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## QUICK LINKS



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NEWS

# ANNOUNCING NEW FUNDING FROM THE GOVERNMENT OF CANADA'S NEW HORIZONS FOR SENIORS PROGRAM



## Call For 55+ VOLUNTEERS



- Stay active
- Make connections
- Build Community

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



Parent Support Services Society of BC is pleased to announce that we have received funding under the Government of Canada's New Horizons for Seniors Program. In alignment with PSS's commitment to the Truth and Reconciliation of Canada: Calls to Action, we will enter into dialogue with Elders and build on PSS's existing connections with Indigenous communities.

The goal of this project is to promote volunteerism among seniors and other generations. Highly trained seniors with backgrounds in teaching, counselling, social work, early childhood education, etc. will have an opportunity to mentor new volunteers. We also strive to unlearn and unpack colonialism throughout the work of PSS.

Thank you to the Government of Canada's New Horizons for Seniors Program for the funding support provided to Parent Support Services Society of BC. It will make a significant difference in the lives of seniors in the community.

[LEARN MORE](#)



## 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!



### FATHERING PARENTING GROUP

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

[JOIN NOW](#)



### SPANISH PARENTING GROUP

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

[JOIN NOW](#)



### PARENTING TEENS (13+) GROUP

**Date:** Thursday (Weekly)  
**Time:** 8:00 PM  
**Location:** Online via Zoom

[JOIN NOW](#)



### FOR PARENTING ANXIETY/DEPRESSION (13+) GROUP

**Date:** Sunday (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 2105 Pine St., 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 2105 Pine St., 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/provGroupform](https://bit.ly/provGroupform)




## MONDAY

- 10:00 AM KINSHIP CARE GROUP 
- 7:00 PM SPANISH GROUP 
- 8:00 PM KOREAN GROUP 
- 9:00 PM GENERAL PARENTING 





## TUESDAY

- 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 
- 7:00 PM GENERAL PARENTING 
- 8:00 PM PARENTING TEENS (13+) 



## 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](mailto:bella_cenezero@parentsupportbc.ca)





Parent Support Services  
Society of BC

# Are you a **Kinship** Caregiver?

Raising a relative's child can be a joy and can also bring new challenges.

To find answers, assistance, and resources, call the Kinship Care Help Line for support.

[www.parentsupportbc.ca/support-line](http://www.parentsupportbc.ca/support-line)

The Kinship Care Help Line provides navigational support & advocacy  
604-558-4740 (Greater Vancouver) 1-855-474-9777 (Toll Free)



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.

Limited Spots Available!



FREE

Online workshop

### Parenting in the Digital Age

July 18th, 2023

10:00 - 11:30 AM

Join us for this informative workshop as we explore what it's like to parent in this digital world. Technology is changing rapidly; our children are often more internet savvy than we are! Come learn some useful skills like setting limits with screen time, and internet access.

REGISTER

<https://bit.ly/pssparentingworkshop>

In partnership with:



information children



FREE

Online workshop

### Parenting Tweens

July 24th, 2023

10:00 - 11:30 AM

Join us for this informative workshop as we explore the many changes that take place during the tween years when our little children are not quite so little anymore and not yet a teen. Although their focus often shifts to peer relationships and life at school, they still need our support.

REGISTER

<https://bit.ly/pssparentingworkshop>

In partnership with:



information children

#### GOT QUESTIONS? REACH US AT:

1-877-345-9777 (Toll-Free)  
office@parentsupportbc.ca  
parentsupportbc.ca



JULY 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

# WHAT'S NEW AT PSS?



### **FAIRNESS FOR CHILDREN RAISED BY RELATIVES GATHERING JUNE 10TH-11TH, 2023**

Recently, PSS attended a Fairness for Children Raised by Relatives gathering for Aging and Kinship Caregivers. The conference was held at Thompson Rivers University Conference centre in Kamloops B.C. from June 10th-11th!

We discussed and learned from Kinship Caregivers all across B.C. about the problems they face and how they think those issues should be addressed. We heard speeches about different initiatives as well as advocacy work Fairness has been doing to help with Kinship Care Families.

Additionally, we heard from Catherine Talbot from the MCFD Strategic Initiatives Office about policies that will help support Kinship Caregivers.



### **A SUCCESSFUL 2022-2023 AGM**

**JUNE 26TH, 2023**

On June 26th, 2023, 24 PSS Board members, staff, volunteers, and general members of the society, gathered to attend PSS's Annual General Meeting. The minutes of the previous year's AGM were presented and approved. During the meeting held online via Zoom, PSS's audited financial statements for the fiscal year 2022-2023 were presented and approved. The numbers proved a steady performance from the organization despite the many challenges and changes brought forth by organizational restructuring and impacts of COVID-19.

With sincere regret, the Board announced the resignation of one of its members, Louise Ironside, who has been on the Board for 2 years. We've appreciated her commitment to our mission and wish her all the best in her future endeavours!

Both the Board President, Sarah Allan, and Interim Executive Director, Jane Bouey gave inspiring and hopeful reports, that highlighted the significant events and accomplishments of PSS since the last AGM. It also shown a light on the exciting future ahead. With PSS's 50th Anniversary fast approaching this coming new year, preparations are in the works for the organization to re-launch the Bill McFarland award in addition to hosting a big event in celebration of our long history as service providers to families in BC.



**CHECK OUT OUR:**

[WEBSITE](#)

**SUPPORT US AND:**

[DONATE](#)





## NEWS & UPDATES

# WHAT'S NEW IN THE COMMUNITY?



### NEWCOMERS MEN'S GROUP

Are you new to Canada and looking for support? Join the Newcomers Men's Group and attend sessions that focus on stress and anger management, cultural change and emotional regulation. There will be 4 sessions from June 15th to July 13th, 2023. These sessions will take place from 12pm to 2pm at MPNH- 800 E Broadway, Vancouver, British Columbia.

[Sign up here...](#)



### MODERATE TO LOW-INCOME FAMILIES SEE A 10% INCREASE IN B.C. FAMILY BENEFIT FUND

Starting in July 2023 to June 2024, Moderate and low - income renters in B.C. will be eligible for a 10% increase in their monthly payments from the BC Family Benefit Fund. Single parents will receive as much as an additional \$500 per year on top of the 10% increase.

[Learn more here...](#)



### B.C. ELIMINATES AGE RESTRICTION ON FREE TUITION FOR THOSE WHO WERE ONCE IN CARE

Effective August 2023, the B.C. Government is opening its tuition waiver to all ages who were once in the Provincial foster care system. In previous years, the program only applied to individuals ages 19 to 26 who had been in care. To be eligible for the program, students must be registered full or part-time at one of B.C.'s public post secondary institutions, the Native Education College, or one of the 10 approved trades-training providers. Students can get up to \$3,500 a year to cover educational expenses such as textbooks and computers. This program is expected to support roughly 1200 students on top of the 1900 students that have had their tuition fees waived in previous years.

[Learn more here...](#)



### IT'S FARMER'S MARKET SEASON!

As the summer farmers market season is already fast approaching, spend your weekends outside, with your community by visiting your local farmer's markets and vendors. From Burnaby Farmers' Markets to Vancouver Farmers Markets, the Lower Mainland offers a jam packed schedule that aims to bring people together through locally grown fruits and vegetables, pastries, flowers, and more!

[Learn more here...](#)

#### QUESTIONS? REACH US HERE:

[parentsupportbc.ca](http://parentsupportbc.ca)  
1-877-345-9777 (Toll-Free)  
office@parentsupportbc.ca

#### PROVINCIAL 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:







## JULY COMMUNITY EVENTS



### Burnaby

#### Symphony in the Park featuring the VSO

- July 15th, 2023 @ 7:30 pm - 9:30 pm
- Deer Lake Park Festival Lawn - 6450 Deer Lake Avenue
- FREE Family Friendly
- Enjoy an outdoor concert featuring the Vancouver Symphony Orchestra

#### Outdoor Family Storytime

- July 22nd, 2023 @ 11:00 am - 11:45 am
- McGill 4595 Albert Street Burnaby BC V5C 2G6
- FREE Family Friendly
- This event includes fun songs and stories where you can meet other families in your community



### Surrey/Langley

#### Métis Family Summer Camp

- July 11th - July 13th, 2023 @ 9:00 am - 12:30 pm
- Bear Creek Park, 13750 88 Ave, Surrey, BC V3W 3L1
- FREE Family Friendly
- The Métis Family Services will be hosting this summer camp with activities honoring Métis culture and more

#### Vancouver FC vs. HFX Wanderers FC

- July 7th, 2023 @ 7:00 pm - 9:30 pm
- Langley Events Centre, 200 Street, Langley Township, BC, Canada
- Tickets start at \$15
- Watch the Vancouver Football Club play their inaugural season for the Canadian Premier League



### Vancouver

#### Free First Friday Nights at the Gallery

- Starting July 7th, 2023 @ 4:00 pm - 8:00 pm
- Vancouver Art Gallery, 750 Hornby Street, Vancouver
- FREE Family Friendly
- The Art Gallery is Free for everyone every Friday of the first month until December 1st 2023
- Enjoy your Friday evening with the whole family getting inspired from a gallery full of art and history

#### Summer Cinema Series

- Every Tuesday throughout July and August
- Stanley Park at Seond Beach, Vancouver
- FREE Family Friendly
- Bring your own blankets and/or chairs and enjoy your Tuesday nights watching child-friendly movies such as the Lion King and Zoolander



### Richmond/Coquitlam

#### Summer Craft Mornings

- July 7th - July 28th, 2023 @ 11:30 am - 12:30 pm
- Coquitlam Heritage at Mackinac House 1116 Brunette Avenue, Coquitlam BC, V3K 1G2
- FREE Family Friendly
- Community event full of story times, crafts, and kids activities

#### The Delta Animal Resistance: Children's Storytime + Performance

- July 8th, 2023 @ 2:00 pm - 4:00 pm
- Richmond Art Gallery - 7700 Minoru Gate
- FREE Family Friendly
- For children ages 7-12
- Community Event





# JULY COMMUNITY EVENTS

## COMMUNITY EVENTS FOR FAMILIES IN VANCOUVER ISLAND



### Victoria

#### Summer Stories in the Park

- July 7th, 2023 @10:00am - 11:30am
- Saxe Point Park - 302, Fraser St. Esquimalt, BC, V96 G5
- Free Family Friendly
- These stories are intended for children ages 3-6, but all are welcome
- "Tokyo Digs a Garden" written by Jon-Erik Lappano and illustrated by Helen Hatanaka

#### Victoria Pride Parade

- July 9th, 2023 starting at 11:00am
- Downtown Victoria
- Over 100 colourful entries and thousands of marchers
- Celebrate Pride and solidarity with 2SLGBTQIA+ communities



### Parksville

#### Parksville Beach Festival

- July 14th - August 20th, 2023 @ 9:30am -8:30pm
- Parksville Community Park 141 East Island Highway, Parksville
- Free Family Friendly, \$5 donation suggestion
- Family-oriented festival with exhibitions, free concerts, weekend Artisan Market, and evening sculptures for viewing

#### Qualicum Beach Day

- July 16th, 2023 starting at 11:00 am
- Qualicum Beach, BC
- FREE Family Friendly
- Featuring a variety of family-oriented activities that are free for everyone to participate in



### Nanaimo

#### Nanaimo Museum Feature Exhibit - Coast Salish Art Revitalization

- July 1st - July 2nd, 2023 @ 10:00am - 4:00pm
- Nanaimo Museum 100 Museum Way, Nanaimo
- Free Family Friendly, \$2 donation suggestion
- Experience the richness and vitality of Coast Salish Art

#### Sounds of Summer in the OCQ

- Every Friday until September 15th, 2023 from 12:00pm - 1:00pm
- Old City Quarter Wesley and Shelby Streets, Nanaimo
- FREE Family Friendly
- Enjoy your Fridays with live music from local Nanaimo based musicians



### Cowichan/Cobbie Hill

#### Patterns: Draw, Paint, Repeat

- July 7th - July 8th, 2023 @ 11:00am - 4:00pm
- Cowichan Valley Arts Council 2687 James St., Duncan
- FREE Family Friendly
- Explore patterns, both ancient and modern with three Vancouver Island mixed media artists

#### Open Studio

- July 16th, 2023 @ 11:00am - 4:00pm
- Clearwater Studio 3915 Clearwater Road, Cobble Hill
- FREE Family Friendly
- Explore woodcraft, fine art, and "tweet sound" of Clearwater





## JULY COMMUNITY EVENTS

# COMMUNITY EVENTS FOR FAMILIES IN INTERIOR BC



### Kamloops

#### BC Wildlife Park Scavenger Hunt

- July 15th, 2023 @ 11:00 am - 3:00 pm
- BC Wildlife Park Kamloops 9077 Dallas Drive Kamloops, BC V2C 6V1
- \$10 PER TEAM (1 Vehicle)
- Decipher clues, take photos, and win some prizes!

#### Free Family Entertainment

- July 2nd - July 3rd, 2023 ALL DAY
- Sun Peak, BC V0E 5N0
- Free Family Friendly
- From mini golf, to scavenger hunt, to community playground activities, to live music, enjoy the weekend with free family entertainment



### Vernon

#### Bluey Family Fun at the Vernon Library

- July 18th, 2023 @ 10:00 am - 11:00 am
- Vernon Library: ORL Branch - 2800 30th Ave, Vernon, BC V1T 8S3
- Free Family Friendly
- A variety of activities for kids and their parents and/or caregivers, inspired by the characters on the show: Bluey

#### Family Art Day

- July 29th, 2023 @ 1:00 pm - 3:30 pm
- Vernon Public Art Gallery - 3228 31 Ave, Vernon, BC V1T 2H3
- \$5/members, \$9/non-members
- This workshop takes place with an art project for little kids and big kids, with parents and/or caregivers to participate
- Sierra, the Learning and Community Engagement Curator will lead the hands-on art activity.



### Kelowna

#### Westside Daze - West Kelowna

- July 7th - July 9th, 2023 All Day
- Memorial Park - 3737 Old Okanagan Highway, West Kelowna
- Free Family Friendly
- A 3-day event full of free kid's activities, live music, live wrestling, belly dancing and more!

#### Downtown Kelowna Block Party

- July 22nd, 2023 @ 10:00 am - 4:00 pm
- Downtown Kelowna, Kelowna
- FREE Family Friendly
- The Block Party includes live entertainment, food vendors, and activities for kids



### Salmon Arm

#### Travelling Tots Playgroup

- Every Tuesday @ 9:00 am - 12:00 pm
- Blackburn Park 480 5 Ave SW, Salmon Arm
- FREE Family Friendly
- Ages 0-6
- Every Tuesday has a different theme ranging from "Things with Wheels" to "Art in the Park"

#### RCMP Musical Ride

- July 1st - July 2nd, 2023 @ 1:00 pm - 5:00 pm
- 351 3 St SW, Salmon Arm, BC
- FREE for children 5 and under
- Adults 18-59: \$20
- Explore a career with the RCMP, meet recruiters and police officers





## VOLUNTEERING AT PSS VOLUNTEER OPPORTUNITIES + UPDATES

### Volunteer Facilitator Teleconferences

This July, we are hosting three sessions dedicated to supporting our Volunteer Facilitators. Come join our discussions on topics you've suggested!

#### *How to manage challenging moments when facilitating*

- Tuesday, July 11, 2023 from 12:00 pm - 1:00 pm

#### *How to engage new members and retain existing ones*

- Thursday, July 13, 2023 from 7:00 pm - 8:00 pm

#### *How to incorporate self-care in your everyday life*

- Saturday, July 15, 2023 from 10:00 am - 11:00 am

[Register Here](#)

\*Deadline to apply is July 9th, 2023

### JULY BIRTHDAY SHOUTOUT



Happy Birthday to...

Vicky, Junxia, (Helen), Jack, & Teresa



### THANK YOU & GOODBYE

Thank you to the Volunteer Facilitators and Steering Committee members who attended the PTW on June 17th, 2023; and to Sandi and Daniela for hosting a wonderful workshop on "Parenting with Brain Science".

We sadly say goodbye to our longtime Education & Support Program Coordinator, Daniela Alvarado-Torres. She has been an integral part of PSS for the past 5 years; helping expand and improve the Parenting Support Group program, PSS Bookclubs, Parenting workshops and so much more! We will miss Daniela, and wish her all the best in her future endeavours!

## WANT TO MAKE A DIFFERENCE?

### Become a Volunteer Facilitator today!

We're looking for candidates from diverse backgrounds and varying perspectives who:

- Have good listening and communication skills
- Have a basic understanding of child development
- Want to support parents and other caregivers

If this sounds like you, click to apply today!

[APPLY NOW](#)

### Are you already in the training process of becoming a Volunteer Facilitator?

Remember that the upcoming Live Zoom Sessions are happening this month on the following dates:

#### Upcoming Live Zoom Sessions!

July 22, 2023 @ 7:00 PM - 9:00 PM

July 24, 2023 @ 9:30 AM - 11:30 AM

July 27, 2023 @ 7:00 PM - 9:00 PM

[LEARN MORE](#)



\*\* The self-paced learning portion of the training must be completed by July 17th prior to attending these Live Zoom Sessions.



JULY 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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# Support our mission & **BECOME A MEMBER**

At PSS, our goal is to build healthy communities, one family at a time.

If you recognize the value of what we do, please become a member today and encourage us to keep developing and delivering life-changing services!

## Annual Membership Options

- Standard Individual Membership - \$35 (Annual)
- Volunteer Facilitator - \$35 (Annual)
- Volunteer Facilitator - \$20 Annual
- Volunteer Facilitator - \$5 (Annual)
- Agency/Organization - \$100 (Annual)

**BECOME A MEMBER**

## Membership Benefits

### Exclusive Access

Exclusive reservations to PSS workshops, advocacy resources, and other PSS programs.

### Communications

Receive a copy of our Annual Report as well as PSS news and updates through our monthly newsletter.

### Voting at AGM

Attend our next Annual General Meeting and be eligible to vote as well as run for the Board of Directors.



# 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**  
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