

DECEMBER 2021

PARENT SUPPORT SERVICES

End of Year Newsletter



Happy Holidays!

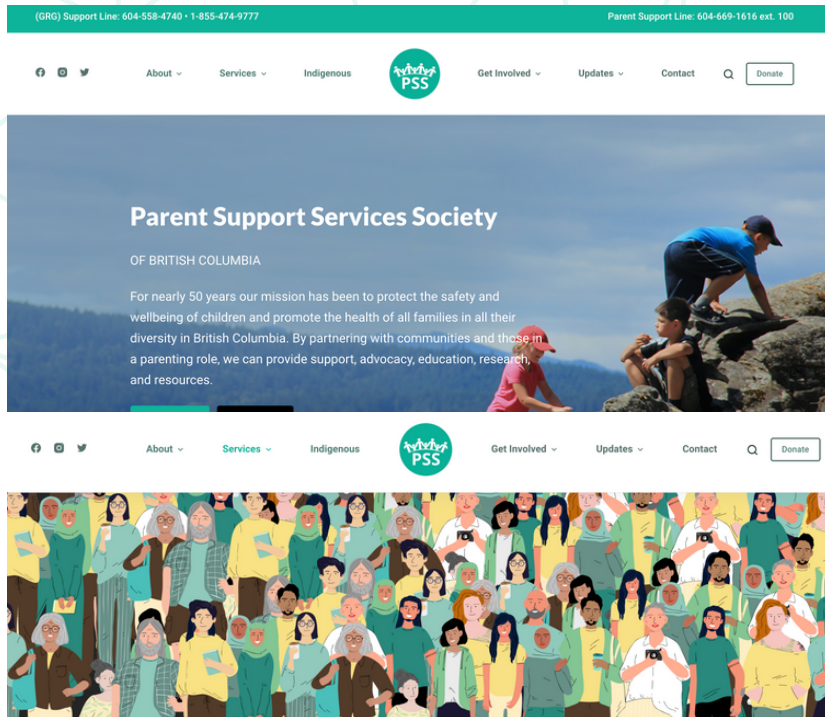
WISHING YOU A HAPPY AND HEALTHY
HOLIDAY SEASON AND NEW YEARS!

THE PARENT SUPPORT SERVICES SOCIETY TEAM:
CAROL, KATIE, BELLA, DANIELA, JANE, JAKE, DANELLA,
CHRISTINA, CASSANDRA, SANDI, KIM, VIKTOR

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PARENT SUPPORT SERVICES SOCIETY OF BC'S NEW WEBSITE



What are Support Circles?

Support Circles are free, anonymous, confidential self-help groups offering weekly or bi-weekly meetings and other activities organized by trained volunteer facilitators. Support Circles help parents, grandparents

We are excited to announce that as of December 2021 our new website is up and running! For the last few months of 2021, Parent Support Services has been working with Sea to Sky Web Solutions & KOJA Consulting on a redesign of our organization's website.

The new site features key improvements such as:

- Better navigation so you can find what you are looking for faster
- An events calendar that can be filtered by region
- Optimised search feature

January 2022						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11 Book Club: No Drama Discipline (8 weeks, starting Jan 11)	12 Book Club: No Drama Discipline (8 weeks, starting Jan 11) Book Club: Whole Brain Child (8 weeks, starting Jan 12)	13 Circle of Security Parenting - Wednesday's (8 weeks, starting Jan 12) Circle of Security Parenting - Thursday's (8 weeks, starting Jan 13)	14	15	16
17	18	19	20	21	22	23

The Light On The Other Side of the Wall

By Maycille Enriquez

Maycille Enriquez is a former PSS Circle member. Here, she shares her story and the importance of reaching out for help when you need it.

I got married in Vancouver in January 1989, and was blessed with four beautiful girls.

However, that marriage ended after 25 years together. It took a long while for me to realize that I was in a very unhealthy, unhappy, and toxic relationship. With my strong Catholic faith and desire to give our children a "big happy family," I chose to stay in the relationship in spite of that self-realization.

Then one day, I just reached the end of my rope, and asked the father of my children to leave. During the separation process, we were under the care of a Social Worker.

It was a very tough place to be in; life as a single mother, fulfilling the responsibilities of parenting all the children under my care, balancing a full-time job, and trying my best to take care of everyone and everything. I was overwhelmed with all those every day struggles, challenges, and setbacks in life. There was even a time that I had some suicidal thoughts. I felt like a candle wanting to melt and disappear, and I lost my emotional, mental, spiritual state of wellbeing.



“My message I want to share with parents is: don't let fear, shame stop you from asking for help. You are not alone...reaching out is a real sign of strength.”

I felt like a failure. I wasn't able to give my children a dream family, the big happy family that I wanted.

As time passed, I started being aware and conscious about self-care. I realized that caring for myself is a must for me to be able to take good care of my children.

It was the Social Worker who introduced me to Parent Support Services Society of BC (PSS). I was a little skeptical and hesitant at first, but I was in desperation to get help, to find something or someone to help me go through life, something I hoped could help boost my spirit up, to see the light on the other side of the wall.

In the very first session of the Parent Support Services Circle Program, I already knew that this was the program/service I had been longing to be a part of. I knew that the Circle would walk with me on the path to seeing the bright side of that wall I was stuck behind.

Personally, there were so many beneficial factors to attending the Circle. The Circle taught me how to relate with my teenage daughters, to be sensitive and respectful of their experiences.

Through the Circle, I was able to understand how to deal with my situation, how to promote the well-being of my children and everyone involved in my family and life, how to be resilient, and how to be able to see the positive impact from these struggles and challenges. How to take care of "you". To realize that self-care and self-love have to be your priority because when they are, you'll be able to care for people around you, effortlessly.

The Circle made me realize that I am not alone in this journey. Knowing that someone out there is going through the same things that you're going through makes a lot of difference. Someone understands you.

My message I want to share with parents is: don't let fear, shame stop you from asking for help. You are not alone. Asking for help and reaching out is a real sign of strength. It means you're trying to deal with uncomfortable emotions and also willing to be vulnerable. Accepting the support of others not only eases your burden and strengthens you further, but also reveals your authenticity.

I was part of a PSS Circle for almost two years. And I feel blessed, grateful and fortunate to be part of this beautiful community. I hope you find it in your heart to reach out. I promise you, it'll be worth it.

Thank you Parent Support Services for all the help and support. I revere, admire and love your advocacy.

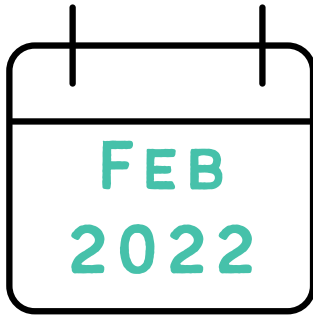
Sincerely,
Maycille Enriquez
Former Circle Member

**Maycille is now joining the
Steering Committee for
the Circle Program.**

"I would love to give back because the Circle was a big part of my success in life. The Circle is one of the reasons why I am very grateful, blessed, and fortunate where I am now."

COMING UP SOON:

The 10th Anniversary of the Support Line



Our Grandparents Raising Grandchildren (GRG)/Kinship Care Support Line will be 10 years old in February 2022! Join us in celebrating the invaluable service - support, resources, guidance, and more - that the advocates on our Support Line have been providing for over 10 years for kinship caregivers. Stay tuned for more details!

Contact The Support Line:



Monday, Tuesday, Thursday, Friday

10:00 am to 2:00 pm PST

Toll-free (Province wide).

1-855-474-9777

Or by email grgline@parentsupportbc.ca

PSS IN THE NEWS

GLOBAL NEWS: MONTH OF GIVING BACK: PARENT SUPPORT SERVICES SOCIETY

Jane Bouey discusses how PSS works with parents, grandparents and kinship caregivers to provide emotional, educational, legal, and child-minding support.

Watch: bit.ly/globalinpss

OMNI FILIPINO NEWS: MENTAL HEALTH SUPPORT ORGANIZATION FOR FILIPINO

PARENTS

Featuring Bella Cenezero and former Circle member Maycille Enriquez

Watch: bit.ly/omnipss

End of Year Giving



2021 has been a tumultuous time for everyone in the province. Many families faced hardship and losses on top of already existing stresses. As the year comes to an end, we'd like to take a moment to **thank you** for your support, which enabled us to continue supporting children and families in BC through our Circle Program, Support Line, Mobilization Project, and other ongoing services.

Your support makes a huge difference on the lives of the nearly 7000 children in Child Protective Services in BC (and many more who are in need of help but unable to access it), as well as an estimated 13,000+ children in BC being raised in kinship care (by grandparents and other caregivers) because their parents are unable to adequately care for them.

At Parent Support Services we continue to strive towards our vision of a world where all children and their families are nurtured, valued, and safe. As we approach another new year, here are some ways you can continue supporting our work and families across BC:

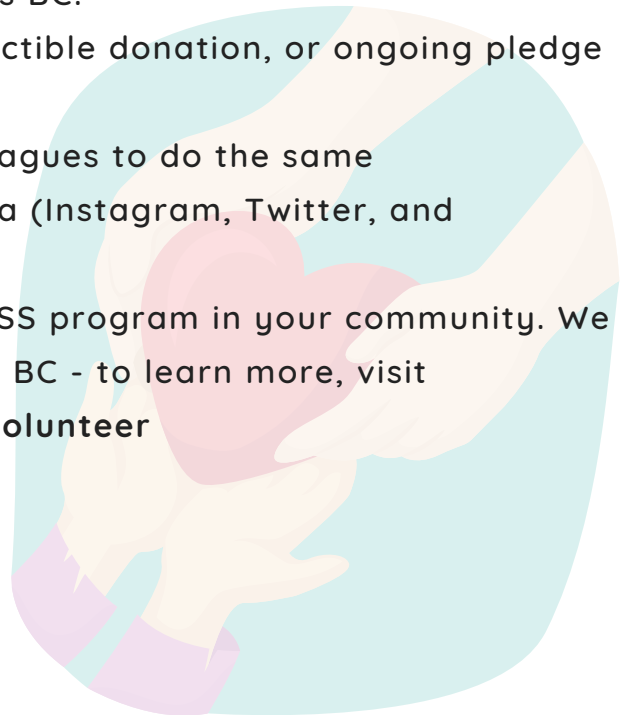
- Make an easy, end-of-year tax deductible donation, or ongoing pledge at bit.ly/supportpss
- Encourage friends, family, and colleagues to do the same
- Stay connected to us on social media (Instagram, Twitter, and Facebook) @ParentSupportBC
- Donate your time and energy to a PSS program in your community. We offer volunteer opportunities across BC - to learn more, visit parentsupportbc.ca/get-involved/volunteer

Thank you very much!

Stay safe and be well,

Carol Madsen and Katie Robertson

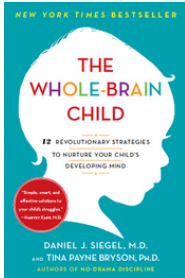
Parent Support Services Society of BC



Parenting Book Club

Register: bit.ly/pssbookclub

OR email: office@parentsupportbc.ca



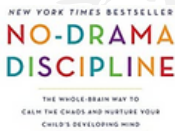
THE WHOLE BRAIN CHILD

by Daniel J. Siegel M.D. & Tina Payne Bryson, Ph.D.

Wednesdays @ 10 am - 11 am

Starting January 12, 2022

8 weeks on
Zoom + FB
Group



NO DRAMA DISCIPLINE

by Daniel J. Siegel M.D. & Tina Payne Bryson, Ph.D.

Tuesdays @ 10 am OR 7:30 pm

Starting January 11, 2022

REGISTER BY:

JANUARY 7, 2022



8 week
workshop
on Zoom

Circle of Security Parenting Workshop for Indigenous Parents & Caregivers in BC

Register: bit.ly/indcircle

OR email: danella.angus@parentsupportbc.ca

Based on decades of research about how secure parent-child relationships can be supported & strengthened

Mondays 10 am - 12 pm on Zoom

Starting January 10, 2022



WEEKLY ONLINE (ZOOM)

PROVINCIAL SUPPORT CIRCLES

JOIN/MORE INFO

1-877-345-9777 ext. 100
office@parentsupportbc.ca
bit.ly/provcircleform

INDIGENOUS CIRCLES

Tuesdays (On Facebook)
7:30 pm

GRG/KINSHIP CARE CIRCLES

Mondays
10:00 am
Tuesdays
7:30 pm
Thursdays
10:00 am

PARENT CIRCLES

Mondays
9:00 pm
Thursdays
6:30 pm
FATHERING CIRCLE
Wednesdays
7:30 pm
SINGLE PARENTS
Fridays
8:30 pm
PARENTING TEENS
Thursdays
7:30 pm

KAMLOOPS, ABBOTSFORD, & NORTHERN BC

For more info email: office@parentsupportbc.ca

KAMLOOPS GRANDPARENT & KINSHIP CARE SUPPORT CIRCLE

2nd & 4th Monday of each month @ 9 am
Register: bit.ly/provcircleform or contact
Cassandra (cassandra.strain@parentsupportbc.ca)

ABBOTSFORD GRANDPARENT & KINSHIP CARE SUPPORT CIRCLE

Every other Monday @ 6 pm
Register: Call our Support Line @ 1-855-474-9777 or
contact Lori (778-347-4977) or Luis (604-791-3537)

NORTHERN BC PARENTING SUPPORT CIRCLE

Thursdays @ 7:30 pm
Register: bit.ly/provcircleform

**NOTE: CIRCLE TIMES & AVAILABILITIES ARE
SUBJECT TO CHANGE, PLEASE CONTACT US
FOR THE MOST UP TO DATE INFO**

FOR INFO ON ALL OUR
PROVINCIAL SERVICES,
VISIT
PARENTSUPPORTBC.CA
/SERVICES

VANCOUVER ISLAND

For more info email: office@parentsupportbc.ca

PARENTING SUPPORT CIRCLE

Wednesdays @ 7:30 pm
Register: bit.ly/provcircleform

PARENTING TEENS SUPPORT CIRCLE

Thursdays @ 7:30 pm
Register: bit.ly/provcircleform

MULTICULTURAL PARENTING SUPPORT CIRCLE

Wednesdays @ 7 pm
Register: bit.ly/pssvimc

Strengthening Indigenous Legal Authority Over Child Welfare: Kinship Care and Bill C-92

Dates (Choose 1):

January 12, 19, & February 2

9:30 am to 11:00 am

Workshop is intended for child welfare professionals working within Indigenous communities.

Workshop Content:

- Overview of the An Act Respecting First Nations, Inuit and Metis Children, Youth, and Families
 - Becoming an Indigenous Governing Body
 - Notice Procedures Under Child, Family and Community Service Act and Bill C-92
 - Kinship Care Support Agreements
-

Register via the Grandparents Raising Grandchildren/Kinship Care Support Line at:

grgline@parentsupportbc.ca

or 1-855-474-9777

Or visit: bit.ly/skillshare2021

(case sensitive)

Zoom link provided upon registration