

DECEMBER 2020

PARENT SUPPORT SERVICES

END OF YEAR NEWSLETTER



Season's Greetings

We wish courage, perseverance, joy and warmest wishes to all our families, volunteers, agency partners and friends.

It has been an extra challenging year for everyone. Thank you to our families, volunteers, agency partners for your patience as we moved everything online.

Here's for a wonderful holiday season and a fresh 2021!

The Parent Support Services Society Team:

Carol, Viktor, Jacob, Bella, Daniela, Jane, Danella, Christina, Sandi, Kim, Brittany, Courtney & Jill

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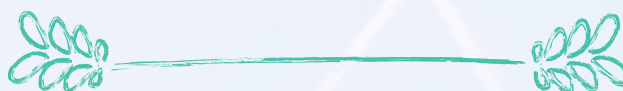
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JOIN OUR AMAZING TEAM OF VOLUNTEERS!

We are currently recruiting volunteer group facilitators for many communities in BC. We are also recruiting volunteers for our new Lower Mainland Indigenous Circles and for Chinese, Filipino and Latin-American steering committees.

Our Initial Volunteer Facilitator Training is now offered on line. Portions of the training are self paced and must be completed prior to attending the scheduled training sessions.

To be considered for the next training please submit your application on line by January 15th, 2021.

The self paced portion of the training will begin no later than January 25th, 2021 to prepare for the scheduled sessions, which will take place on February 10th & 11th and February 17th and 18th, 2021.

For more details our training flyer and volunteer application form can be found here: parentsupportbc.ca/volunteer/

This is a great opportunity to meet like-minded people, contribute to a meaningful cause, and learn valuable skills.

Volunteer Facilitators are the backbone of our program. We have volunteers working with our Parenting Support Circles which meet across the province, in different languages and with diverse parents/caregivers.

Please see the next page for the volunteer flyers.





Volunteer Facilitators Needed

for Online

Parenting Support Circles

Are you someone who Has:

- Good listening skills
- An interest in supporting parents/caregivers and child relationships
- Basic understanding of child development & parenting issues
- Willing to do some community outreach & development
- Are comfortable with using Zoom for Online meetings
- Have good organizational & communication skills
- Can commit to a minimum 1 year, 3-5 hours a week.
- Participate in interview process



Join Our Team:

Our Parenting Support Circles are for Parents, Grandparents, and other Kinship Caregivers in different communities throughout BC. Our Circles are based on a self-help, peer support model which provides a safe space for Circle members to get together and discuss their strengths, challenges or concerns about their parenting role; builds a supportive network & skills; receives emotional support; develops self-advocacy skills; empowers and boosts self-esteem; and helps create a healthier living environment for all families.

Next Online Training Dates 2021:

February 10,11 & 17, 18
6:30 pm to 8:30 pm

For information, contact us at
office@parentsupportbc.ca
604-669-1616

To apply, visit
bit.ly/pssvolunteerform

Open to
BC Residents



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

We acknowledge the
financial contribution
of the Government of
British Columbia

Vancity
Community Foundation

 **United Way**
Central & Northern
Vancouver Island

 **United Way**
Greater Victoria



INDIGENOUS CIRCLES

Is Currently Seeking

Online Volunteer Facilitators for our Provincial and Regional
Parent Circles

**&
Grandparents Raising Grandchildren Circles**
(Kinship caregivers or Relatives Raising Relatives Children)

Free Online Facilitator Training

with the commitment of 3-5 hrs a week for a minimum of 1 year. This allows our facilitators to develop relationships with the support circle members within the context of the circle. With the opportunity to take part in PSS in person training when restrictions are lifted and safe to meet in person.

How to sign up

- Sign up on our website.
- Go through an interview
- Reference Checks

Requirements for Online Facilitator Training

- Device to use online platform for e-learning
- Internet or wifi
- Approximately 10 hrs of e-learning
- 4 - 2hr sessions via Zoom in February 2021

Next Training Dates: February 10,11,17 & 18, 2021

For more information or to apply, Please contact:
Danella Angus, Parenting Program Coordinator,
Indigenous Circles, Lower Mainland
604-669-1616 ext. 104 or danella.angus@parentsupportbc.ca
www.parentsupportbc.ca

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Parent Support Services
Society of BC



Vancity
Community Foundation



CONGRATULATIONS MADAM JUSTICE!



Parent Support Services Society of BC is pleased to learn that our 2016 recipient of the Bill McFarland Award, Ardith Walkem, Q.C Lawyer at Cedar and Sage Law Corporation in Chilliwack, is appointed a Judge of the Supreme Court of British Columbia.

Parent Support Services Society gives the Bill McFarland Award to deserving recipients In Recognition for Excellence in the Advancement of Child Welfare.

Madam Justice Ardith (Walpetko We'dalks) Walkem, Q.C., is a member of the Nlaka'pamux Nation and has worked widely with Indigenous communities and agencies to support them in asserting their *Aboriginal Title Rights and Treaty Rights*.

Her work has focused on the rights of children. She authored "*Wrapping Our Ways Around Them: Indigenous Communities Child Welfare*" to support Indigenous communities in implementing their own child welfare laws or to work within existing child welfare systems and to educate the legal community on how to work effectively with Indigenous peoples. The book is used extensively at PSS.

Congratulations Madam Justice!

- The Board, Staff, Volunteers and Families of Parent Support Services Society of BC

KINSHIP FAMILIES MOBILIZE FOR CHANGE

Are you raising a grandchild or other relative's child (kinship care)? Were you raised by your grandparents or other relatives?

Grandparents and other kinship caregivers and youth raised in kinship care are getting together, and working for changes to better support families. For more information or to get involved, contact jane.bouey@parentsupportbc.ca 604-669-1616 Ext 110



Parent Support Services
Society of BC

Funded by:

vancouver
foundation

SUPPORT DURING COVID-19

This is a hard time for families and caregivers. We are here to help!

Our support line is still running, and many of our services, events, and Circles are continuing online.

Please view the next flyer for more information!

Feel free to also contact us at office@parentsupportbc.ca or visit our website at parentsupportbc.ca.



PARENT SUPPORT SERVICES OF BC

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

PROVINCIAL SERVICES AVAILABLE DURING COVID-19

Grandparents Raising Grandchildren Support Line

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

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

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 and GRG/Kinship
Caregivers, to share the challenges, concerns, questions and offer the support you need during COVID-19*

Online GRG/Kinship Caregivers Circles

**Indigenous
Monday**
6pm

Monday
10am

Tuesday
7:30pm

Thursday
10am

Online Parent Circles

**Indigenous
Tuesday**
6pm

Monday
9pm

Wednesday
1pm

Want to join an Online Support Circle via Zoom
Call 1-877-345-9777 ext. 100 OR Register [HERE](#)

Check out our website for Parenting during COVID-19
<https://www.parentsupportbc.ca/parenting-support-during-covid19/>

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



GRAND GATHERINGS 2021

For Kinship caregivers including grandparents raising grandchildren

Staff at Parent Support Services had hoped to offer regional Grand Gatherings this fall, once children had returned to school and life had returned to normal. Here we are months later, and in-person gatherings are further in our future.

In the meantime, we have been working hard to try and explore ways to host some virtual Grand Gatherings. It won't be the same, we understand that. We hope to be able to provide opportunities for learning and connection for those raising the child of a relative.

Rather than having one large event we are planning a series of smaller virtual events using Zoom. We are working with what we have heard from you about topics of interest and are in the process of organizing dates and speakers.

These events are planned to take place during the month of February and as soon as we can provide more details they will be shared on our website (parentsupportbc.ca/updates) and on our social media.

PRO-D DAY VIRTUAL NATURE CAMP

Parent Support Services will partner with Galiano Conservancy Association for a Pro-D Day Virtual Nature Camp - Friday, February 12, 2021, 2020

We will be hosting 2 sessions that day, one for kids age 9 to 12 years and a second session for kids 6 to 8 yrs. The registration link will be available soon.

Check our website and social media for updates!



Parent Support Services
Society of BC

Join us via Zoom!

GRANDPARENTS RAISING GRANDCHILDREN (GRC) & KINSHIP CAREGIVERS GRAND GATHERING:
NORTHERN BC/INTERIOR

Self-care strategies for Grandparents Raising Grandchildren & Kinship Caregivers

MONDAY, FEBRUARY 8TH, 2021 AT 10:00 AM

GRANDPARENTS RAISING
GRANDCHILDREN AND KINSHIP
CAREGIVERS MATTER! JOIN US FOR
A DISCUSSION ABOUT THE
IMPORTANCE OF SELF CARE. YOU
MATTER! WE WILL SHARE SOME
SELF CARE TIPS, EXPLORE WAYS TO
RELEASE STRESS, MANAGE
PERSONAL EXPECTATIONS AND
PROVIDE TIME TO SHARE YOUR
OWN EXPERIENCE AND IDEAS.



To register, visit bit.ly/febnorth

If you have questions, please feel welcome to contact Kim Brown by phone at
[250-962-0600](tel:250-962-0600) or by email at kim.brown@parentsupportbc.ca

We acknowledge the financial support of the Province of British Columbia

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



Parent Support Services
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Online
Via
Zoom

Prince George Support Circle for Parents of Children Aged 0-2 Years



We believe that every parent is the expert of their own family. Sometimes it just takes a bit of space to hear yourself and the voices of other parents to find your way through. Parent Support Circles provide a safe, supportive place to share ideas and information with others who are in a parenting role.

Thursdays 12pm to 2pm, Starting January 7th 2021

For information and to register, contact:

kim.brown@parentsupportbc.ca

parentsupportbc.ca

Our Circles are free and confidential.

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We thank the Province of British Columbia
for their financial contribution



Parent Support Services
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Online
Via
Zoom

Kamloops Grandparent & Kinship Care Circle



Open to all grandparents raising grandchildren & others raising the child of a relative. Each self-help support Circle is led by 2 trained volunteer facilitators. Topics vary from Grandparent to parent relationship; Financial realities; Legal & Custody challenges; Physical & Emotional health of caregivers and child, etc. Topics are brought by group participants and can vary.

Every 1st and 3rd Monday at 7 pm

For information and to register, visit: bit.ly/provcircleform

or call: **GRG Support Line: 1-855-474-9777 OR**

Cynthia: 250-572-4690

parentsupportbc.ca

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We thank the Province of British Columbia
for their financial contribution



**Parent Support Services
Society of BC**

Online Vancouver Arabic Parent Support Circle

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We believe that every parent is the expert of their own family. Sometimes it just takes a bit of space to hear yourself and the voices of other parents to find your way through. Parent Support Circles provide a safe, supportive place to share ideas and information with others who are in a parenting role.

Every 1st & 3rd **Tuesday** - 12pm to 1pm

For information and to register, call

Siham at 236-863-0098

Sherifa at 778-706-4999

For more info: Call PSS office at 604-669-1616

www.parentsupportbc.ca

Our Circles are free and confidential



We thank the Province
of British Columbia for
their financial
contribution



Parent Support Services
Society of BC

Online Fraser Valley Parent Support Circle



We believe that every parent is the expert of their own family. Sometimes it just takes a bit of space to hear yourself and the voices of other parents to find your way through. Parent Support Circles provide a safe, supportive place to share ideas and information with others who are in a parenting role.

Wednesdays, 8:00pm – 9:30pm Starting February 3rd, 2021

For information and to register:

PSS 604-669-1616 or visit bit.ly/provcircleform

OR contact Christine 778-548-4730

Our Circles are free and confidential.

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for their financial contribution

**PARENT SUPPORT SERVICES SOCIETY OF BC IS
PARTNERING WITH HEALTH CANADA**

FREE LEARNING SESSION: HEALTHY HOME

Do you ever wonder:

Are pollutants or hazards in your home & what are the health risks?

Who is most at risk & how do you identify hazards & health risks?

What can you do to reduce you and your family's exposure to environmental risks?

How do you maintain a healthy home & where do you find credible information?



Wednesday, January 20th at 10 am
OR
Thursday January 21st at 8 pm
To register, please visit: bit.ly/psshealth

For more information, contact Sandi Halvorson at **250-468-9658** or
sandi.halvorson@parentsupportbc.ca



Health
Canada

Santé
Canada

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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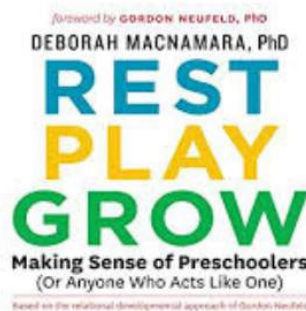


Parent Support Services
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PARENTING BOOK CLUB

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

**New Book
starting
January
2021**



Join us on a 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 Northern BC**

We thank the Province of
British Columbia and the City
of PG for their financial
contribution



To Join, visit bit.ly/pgbookclub

OR email:

kim.brown@parentsupportbc.ca

OR call our

Parenting Support Line:

1-877-345-9777 ext.1



Parent Support Services
Society of BC

PARENTING BOOK CLUB

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

Starting February 2021 - 7pm

"No-Drama Discipline" by Daniel Siegel & Tina Bryson

NEW YORK TIMES BESTSELLER

**NO-DRAMA
DISCIPLINE**

THE WHOLE-BRAIN WAY TO
CALM THE CHAOS AND NURTURE YOUR
CHILD'S DEVELOPING MIND



FROM THE AUTHORS OF
THE WHOLE-BRAIN CHILD

**Open to all
Parents/Caregivers
in BC**

**Registration ends
January 15, 2021**

Join us for 8 weeks 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.

To Join, visit

**bit.ly/pssbookclub OR email:
office@parentsupportbc.ca**

We thank the Province of
British Columbia for their
financial contribution



HOW CAN WE HELP EACH OTHER

It has been a chaotic time for everyone. I imagine that many of you have been staggered by the pandemic and have needed support, experienced losses and have faced extra stress.

For parenting support, please contact our parent support line ([1-877-345 9777](tel:1-877-345-9777) or office@parentsupportbc.ca) or our kinship care support line for grandparents or others raising a relative's child ([1-855-474-9777](tel:1-855-474-9777) or GRGLine@parentsupportbc.ca). We can connect you or your loved ones to parenting services, skilled professionals, and peer parenting support circles and parenting workshops.

Parent Support Services Society of BC envisions a world where all children and their families are nurtured, valued and safe. We work hard to protect the safety and wellbeing of children and promote the health of families by providing support, education, advocacy, research and resources to those in a parenting role.

Like many non-profits and individuals, our staff, board and Society have also struggled with numerous losses. We are reaching out and asking for help as we face reduced funding and increased expenses. We recognize this may be a challenging time for you and ask if you can self select to determine if you are able to donate to our Society today. All donations will be issued a charitable tax receipt.

parentsupportbc.ca/donate

Thank you very much for your kind consideration.
Stay safe! Stay well,

Carol Madsen
Executive Director
Parent Support Services Society of BC

