

PARENTING SUPPORT GROUPS

SCAN OR CLICK TO JOIN A GROUP!



bit.ly/pssreferralform

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 =

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