-1616](tel:604-669-1616) or email [office@parentsupportbc.ca](mailto:office@parentsupportbc.ca)

Click below to see which groups are still open during the summer!



[View Summer Schedule](#)

[www.parentsupportbc.ca](http://www.parentsupportbc.ca)



JULY 2024

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REPRESENTATIVE FOR  
CHILDREN AND YOUTH

# Don't Look Away

How one boy's story has the power to shift a system of care for children and youth

## Full Report

JULY 16, 2024

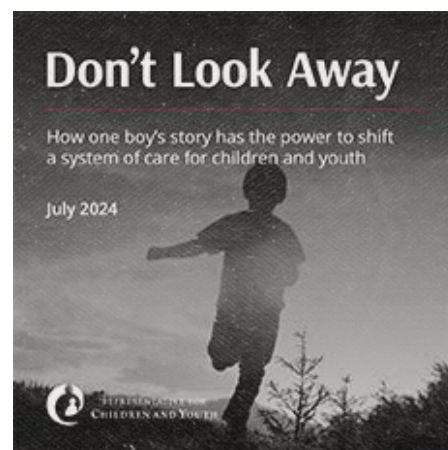
The Representative for Children and Youth (RCY) is calling for a collective commitment to “stop tinkering at the edges of an outdated system that does not work for too many children and families” and embark instead on both specific and larger transformative changes that will ensure that our young people are safe, connected and thriving.



### Emotional Trigger Warning

This report discusses topics that are very challenging and may trigger strong feelings of loss or grief, or memories of personal or familial experiences related to child and family services.

**READ REPORT NOW**



- [Read the full report](#)
- [Read the summary report](#)
- [Read news release](#)

## Watch the report presentation

For those who missed attending the report presentation on July 16th, 2024, you can now watch a recording of the full presentation.



**WATCH NOW**



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FIRST NATION, INUIT, AND MÉTIS



Parent Support  
Services Society of BC

# Cross-Nation Knowledge Sharing

## About the Event

Parent Support Services Society of BC holds space for bi-monthly cross-Nation knowledge sharing on child welfare matters.

Métis Advocate-Social Worker, **Cassandra Strain**, will be present for discussions.

## What to expect

- Confidentially discuss any issues facing the families you support within the group.
- Indigenous community leaders and service providers can connect, exchange learnings, and support each other.

EVERY FIRST & THIRD  
**WEDNESDAY**

BI-MONTHLY DROP-IN  
DISCUSSIONS  
VIA ZOOM

TIME  
**10AM**



Every 1st Wednesday at 10:00 am

[www.bit.ly/crossnation1stwed](http://www.bit.ly/crossnation1stwed)



Meeting ID: 827 4060 3417  
Passcode: 633780

Every 3rd Wednesday at 10:00 am

[www.bit.ly/crossnation3rdwed](http://www.bit.ly/crossnation3rdwed)



Meeting ID: 894 7508 0969  
Passcode: 714976



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RESOURCES FOR PARENTS, CAREGIVERS, FAMILIES & SERVICE PROVIDERS

COMMUNITY RESOURCES



ANNUAL NICU REUNION AT VICTORIA GENERAL HOSPITAL

Island Health is excited to announce that the annual NICU Reunion Party will return in 2024! Since 1984, families and graduates of the NICU have come to VGH every summer to celebrate with staff members who helped them during their time of need.

**Event Date & Time:** Thursday, August 8, 2024 10:00am - 12:00pm

**Location:** Jeneece Place Patio - 201 Hospital Way

[Learn more...](#)



PEERS PROGRAM FOR YOUTH 9-13 | RICHMOND, BC

PEERS Group Richmond will be running PEERS (Program for the Education and Enrichment of Relational Skills) in Richmond. PEERS is an evidence-based social skills program designed for youth ages 9-13 to help them develop and maintain close relationships. They're inviting neurodivergent youth (suspected or diagnosed) from in and around Richmond to join them for 16 Saturdays from September to December. To register, email [peersgrouprichmond@gmail.com](mailto:peersgrouprichmond@gmail.com)

[Learn more...](#)



NEW PARENTS & BABY RESOURCES | VANCOUVER COASTAL HEALTH

Tools for recovering and adjusting to your new baby, to help you care for your new baby and yourself. Register for SmartParent, a text messaging program that sends evidence-based resources and tips tailored to each week of your pregnancy and your baby's first year of life! Text 'SmartParent' to 12323 or enrol online now.

[Learn more...](#)



Y MIND TEEN (AGES 13-18) FREE 7-WEEK PROGRAM, LANGFORD, BC

Y Mind Teen is a free seven-week program being delivered across BC this Fall 2024. This program supports teens ages 13 to 18 who are experiencing symptoms of anxiety to learn and practice evidence-based strategies to cope with stress and anxiety. Y Mind Teen is led by trained mental health professionals and educators and gives teens the chance to connect with others who are experiencing similar thoughts and feelings.

[Learn more & register here...](#)

QUESTIONS? REACH US HERE:  
[parentsupportbc.ca](https://parentsupportbc.ca)  
1-877-345-9777 (Toll-Free)  
[office@parentsupportbc.ca](mailto:office@parentsupportbc.ca)

PSS NEWSLETTER

You never have to worry about missing a thing when you sign up for our monthly provincial newsletter!



FOLLOW US FOR UPDATES:





## SUMMER COMMUNITY EVENTS

# COMMUNITY EVENTS FOR FAMILIES IN THE LOWER MAINLAND



### **Burnaby**

#### **Summer Cinema**

- Free weekly events starting August 2, 2024 @8:15 pm
- Confederation Park and then Civic Square
- Bring a blanket or chair, some movie snacks and enjoy the show. Free admission!
- Events takes place rain or shine

#### **Burnaby Blues and Roots Festival 2024**

- August 10, 2024 @ 04:00 PM to 10:00 PM
- Location: Deer Lake Park, 6450 Deer Lake Avenue
- Admission: Free!
- The Burnaby Blues + Roots Festival offers an inclusive, family-friendly environment with music, popular food trucks and more!



### **Vancouver**

#### **Family Fun Zone at the KitsFest on Kitsilano Beach**

- August 9, 10 & 11, 2024 @ 9am – 6pm
- Kitsilano Beach, Vancouver, BC
- Sports, play, crafts, and shade
- Obstacle Course, Relay Races, Soccer & Goalie Practice, Family Dance Party and more!

#### **Music with Marnie August**

- August 26, 2024 from 11:00 am to 11:30 am
- Trout Lake Community Centre, 3360 Victoria Drive, Vancouver,
- FREE fun for all ages! Please Register
- Marnie performs funky and educational tunes that get kids and parents moving and grooving. Each song tells a story and has an action keeping children focused and physical. If you've never seen a preschool mosh pit, now's your chance!

### **Surrey/Langley**

#### **Surrey Sounds of Summer Music Series**

- Every Wednesday in July & August from 6:30 to 8:00pm
- Various Surrey parks and outdoor spaces
- Admission: Free
- Visit [www.surrey.ca](http://www.surrey.ca) for more details

#### **Rotary's Ribfest Langley**

- August 16th, 17th and 18th @ 11am - 9pm
- McLeod Athletic Park, 5687 Johnston Townline Road
- Enjoy food, drinks, live bands, dance groups and a KidZone which includes bouncy castles, mini-golf, corn hole games, remote control cars, a face painting station and more!

### **Richmond/Coquitlam**

#### **The Richmond Maritime Festival**

- August 24th & 25th, 2024 @11:00 am - 6:00 pm
- Britannia Shipyards National Historic Site, 5180 Westwater Drive, Richmond BC
- Free, family-friendly event with educational activities, historical exhibits, live entertainment, local artists, food vendors and more!

#### **Summer Theatre Troupe | Winnie the Pooh**

- Aug. 1st, 2024 @ 1:00 pm & 7:00 pm and Aug. 2nd, 3rd & 4th, 2024 @7:00 pm
- Coquitlam Town Centre Park's Community Plaza, 1299 Pinetree Way, Coquitlam BC
- Free admission! The Summer Theatre Troupe is a set of theatre performances put on by Place des Arts each summer.







SUMMER COMMUNITY EVENTS

# COMMUNITY EVENTS FOR FAMILIES ON VANCOUVER ISLAND



**Victoria**

**ViVa! Victoria Latin Fest 2024 Free Family event**

- Aug 3rd & 4th 2024
- Centennial Square, 1 Centennial Square, Victoria, BC
- Free Admission
- Enjoy a myriad of activities, music, dance performances, and food that highlight the vast array of Latin American traditions.

**Colwood Music in the Park 2024**

- Friday & Saturday evenings from 5:30 - 7:30pm all summer!
- Various locations in the City of Colwood. \*See details
- Admission: Free!
- Enjoy live music and dancing with fresh local food at some of the most beautiful parks and beaches on the Island.



**Nanaimo**

**Nanaimo Concerts in the Park**

- August, 7, 14, 21, 23, 2024 @ 6:00PM
- Various locations. \*See details
- Cost: Free! All ages welcome.

This summer, bring a lawn chair and a picnic while enjoying some great musical entertainment in some of Nanaimo's most beautiful and popular parks.

**Science in the Park | Nanaimo Science**

- August 1 - 29, 2024
- Various locations in Nanaimo .*\*See Schedule here*
- Free drop-in science activities for children of all ages with their families! These parent participation drop-in events will have you exploring your parks with nature hikes, explorations of local flora and fauna, science games and art projects.

**Parksville/ Ladysmith**

**Parksville Beach Festival**

- Every day, Jul 11 - Aug 18, 2024 from 9:30am to 8:30pm
- Parksville Community Park, 141 East Island Highway, Parksville, BC
- Cost: Suggested Donation: \$5
- This family-oriented festival includes, the Quality Foods Sand Sculpting Competition & Exhibition, weekend concerts, daily buskers, an artisan market and a special weekend evening light up of the sculptures.

**LaFF Outside attends Pop Up & Play event**

- Thursday, August 15, 2024 @ 9:30 AM 12:00 PM
- Aggie Hall Play Space, 1110 1st Ave, Ladysmith, BC
- Cost: Free!
- Enjoy Outdoor fun with early years activities. An opportunity to gather and connect with other families and LaFF facilitators, build community, play and engage in activities as well as access LaFF's free clothing exchange and food pantry.







SUMMER COMMUNITY EVENTS

COMMUNITY EVENTS FOR FAMILIES IN BC INTERIOR



Kamloops/Vernon

Music in the Park

- August 1 - 31st @ 5pm - late
- Riverside Park, Rotary Bandshell, Uji Way, Kamloops, BC
- Cost: Free!
- The summer concert season brings a variety of blues, rock, classics, country, tribute bands, and more that will appeal to the whole family.

Finger Loom Crafting at Staples Vernon Store 169

- August 7, 2024 from 5-7pm
- Staples Vernon Store, 3202 32 Street Vernon, BC
- Cost: Free!
- Enjoy a fun evening of finger loom crafting! Get creative and Make and Take your own elastic single-chain bracelets! Add a Loomi-Pal charm to your creation. Supplies provided.



Kelowna

KELOWNA MADE 2024

- Saturday, August 24, 2024
- CITY PARK | 9:00AM – 7:00PM
- KERRY PARK | 4:00PM – 10:30PM
- STUART PARK | 5:00PM – 10:00PM
- All ages community celebration. Enjoy a day of fun, free, family-friendly activities with something for everyone!

Dancing in the Park & Sunset Yoga

- Every Wednesday @ 6:30 p.m.
- Stuart Park, 1430 Water St, Kelowna, BC
- People can enjoy different dancing styles, including zumba, hip hop, line dance and more. All ages are welcome, with weekly events beginning on July 10. The dance will be followed by a yoga session, where people can watch the sunset starting at 8 p.m.

Prince George

Kamloops Caribbean Food and Music Festival

- August 17th & 18th, 2024 @ 11:00am - 9:00pm
- Riverside Park, 100 Lorne Street, Prince George
- Live Bands, Food Trucks, Contests & Prizes
- Fun for the Whole Family!

Finger Loom Crafting at Staples Prince George Store 100

- Wed, Aug 7, 2024 @ 5:00 PM - 7:00 PM
- Staples Prince George store 100, 1600 15th Avenue #Unit 206 Prince George, BC
- In this session, you will: Get creative and make your own elastic single-chain bracelets! Add a Loomi-Pal charm to your creation. All supplies will be provided. Ages 7+





## PSS SERVICES

### SPOTLIGHT SUPPORT GROUPS

Shining a spotlight on our Parenting Support Groups currently seeking new members! Join to be part of a supportive community!

SCAN OR CLICK TO  
JOIN A GROUP!

[bit.ly/pssreferrallform](https://bit.ly/pssreferrallform)



OPEN

#### BURNABY ARABIC PARENTING SUPPORT GROUP

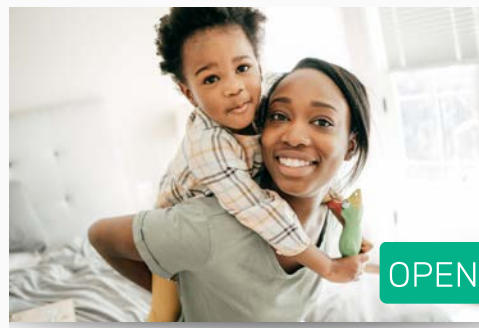
**Date:** Thursdays (Weekly)

**Time:** 12:00 PM

**Location:** Burnaby, In-person

**Got questions? Contact Siham at 236-863-0098**

[> JOIN NOW](#)



OPEN

#### GENERAL PARENTING SUPPORT GROUP

**Date:** Thursdays (Bi-weekly)

**Time:** 7:00 PM

**Location:** Online via Zoom

**Got questions? Contact us at 604-669-1616**

[> JOIN NOW](#)



OPEN

#### CANTONESE PARENTING SUPPORT GROUP

**Date:** Friday

**Time:** 7:30 PM

**Location:** Online via Zoom

**Got questions? Contact us at 604-669-1616**

[> JOIN NOW](#)



OPEN

#### SPANISH FATHERING SUPPORT GROUP

**Date:** Mondays

**Time:** 6:00 PM

**Location:** Online via Zoom

**Got questions? Contact Egribel at 778-316-6570**

[> JOIN NOW](#)

#### HADIH HOUSE FAMILY UNITY PARENT SUPPORT GROUP

**250-563-7976** (must call to register)

**Email:** [hadihhouse@carneyhill.ca](mailto:hadihhouse@carneyhill.ca)

**Date:** Every third Tuesday of the month

**Time:** 2:00 PM - 4:00 PM

**Where:** Prince George, BC In-Person

#### HADIH HOUSE WOMEN'S WELLNESS PARENT SUPPORT GROUP

**250-563-7976** (must call to register)

**Email:** [hadihhouse@carneyhill.ca](mailto:hadihhouse@carneyhill.ca)

**Date:** Bi-Weekly on Thursdays

**Time:** 12:30 PM - 2:00 PM

**Where:** Prince George, BC In-Person



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# PARENTING SUPPORT GROUPS

Parenting Support Groups are FREE, confidential and anonymous groups that take place either online or in-person. Utilizing the peer support and self-help model with trained volunteers as co-facilitators, they provide the space to share the challenges, concerns, questions, skills, and information, that come with parenting.







Online Via ZOOM Group =   
In-Person Group = 

SCAN OR CLICK HERE  
TO JOIN A GROUP!





[bit.ly/psreferralform](https://bit.ly/psreferralform)




## MONDAY

10:00 AM KINSHIP CARE GROUP 	7:00 PM SPANISH GROUP 	8:00 PM KOREAN GROUP 
10:00 AM KOREAN GROUP 	6:00 PM SPANISH SPEAKING FATHERS 	9:00 PM GENERAL PARENTING 









## TUESDAY

2:00 PM FAMILY UNITY (INDIGENOUS, HADIH HOUSE)   PRINCE GEORGE, BC 	7:30 PM KINSHIP CARE GROUP 
-------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------

## WEDNESDAY

7:00 PM PARENTING CHILDREN WITH ADHD 	7:30 PM PARENTS OF YOUNG CHILDREN (AGES 2-10) 
7:30 PM FATHERING GROUP 	


## THURSDAY

10:00 AM KINSHIP CARE GROUP 	12:00 PM ARABIC   BURNABY 	12:00 PM NEW WESTMINSTER PORTUGUESE 
12:30 PM WOMEN'S WELLNESS (INDIGENOUS, HADIH HOUSE) PG 	6:00 PM PARENTING NEURODIVERGENT CHILDREN 	
6:30 PM MANDARIN   PORT COQUITLAM 	7:00 PM GENERAL PARENTING 	7:30 PM PARENTING TEENS (13+) 

## FRIDAY

10:00 AM

MANDARIN GROUP



12:00 PM

NEW WESTMINSTER SPANISH GROUP

In-Person


7:00 PM

MANDARIN | BURNABY

In-Person


8:30 PM

SINGLE PARENTS GROUP






7:30 PM



CANTONESE GROUP



## SATURDAY

10:00 AM KOREAN PARENTING SUPPORT GROUP   BURNABY 	10:30 AM SPANISH PARENTING SUPPORT GROUP   BURNABY 
1:30 PM FILIPINO PARENTING SUPPORT GROUP   BURNABY 	

## SUNDAY

10:00 AM PARENTING CHILDREN WITH ADHD 	7:30 PM PARENTING ANXIETY/DEPRESSION (13+) 
---------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------

Don't see a group that meets your needs? Contact our Community Connections Coordinator, Sandi Halvorson

Call: 604-669-1616 ext. 114  
Email: [sandi.halvorson@parentsupportbc.ca](mailto:sandi.halvorson@parentsupportbc.ca)





Parent Support Services  
Society of BC

Join Our Team

# Volunteers Needed

Join our team as a volunteers and make a positive impact on families in the BC!



**Parenting Support Group Facilitators**

**Childminders**

**Special Event Volunteers**

**Steering Committee Members**

**Board Members**

**SCAN TO APPLY!**



## Apply Now

[www.parentsupportbc.ca/get-involved/volunteer/](http://www.parentsupportbc.ca/get-involved/volunteer/)

- Location: British Columbia
- Got questions? Contact **Violeta** at [volunteer@parentsupportbc.ca](mailto:volunteer@parentsupportbc.ca)



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## GET INVOLVED! VOLUNTEER WITH PSS!

**LEARN MORE!**  
[PSS VOLUNTEERING](#)



### BOARD MEMBER AT LARGE

We are seeking candidates from diverse backgrounds who would like to volunteer their time to support children and families across BC!

Members at Large are Volunteer Board Members who commit to providing leadership support in order to meet the desired outcomes of our strategic plan and move toward our vision. Candidates must be available for a 3-year term, at minimum, and be able to participate in regular virtual board meetings, as well as one Committee and Annual General Meeting.

To apply fill out the [Board of Directors Application](#)



### SUPPORT GROUP FACILITATOR

Become a Volunteer Group Facilitator and work with our Support Groups to connect with and support caregivers in building healthier families!

Facilitators provide safe spaces for caregivers to get together and discuss their strengths, challenges or concerns about their parenting role; build a supportive network and skills; receive emotional support; develop self-advocacy skills; and boost self-esteem. Volunteers receive **Free Initial Facilitator Training**, which takes place virtually using a combination of self-paced learning modules and Live Sessions. And additional on-going trainings as part of volunteer professional development.

To apply fill out the [Volunteer Facilitator Application](#)



### STEERING COMMITTEE MEMBER

Would you like to connect and positively impact others? Are you a part of the following communities in the Lower Mainland: Hispanic/Spanish, Chinese, Filipino, Korean, Arabic, Portuguese, and South Asian? Volunteer as a Steering Committee Member at PSS!

Volunteer Steering Committee members support our Group Programs by providing invaluable knowledge and ideas and connecting with the local communities we serve.


To apply fill out the [Volunteer Steering Committee Application](#)








CONTACT US


PROVINCIAL OFFICE


- 

**PSS Toll-Free**  
1-877-345-9777
- 

**Kinship Care Help Line | Toll-Free**  
1-855-474-9777
- 

**PSS Office**  
604-669-1616
- 

**Kinship Care Help Line | Greater Vancouver**  
604-558-4740
- 

**PSS Email**  
office@parentsupportbc.ca
- 

**Kinship Care Help Line Email**  
kinshipcare@parentsupportbc.ca



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