



Parent Support Services
Society of BC

Grand Connections



2022

GRG/Kinship Support Circles:

Raising children the second time around can feel overwhelming at times. Sometimes it helps to know that you are not alone. (GRG)/Kinship Support Circles are free, confidential groups that provide an opportunity to meet other grandparents raising grandchildren or other relatives who are raising relatives' children to share information, stories and find out about resources. GRG/Kinship Support Circle groups meet weekly via Zoom.

The schedule for **Virtual GRG/Kinship Support Circle** meetings is;

- GRG/Kinship Support Circle - **Monday at 10 am** (Weekly)
- GRG/Kinship Support Circle - **Tuesday at 7:30 pm** (Weekly)
- GRG/Kinship Support Circle - **Thursday at 10 am** (Weekly)

To join a meeting or get some help with **Zoom** please contact one of our program staff;

Sandi Halvorson 250-468-9658
Regional Program Coordinator, **Vancouver Island**

sandi.halvorson@parentsupportbc.ca

Daniela Alvarado-Torres 604-669-1616 (106)
Community Engagement & Volunteer Program Coordinator – **Lower Mainland/Fraser Valley**

daniela.alvarado-torres@parentsupportbc.ca

Kim Brown 250-962-0600
Regional Program Coordinator, **Prince George/Northern BC**

kim.brown@parentsupportbc.ca

Cassandra Strain 250-384-8042
Advocate Social Worker/Regional Program Coordinator, **Interior BC**

cassandra.strain@parentsupportbc.ca



You are welcome to join the private GRG Facebook group;

Grandparents Raising Grandchildren/Kinship Support BC

The GRG/Kinship Support BC - Facebook group provides a larger opportunity for connection, sharing of resources and information. Grandparents raising grandchildren and other kinship caregivers in BC can click [HERE](#) to join!

**Or contact the advocates on our province wide
Information & Support Line**

Grandparents Raising Grandchildren/Kinship Support Line (Province wide)

Problem solving, legal and resource information for grandparents
and other relatives raising a family member's child

Monday, Tuesday, Thursday and Friday 10:00 a.m. to 2 p.m.

Toll free in BC **1-855-474-9777** Or email grgline@parentsupportbc.ca

PSS Parenting Book Clubs (for parents & kinship caregivers in BC)

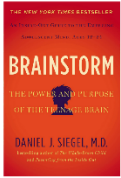


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PARENTING BOOK CLUB

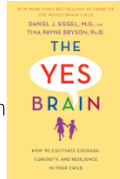
Interested in reading and discussing some of today's best selling parenting books?

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.



Tuesday's @ 10am & 7:30pm
Start: April 26, 2022
Ages 11-18

Registration ends
April 22, 2022



Wednesday's @ 10am & 7:30pm
Start: April 27, 2022
Ages 0-10

Info & To Register: <https://bit.ly/pssbookclubs>
OR email: office@parentsupportbc.ca



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

Tuesdays at am 10:00 am or 7:30 pm

1) **Brainstorm: The Power and Purpose of the Teenage Brain - An Inside-Out Guide to the Emerging Adolescent Mind**, by Dr. Daniel Siegel. *For those with children 11 yrs and up.*

Wednesdays at 10:00 pm or 7:30 pm

2) **The Yes Brain: How to Cultivate Courage, Curiosity and Resilience in your Child**, by Dr. Daniel Siegel & Tina Payne Bryson. *For those with children birth to 10 years.*

To join you must register on-line and have access to a copy of the book. <https://bit.ly/pssbookclubs>

Circle of Security Parenting

There are times where parents and kinship caregivers feel lost or have no clue your child might need from you. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. Learn to: **Understand** their child's emotional world by learning to read emotional needs; **Support** their child's ability to successfully manage emotions; **Enhance** the development of their child's self esteem; and **Honor** the innate wisdom and desire for their child to be secure. Here is a video for further information:

<https://www.circleofsecurityinternational.com/resources-for-parents/>

Sessions will be held on Thursdays starting April 28th at 10 am & 7 pm.

Registration is required: <https://bit.ly/psscscos>

For information and other resources please visit www.parentsupportbc.ca

We acknowledge the financial support of the Province of British Columbia and

Parent Support Services Society of BC presents
Circle of Security Parenting

The Circle of Security Parenting program is based on decades of research about how secure parent-child relationships can be supported and strengthened.
Best suited for families with children 4 months to 12 years old.

This 8-week workshop will cover how to:

- Better understand your child's emotional world & learn to read their emotional needs
- Support your child and help them manage their emotions
- Enhance the development of your child's self-esteem
- Honour your child's wish to be secure

WHEN?
2hrs Via Zoom
Limited space available.

- Morning Session:** 10am on Thursday's Starting April 28th, 2022
- Evening Session:** 7pm on Thursday's Starting April 28th, 2022

Register <https://bit.ly/psscscos>
Or email: office@parentsupportbc.ca

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Working with communities in BC's Interior, Lower Mainland, Central & Northern Vancouver Island