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NEWS & UPDATES UPCOMING EVENTS



GRANDPARENTS DAY PICNIC

FUNDRAISING EVENT

Sept 10, 2023 | Slocan Park, 2750 E 29th Ave Vancouver, BC | 11:00AM - 2:00PM



Join us for this highly anticipated in-person event. Come help us recognize and celebrate Grandparents and the essential role they play in supporting strong, healthy families.

Simply email us to RSVP!

office@parentsupportbc.ca
Let us know how many people you're bringing!

Sunday, September 10, 2023
11:00 AM - 2:00PM

Slocan Park, 2750 East 29th Avenue, Vancouver

Thank you to our sponsors & donors!



VISIT OUR ONLINE AUCTION TO BID ON SOME GREAT ITEMS PROVIDED BY OUR DONORS!

app.galabid.com/grandparentsday/





NEWS & UPDATES

WHAT'S NEW AT PSS?



BACK TO SCHOOL GIVEAWAY!

ENTER THE DRAW FOR A CHANCE TO WIN A BACKPACK FULL OF SCHOOL SUPPLIES

Every child deserves a backpack filled with the tools they need to be successful. We have backpacks containing the following supplies:

2 notebooks (32pg each), 1 stack of lined paper, 2 erasers, 1 package of coloured pencils, 1 package of pencils, 1 stationary kit.

Check out our **Facebook** and **Instagram** for instructions on how to enter the draw!



PARENTING GROUPS ARE BACK FROM SUMMER BREAK!

BACK TO REGULAR SCHEDULED PROGRAMMING

September marks the re-opening of many things including some of our Parenting Support Groups which have been on summer break.

Within these next few weeks, many groups will resume their regular scheduled meeting times and frequency. Don't forget to check out our newly opened Surrey Punjabi & Portugese Parenting Groups. Both of these groups will be meeting in-person. Registrations are open now!



NEW PARENTING BOOKCLUBS!

BOOK CLUBS ARE BACK AT PSS WITH NEW READING MATERIALS ADDED!

Interested in reading and discussing some of today's best selling parenting books? Join our parenting book clubs! Each will meet for 8 weeks via Zoom and our Facebook group to discuss, ask questions, and connect with each other! The new book clubs include:

- The Whole Brain Child (in Spanish) Monday 6 pm
- No Drama Discipline (in English) Monday 7 pm
- The Whole Brain Child (in English) Wednesday 10 am
- The Whole Brain Child (in Mandarin) Thursday 7 pm

[Click here to register](#)





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!



NEW

PUNJABI PARENTING SUPPORT GROUP

Date: Wednesday (Weekly)

Time: 7:00 PM

Location: Online via Zoom

[JOIN NOW](#)



NEW

PORTUGUESE PARENTING SUPPORT GROUP

Date: Thursday (Weekly)

Time: 12:00 PM

Location: New Westminister (In-person)

[JOIN NOW](#)



GENERAL PARENTING SUPPORT GROUP

Date: Thursday (Weekly)

Time: 7:00 PM

Location: Online via Zoom

[JOIN NOW](#)



FILIPINO PARENTING SUPPORT GROUP

Date: Saturday (Weekly)

Time: 1:00 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

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) 	7:30 PM KINSHIP CARE GROUP 
--	--





WEDNESDAY

7:00 PM SURREY PUNJABI  	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) 



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+) 
---	--

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





KINSHIP CARE UPDATES

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

SIGN UP >

New annual affordability payment for families receiving financial assistance through the Child in the Home of a Relative (CIHR) program

The new annual affordability payment is an optional supplement of up to \$8,797.36 (youth aged 14 to 17 years) and \$8177.92 (youth aged 18 years) and is offered until the youth's 19th birthday...

[Learn more](#)

The Provincial Tuition Waiver Program (PTWP) will be available for former youth in care of ANY age

Effective August 1, 2023 eligibility for the Provincial Tuition Waiver Program will open up to include former youth in care, including kinship care, of any age, on any care status when they turned 19 regardless of their time in care...

[Learn more](#)

For all kinship families & friends in and around the lower mainland!

Don't miss your chance to speak in-person with our Help Line Advocate Social Worker, Christina Campbell at the Grandparents Day Picnic event this Sept. 10th, 2023, at Slocan Park, Vancouver, BC.

Come with your questions and find answers & resources to all things Kinship Care!

**Sept 10,
2023**

Slocan Park,
2750 E 29th Ave
Vancouver, BC



**KINSHIP CARE HELP LINE
INFO BOOTH**



EDUCATION & SUPPORT

UPCOMING PARENTING WORKSHOPS AT PSS

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



FREE

Online workshop

Understanding Temperament and Goodness of Fit

Oct. 11th, 2023
7:00 PM - 8:30 PM

REGISTER

In partnership with:



Temperament and goodness of fit are two concepts which can help parents understand their child's behaviour and support their child's social and emotional development. Join us as we explore ways to improve goodness of fit, being aware of our own temperament and adjusting, when needed.



FREE

Online workshop

Nourishing Resilient Brains

Oct 4th, 2023
10:00 AM - 11:30 AM

REGISTER

In partnership with:



Childhood is a critical period for brain development and has the biggest influence on a child's future than any other time of life. In this workshop, an Island Health Dietitian will discuss child wellbeing in BC and highlight key factors for developing resilient brains, with a focus on nutrition.



FREE

Online workshop

Words Matter: Improve Your Communication to Improve Discipline

Sept. 19th, 2023
10:00 AM - 11:30 AM

REGISTER

In partnership with:



Join us in our FREE virtual workshop, where we will explore and discuss how thinking intentionally about our words can improve our communication with our children and increase their chances of success.





PARENTING BOOK CLUBS

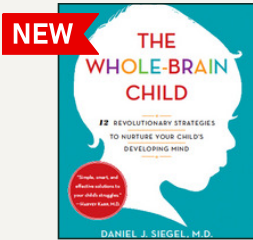
Interested in reading and discussing some of today's best selling parenting books?

Open to Parents and Caregivers in BC!



Scan or Click here to **Register**

www.tinyurl.com/pssbookclubs



Book of Reading

The Whole Brain Child
by Dr. Daniel Siegel & Dr. Tina Payne Bryson

October 18, 2023 - December 6, 2023

- Wednesdays (Weekly)
- 10AM - 11AM
- Online via Zoom

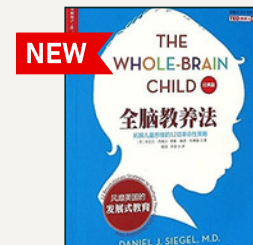


Book of Reading

The Whole Brain Child (Spanish)
by Dr. Daniel Siegel & Dr. Tina Payne Bryson

October 16, 2023 - December 4, 2023

- Mondays (Weekly)
- 6 PM - 7 PM
- Online via Zoom

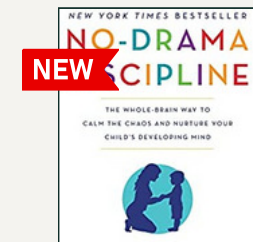


Book of Reading

The Whole Brain Child (Mandarin)
by Dr. Daniel Siegel & Dr. Tina Payne Bryson

October 19, 2023 - December 7, 2023

- Thursdays (Weekly)
- 7 PM - 8 PM
- Online via Zoom



Book of Reading

No Drama Discipline
by Dr. Daniel Siegel & Dr. Tina Payne Bryson

October 16, 2023 - December 4, 2023

- Mondays (Weekly)
- 7PM - 8PM
- Online via Zoom

We thank the Province of British Columbia for their financial contribution

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



SEPTEMBER 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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NEWS & UPDATES

THANK YOU DONORS & SPONSORS



CGRA

Canadian Grandparents Rights Association
Established in 1986

PSS RECEIVES GENEROUS DONATION FROM CANADIAN GRANDPARENTS RIGHTS ASSOCIATION

On behalf of Parent Support Services Society, I'd like to thank Daphne Jennings and the Canadian Grandparents Rights Association for their generous donation of \$2002.38. Daphne felt the Association had reached its primary goals, and has wound up the organization. Their remaining funds were forwarded to PSS to support our work with Grandparents Raising Grandchildren and other kinship caregivers.

With appreciation –

Jane Bouey
Executive Director



HOLY GUACAMOLE SPONSORS GRANDPARENTS DAY PICNIC 2023

Much gratitude to Holy Guacamole for being a sponsor of this year's Grandparents Day Picnic event! Without their generous contribution, this event would not be possible!



FOODIES ON BOARD CATERS GRANDPARENTS DAY PICNIC 2023

PSS would like to recognize Foodies on Board for generously donating lunch for this year's Grandparents Day Picnic. Attendees will enjoy delicious gourmet sandwiches and wraps thanks to Burnaby catering company!



COMMUNITY NEWS & UPDATES

WHAT'S NEW IN THE COMMUNITY?



FALL FAMILY CARNIVAL!

Downtown Van will host the circus-themed Fall Family Carnival on Saturday 23 September! This free, fun and family-focussed event is an ideal day out for young families.

Date: Saturday 23 September 2023 @ 1pm - 5pm

Location: Emery Barnes Park, 1170 Richards St, Vancouver, BC V6B 3M7

[Learn more here...](#)



CHILD AND YOUTH FAMILY JUSTICE CONFERENCE

On Saturday September 23 2023 from 9 to 4 pm, SCY will be co-hosting a conference about meaningful participation of children and youth in family justice decision-making. This includes children and youth whose parents are separating and children and youth in care. It is a hybrid conference - participation is online or in person in Vancouver, at the Wosk Centre, 580 West Hastings

[Learn more here...](#)



SLEEP: HELPING YOUR CHILDREN—AND YOURSELF—SLEEP WELL

Children's sleep problems can cause stress for parents, who may worry about their children. Parents also may be awake much of the night trying to get a child back to sleep. Their own lack of sleep can affect parents' focus at work or in school.

[Read more here...](#)



SUPPORTING CULTURALLY DIVERSE FATHERS AND MALE CAREGIVERS| WORKSHOP FOR SERVICE PROVIDERS

This interactive workshop is designed for family service providers who support immigrant fathers and/or male caregivers. Using a trauma-informed, anti-oppressive perspective, participants will acquire skills to analyze child raising and family dynamics within diverse cultural background.

October 20, 10:00 AM – 3:00 PM, In-Person, Vancouver

[Learn more here...](#)

QUESTIONS? REACH US HERE:

parentsupportbc.ca

1-877-345-9777 (Toll-Free)

office@parentsupportbc.ca

PSS NEWSLETTER

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

SIGN UP



FOLLOW US FOR UPDATES:





SEPTEMBER COMMUNITY EVENTS COMMUNITY EVENTS FOR FAMILIES



Coquitlam

Family Days at the Art Gallery at Evergreen

- Sat, Sep 23, 12:00pm - 1:30pm, 2:00pm - 3:30pm
- Evergreen Cultural Centre, 1205 Pinetree Way, Coquitlam, BC
- Free of Cost, Family Friendly
- Join one of Evergreen Cultural Centre's amazing Arts Educators for a tour of the RISE exhibition in the Art Gallery at Evergreen



Kamloops

Infant Massage

- Monday, September 18
- John Tod Community Centre, Kamloops, BC
- Free of cost
- Join this wonderful experience to truly connect and communicate with your infant through the power of massage. This in-person group is a five-week class for families and their pre-crawling babies.



Abbotsford

Family Board Game Day!

- Sun Sep 17th
- 33760 Essendene Ave, Abbotsford, BC V2S 2H2
- Every Sunday is Family Board Game Day at Boardwalk Cafe and Games!
- Kids 12 and under are free when playing games with an accompanying adult and Kid's Milkshakes are \$1 off!



Victoria

Pro-D Day \$2 Skate

- Fri, Sep 22, 1:00–2:30 p.m.
- Panorama Recreation 1885 Forest Park Dr, North Saanich, BC
- Join Panorama Recreation Centre for a fun-filled Pro-D day! Bring your family and friends for skating fun with music, games and prizes. Helmets available free of charge for skating



Kelowna

Family Monster Bash

- Sun, Oct 29, 1:00–4:00 p.m.
- Capital News Centre, 4105 Gordon Dr, Kelowna, BC
- Family Friendly



New Westminster

Fraser Health Dental Hygiene Clinic

- Tuesday, September 26th from 1:00pm - 3:00pm
- Welcome/Wellness Centre 820 Sixth Street
- Parents with children aged 0-5 welcome to drop-in for a visit with the dental hygienist to have your child's oral health assessed.



VOLUNTEERING AT PSS VOLUNTEER OPPORTUNITIES + UPDATES

Call for aged 55+ Volunteers!

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



Stay active, makes connections and build community! Join our community of volunteers with opportunities to engage as a;

- Volunteer Facilitator
- Special Events
- Fundraising Committee
- Guest Speakers
- Childminder
- Steering Committee Member
- Board Member
- Curriculum developer

[APPLY NOW](#)

Volunteers Needed for PSS 50th Anniversary Celebrations

Be a part of our community of volunteers who are enthusiastic, think big, support our mission and are willing to help us achieve our ambitious goals. Join our committees to be part of the planning, coordinating, and executing of special events & fundraising initiatives!

[APPLY NOW](#)

WANT TO MAKE A DIFFERENCE?

Become a Volunteer Facilitator today!

- Do you have good listening and communication skills?
- Do you have a basic understanding of child development
- Do you want to support parents and other caregivers

If this sounds like you, click to apply today!

[APPLY NOW](#)

Already a Volunteer Facilitator?

Save the date for the next
Provincial Training Workshop!

October 28th, 2023 9:30 am -12:30 pm
Registration opening soon!

Save the date for the next
Initial Training Sessions

Oct. 19th, 7 pm-9 pm
Oct. 21th, 9:30 am - 11:30 am
Oct. 26th, 7 pm -9 pm





SCAN ME



bit.ly/donatepss

SUPPORT OUR MISSION & GIVE BACK

MAKE A DIFFERENCE

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

DONATE 





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.

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 or Filipino? 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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SEPTEMBER 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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