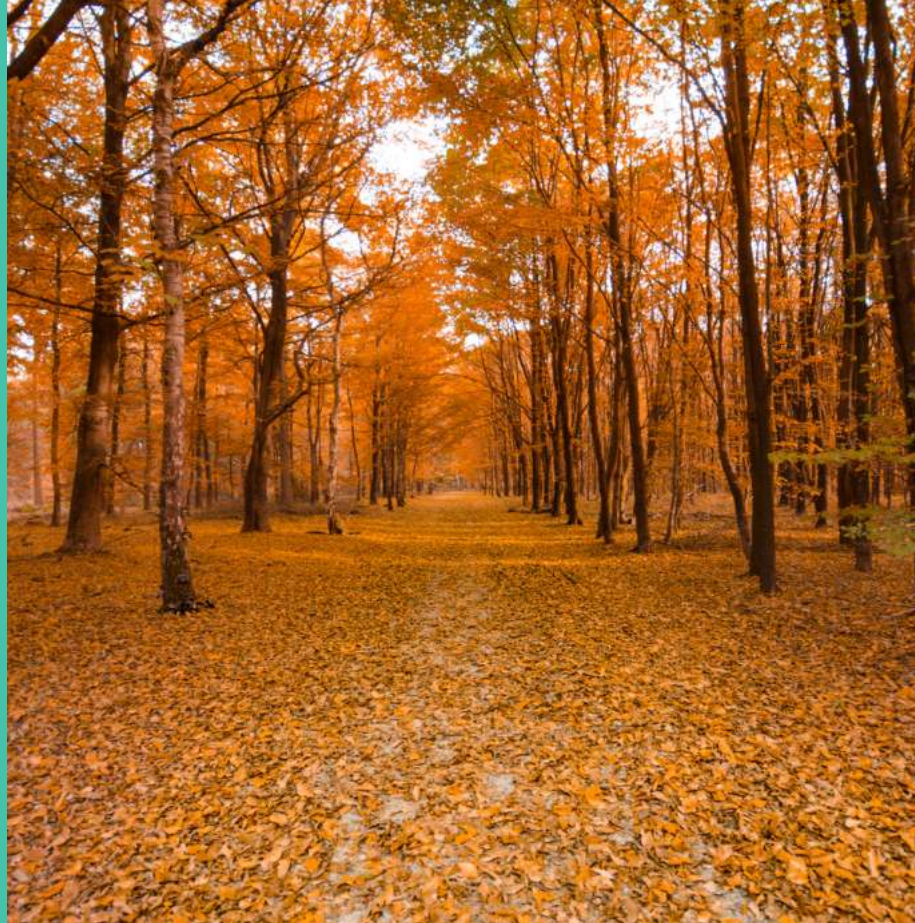




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## QUICK LINKS



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## THE BOARD

# WELCOMING NEW BOARD MEMBERS

Parent Support Services Society of BC is proud of its diverse, skilled, and caring board. Our board members are a key factor in the success of achieving the long-term, big-picture mission and vision of PSS.

# The BOARD

### VANESA A. FAGYAS



Vanesa Fagyas has a Master’s Degree in Counselling Psychology and works for Maxxine Wright CHC as a clinical substance use counsellor. She works with mothers impacted by domestic violence or substance abuse to promote an ongoing relationship with their children. She has also volunteered at PSS for five years, believing in empowering caregivers as a path to support the well-being of their children.

### JEFFREY SIMONS

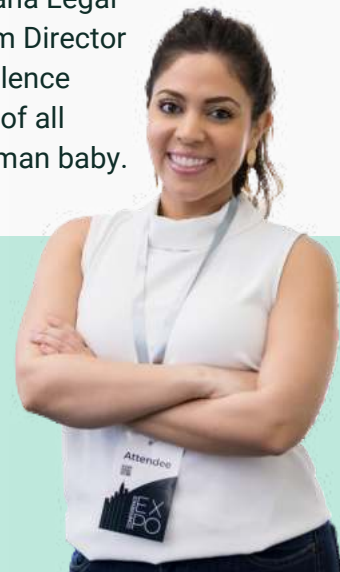


Jeffrey Simons is a retired pediatrician. He has championed a holistic approach to children’s health care, fully involving families and especially listening to children. He is an Emeritus Professor of Pediatrics at UBC and before moving to BC in 2000, taught and worked in pediatric emergency and critical care in Ottawa. As a volunteer facilitator for PSS for 3 years and now a member of the board, he is happy to continue working for families.

### HEATHER WOJCIK



Heather Wojcik is the Director of Legal Services and staff lawyer at the Access Pro Bono Society of BC. She is a practicing lawyer and has worked for a civil litigation boutique in Vancouver and as a visiting lawyer for the Guyana Legal Aid Clinic in Georgetown, Guyana. She has also worked as a Program Director for the Law Foundation of BC and a Legal Analyst for the Ending Violence Association of BC. Heather is passionate about supporting families of all shapes, sizes, and structures. She is a mom to two cats and one human baby.



## WANT TO JOIN THE BOARD?

Are you looking for a unique volunteer leadership position, supporting families and children across BC?



Parent Support Services is currently seeking candidates from diverse backgrounds with various perspectives to join the Board as a Member at Large. Apply Today!





## NEWS & UPDATES

# PSS NEWS & UPDATES



Canada Post  
**Community  
Foundation**

**Fondation  
communautaire**  
de Postes Canada



**Parent Support Services  
Society of BC**

## PARENT SUPPORT SERVICES SOCIETY OF B.C. RECEIVES CANADA POST COMMUNITY FOUNDATION GRANT OF \$20,000

A total of approximately \$1.2 million in grants has been awarded this year by the Canada Post Community Foundation to 84 organizations across the country. These grants, raised and distributed within each province and territory, supports these organizations' efforts to improve the lives of Canadian children and youth.

Among these recipients, Parent Support services Society of BC was awarded \$20,000 to help support our work with parents and caregivers in Indigenous communities across British Columbia.



A cheque presentation took place on Wednesday, October 18, 9:30 am, at the Burnaby Station South Post Office (6025 Sussex Street) to recognize the organization's community work and congratulate the staff.

Canada Post representatives, and PSS staff members, Bella Cenezero and Orneli Bakajika attended the event along with City of Burnaby Mayor Mike Hurley and Burnaby Councillor Richard Lee.

### **About the Foundation**

Established in 2012, the Foundation is a registered charity that operates at arm's length from Canada Post. Its mission is to have a positive impact on the lives of children and youth (up to age 21) by building the capacity of local charities, initiatives and school programs that support them. Through its grassroots, community-based approach, the Foundation plays a critical role in helping Canada Post achieve its purpose, A Stronger Canada – Delivered.

To learn more about the Canada Post Community Foundation, visit [canadapost.ca/community](https://canadapost.ca/community).





## PSS NEWS AND UPDATES IN THE COMMUNITY

### Bella Cenezero spearheads meeting about Filipino Cultural Centre Project

Mabuhay House welcomed an invitation from community leaders in social work. Together, we listened to their insights on ensuring the inclusion of marginalized Filipino groups in the Filipino Cultural Centre engagement.

The meeting was spearheaded by Bella Cenezero, a transformative figure with two decades of impactful work at the Parent Support Services Society of BC, where she positively influenced numerous Filipinos in social work.

Learn more about the **Project here!**



### PSS will be participating in the Fall Volunteer Fair

Want to find great ways to get connected to your community and volunteer? Come join us at the volunteer fair. There will be amazing organizations and non-profits looking for volunteers board members virtual help and more.

This will be a good opportunity for students looking to get volunteering credits for school as well as for seniors looking for ways to stay actively engaged in their community. This event is free to attend!

**Sunday, 22 October 2023 from 10:00 a.m. to 2:00 p.m.**  
Port Coquitlam Community Centre, 2150 Wilson Ave, Port Coquitlam, BC



## Meet Our New Practicum Student, Sam Thokle!



*"Hello, my name is Sam Thokle, a Bachelor of Social Work-Indigenous specialization student at the University of Victoria.*

*I am looking forward to doing my practicum with this organization and getting to hear everyone's stories. My main objectives will focus on gaining practice and experience in Kinship Care events and developing my skills in Parenting Workshops. " -Sam*



# KINSHIP CARE UPDATES

Sign up to stay updated on advocacy efforts and relevant developments within government and community!

[SIGN UP >](#)

Join the Kinship Care Help Line for

## Cross-Nation Knowledge Sharing

November 9, 2023 | 12 pm - 1:30 pm (PST) | Online via Zoom

Parent Support Services Society of BC is holding space for cross-Nation knowledge sharing on meaningful Indigenous cultural plans of care.

This is an opportunity for Designated Band Representatives and other service providers and community leaders to exchange learnings.



SCAN TO  
REGISTER



[Click here to register](#)

### Kinship caregivers who are collecting Canada Pension Plan disability benefits face financial hardship when turning 65



To find out why, and to see a sample letter you could send your Member of Parliament

[Click here to download sample letter!](#)

Find out who your MP is here, just enter your postal code in the search field  
[www.ourcommons.ca/members/en/search](http://www.ourcommons.ca/members/en/search)



EDUCATION & SUPPORT PROGRAM

## UPCOMING PARENTING WORKSHOPS

# Parenting Workshops

Parenting workshops are **free, educational** and **informative** sessions that offer parents & caregivers presentations on a variety of parenting topics.



Scan or click here to **Register**

[www.tinyurl.com/parentingworkshops](http://www.tinyurl.com/parentingworkshops)



FREE

Online workshop

### Understanding the Development of Childhood Anxiety & Depression

Nov. 8, 2023  
7:00 PM - 8:30 PM

REGISTER

Fears and worries are typical in children. However, persistent, or extreme forms of fear and sadness could be due to anxiety or depression. Join us to learn more about childhood mental health and ways to support healthy social, emotional, and behavioural well-being of children.

In partnership with:



FREE

Online workshop

### The Art & Science of Play

Nov. 15, 2023  
7:00 PM - 8:30 PM

REGISTER

Play is a hallmark of childhood, but all too frequently a lost concept for teens and adults. Through spirited presentation and conversation, we will explore why play is important and how we can incorporate it into daily life, for all ages. In this workshop we will define play, examine different types of play, learn about play and healthy development throughout the lifespan, explore how to play regardless of age, and have fun!

In partnership with:



FREE

Online workshop

### Dealing with Parenting Power Struggles

Nov. 22, 2023  
10:00 AM - 11:30 AM

REGISTER

Getting into a power struggle with a child is unpleasant at the best of times, but it can also be very demoralizing for an adult. It can feel like quicksand. The harder you struggle, the deeper you sink. Join us to learn why power struggles occur, and how to best support your children to be more cooperative.

In partnership with:



OCTOBER 2023

PSS of BC recognizes and respects all the Indigenous Nations, Traditional Lands and Territories upon which we Gather, Live, Work and Play

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## 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!

In partnership with



### GENERAL PARENTING SUPPORT GROUP

**Date:** Thursday (Weekly)  
**Time:** 7:00 PM  
**Location:** Online via Zoom

[JOIN NOW](#)



### PORTUGUESE PARENTING SUPPORT GROUP

**Date:** Thursday (Weekly)  
**Time:** 12:00 PM  
**Location:** New Westminster (In-person)

[JOIN NOW](#)



### PARENTING CHILDREN W/ ADHD

**Date:** Sunday (Bi-Weekly)  
**Time:** 10:00 AM  
**Location:** Online via Zoom

[JOIN NOW](#)



### FATHERING SUPPORT GROUP

**Date:** Wednesday (Weekly)  
**Time:** 7:30 PM  
**Location:** Online via Zoom

[JOIN NOW](#)

### [HADIH HOUSE FAMILY UNITY PARENT SUPPORT GROUP](#)

250-563-7976 (must call to register)  
hadihhouse@carneyhill.ca  
carneyhill.ca

**Date:** Every third Tuesday of the month  
**Time:** 2:00 PM - 4:00 PM  
**Where:** In-person, Prince George, BC

### [HADIH HOUSE WOMEN'S WELLNESS PARENT SUPPORT GROUP](#)

250-563-7976 (must call to register)  
hadihhouse@carneyhill.ca  
carneyhill.ca

**Date:** Bi-Weekly on Thursdays  
**Time:** 12:30 PM - 2:00 PM  
**Where:** In-person, Prince George, BC



# PARENTING SUPPORT GROUPS

Parenting Support Groups are FREE, confidential and anonymous groups that support parents and caregivers throughout their parenting journey. Parenting Support Groups can 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 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 
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 W/ ADHD 	
7:30 PM GENERAL PARENTING 	7:30 PM FATHERING GROUP 



## THURSDAY

10:00 AM GENERAL PARENTING 	10:00 AM KINSHIP CARE GROUP 	12:00 PM NEW WEST PORTUGUESE 
7:00 PM GENERAL PARENTING 	8:00 PM PARENTING TEENS (13+) 	12:30 PM WOMEN'S WELLNESS (INDIGENOUS, HADIH HOUSE) PG 



## FRIDAY

10:00 AM MANDARIN GROUP 	12:00 PM NEW WEST SPANISH GROUP 
7:00 PM CANTONESE GROUP 	8:30 PM SINGLE PARENTS GROUP 

## SATURDAY

1:00 PM FILIPINO GROUP 	7:30 PM MANDARIN GROUP 
--	--

## SUNDAY

10:00 AM PARENTING CHILDREN W/ ADHD 	7:30 PM PARENTING ANXIETY/DEPRESSION (13+) 
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Don't see a Group that meets your needs? Contact our Education & Support Program Manager, Bella Cenezero

Call: 604-669-1616 ext. 105  
Email: [bella\\_cenezero@parentsupportbc.ca](mailto:bella_cenezero@parentsupportbc.ca)







## VOLUNTEERING AT PSS VOLUNTEER OPPORTUNITIES + UPDATES

### **Kamloops Volunteer Facilitators Needed for New In-person *Expecting Parents* Support Group** **NEW**

Are you located in Kamloops and want connect with and support expecting caregivers and their families? Become a volunteer facilitator today to use your skills, empower yourself, and become an essential part of our support programs!

APPLY NOW

### **Volunteer Facilitators Needed for New In-person *Arabic Parenting* Support Group** **NEW**

Want to connect with and support Arabic caregivers and their families? Become a volunteer facilitator today to use your skills, empower yourself, and become an essential part of our support programs!

APPLY NOW

### **Call for aged 55+ Volunteers!**

Stay active, make connections and build community! Join our community of volunteers with opportunities to engage as facilitators, steering committee members, event organizers & more!

APPLY NOW

Funded by the  
Government of Canada's  
New Horizons for Seniors Program



## ALREADY A VOLUNTEER? ✨

**Register today for the Provincial Training Workshop on Saturday Oct. 28, 2023. Hosted Online**

This workshop will cover Intergenerational Parenting Differences. The workshop will provide the participants with the skills, knowledge, and a better understanding of how to support parents and kinship caregivers in their parenting role. [Learn more here.](#)

RSVP HERE

Got Questions? Please email Violeta at [volunteer@parentsupportbc.ca](mailto:volunteer@parentsupportbc.ca)





## COMMUNITY NEWS & UPDATES

### WHAT'S NEW IN THE COMMUNITY?



#### METRO-VANCOUVER FAMILY EVENTS OCTOBER

"If you're looking for family-friendly events across Metro Vancouver, the Sea to Sky Corridor, Fraser Valley, & the Sunshine Coast this month, we've got you covered from Whistler to Chilliwack and everything in between. From festivals to concerts and seasonal celebrations, we've got the inside scoop on all the fun & active outings happening this month!..."

[See more here...](#)



#### PROVINCIAL DEAF AND HARD OF HEARING SERVICES (PDHHS) CAN OFFER SUPPORT FOR:

Families with deaf and hard of hearing children, youth and young adults planning for their future, Dorm students attending B.C. School for the Deaf, Connection to community partners and family networks, Family navigation and professional consultation, & Indigenous Deaf Collaborations...

[Learn more here...](#)



#### ALL ABOUT FASD: A GUIDE FOR ADOPTIVE AND PERMANENCY FAMILIES

All about FASD: A guide for adoptive and permanency families covers topics such as FASD 101, seeking an FASD diagnosis, advocating for your child, true stories from adoptees living with FASD, and more!

[Read more here...](#)



#### FREE, FAMILY-FRIENDLY EVENTS CELEBRATING VHMBS: GORGE WATERWAY NATURE HOUSE

Join the Victoria Harbour Migratory Bird Sanctuary in free nature events for youth and families at Gorge Park, Beacon Hill Park, Cattle Point and Swan Lake Nature Sanctuary, and Cattle Point.

Saturday, October 28 @ 11:00 am - 3:00 pm FREE

[Learn more here...](#)

QUESTIONS? REACH US HERE:  
[parentsupportbc.ca](http://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:





# SUPPORT OUR MISSION & GIVE BACK

Donate today and help ensure that our services continue to support the well-being of all families and children in BC.

**MAKE A DIFFERENCE**

**DONATE** 

## The impact your donations can make:

- \$20 can help provide child-minding for Support Groups
- \$50 can contribute to healthy snacks for Support Groups
- \$100 can help provide respite for kinship caregivers
- \$500 can help expand hours of our Support Line service
- \$1000 can help start a new Support Group, bringing together caregivers and families of all kind



# 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 models 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, Portugese, 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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[WEBSITE](#)

SUPPORT US AND:

[DONATE](#)

FOLLOW US ON:



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