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# GIVING TUESDAY **SUPPORT OUR MISSION**

**Giving Tuesday is on November 28, 2023.**

This GivingTuesday, we're proud to be participating in a global day of giving! Our mission is to support the well-being of all families and children by empowering those in a parenting role through community connections, research, education, and advocacy. We believe that GivingTuesday is a great way to further that mission. On this special day, we're asking for your help to support our work.

Please consider making a donation to our campaign. Every little bit helps and we are so grateful for your support this #GivingTuesdayCA!



## **MAKE AN IMPACT TODAY**

No amount is too small to make a difference. We are grateful for all our donors and their generous support of the work we do.

**DONATE** 



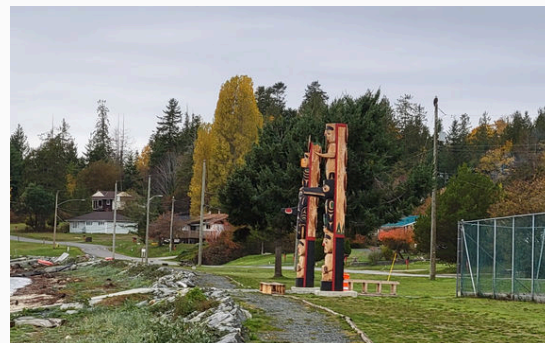


## PSS NEWS AND UPDATES WHAT'S NEW AT PSS?

### Tla'amin Nation Invites PSS to meet with Kinship caregivers

Tla'amin Nation invited Parent Support Services to meet with kinship caregivers in community. Advocate-Social Worker Christina Campbell and Executive Director Jane Bouey shared a meal and met individually with families.

Thank you, Sally Louie and Verna Francis, for the invitation and your generous hospitality. We were honoured to have this opportunity.



### Let's Celebrate PSS's 50th Anniversary



This coming new year, join us in celebrating a remarkable milestone as Parent Support Services Society of BC reaches its 50th Anniversary! For close to half a century, we've been dedicated to supporting the well-being of all families and children by empowering those in a parenting role through community connections, research, education, and advocacy.

Let's commemorate this incredible journey together and look forward to a future filled with even more impactful support for families. Stay tuned for exciting events and initiatives to mark this special occasion.

### PSS will be hosting a holiday gathering for volunteers

Join us for a special holiday gathering as we celebrate our volunteers on December 2, 2023 from 11AM-2PM 204-5623 Imperial St. Burnaby, BC.

We will be offering a lunch so please RSVP by Nov. 30th to let us know you're coming!

**RSVP NOW**

**Volunteer Appreciation**  
Holiday Gathering

Join us for a special holiday gathering as we celebrate our Volunteers on December 2, 2023 from 11AM-2PM  
204-5623 Imperial St. Burnaby, BC

**RSVP Now!** [www.forms.office.com/r/PjfiHy6XPD](http://www.forms.office.com/r/PjfiHy6XPD)

Please RSVP by Nov. 30th More info email [volunteer@parentsupportbc.ca](mailto:volunteer@parentsupportbc.ca)

SCAN ME





## PSS NEWS AND UPDATES UPCOMING KINSHIP CAREGIVER EVENTS



### GRAND GATHERING IN BURNABY, BC

**Date:** Saturday, November 25th  
**Time:** 1:30PM - 3:00PM

**Location:** Bob Prittie Library, 6100  
Willington Ave, Burnaby, BC

[REGISTER](#)

Parent Support Services Society of BC is hosting an in-person event for Kinship caregivers and the children in their care.

The Grand Gathering event is suited for children between the ages of 6 to 12 and their caregivers. Join PSS' Practicum Student, Sam Thokle for some tea, coffee and sweet treats, as you gather and connect with other Kinship Caregivers in the community!



### GRAND GATHERING IN KAMLOOPS, BC

**Date:** Monday, December 4th, 2023  
**Time:** 10:00 am - 2pm

**Location:** Coast Kamloops Hotel & Conference  
Centre, 1250 Rogers Way, Kamloops

[REGISTER](#)

Parent Support Services Society of BC & Secwépemc Child and Family Services Agency are hosting a free First Nations, Inuit & Metis Kinship Caregiver Gathering.

Kinship caregivers and their children/youth are invited to join us to connect and celebrate the uniqueness of kinship care. There will be a cultural activity for the children/youth, and lunch will be provided. **Registration required by November 24, 2023.**





# KINSHIP CARE UPDATES

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

**SIGN UP** >

## Kinship Caregivers Ask an Advocate



Kinship Care Help Line advocates answer your questions regarding child welfare and kinship care.

Register



First Wednesday Every Month  
Online via Zoom  
12 pm - 1 pm



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

**Book an appointment**

Contact Us | Kinship Care Help Line  
1-855-474-9777 | [kinshipcare@parentsupportbc.ca](mailto:kinshipcare@parentsupportbc.ca)

## First Nations, Inuit, & Métis Kinship Caregivers Ask an Advocate



Kinship Care Help Line advocates answer your questions regarding child welfare and Kinship care.

SCAN ME



First Thursday of Every Month  
12 pm - 1 pm  
Online via **Zoom**

Meeting ID: 826 0172 2600  
Passcode: 297074

### Contact Us

1-855-474-9777 | Kinship Care Help Line  
[kinshipcare@parentsupportbc.ca](mailto:kinshipcare@parentsupportbc.ca)

Book a one-to-one appointment with **Cassandra Strain**  
Metis Advocate-Social Worker

[www.bit.ly/bookcassandra](http://www.bit.ly/bookcassandra)



EDUCATION & SUPPORT PROGRAM

## UPCOMING PARENTING WORKSHOPS

# Parenting Workshops

Parenting workshops are **free, educational** and **informative** sessions that offer parents & caregivers across BC, presentations on a variety of parenting topics.



Scan or click here to **Register**

[www.tinyurl.com/parentingworkshops](http://www.tinyurl.com/parentingworkshops)



**FREE** Online workshop

### The Art & Science of Play

**Nov. 15, 2023**  
7:00 PM - 8:30 PM

**REGISTER**

In partnership with:



Play is a hallmark of childhood, but all too frequently a lost concept for teens and adults. Through spirited presentation and conversation, we will explore why play is important and how we can incorporate it into daily life, for all ages.

In this workshop we will define play, examine different types of play, learn about play and healthy development throughout the lifespan, explore how to play regardless of age, and have fun!



**FREE** Online workshop

### Dealing with Parenting Power Struggles

**Nov. 22, 2023**  
10:00 AM - 11:30 AM

**REGISTER**

In partnership with:



Getting into a power struggle with a child is unpleasant at the best of times, but it can also be very demoralizing for an adult. It can feel like quicksand.

The harder you struggle, the deeper you sink. Join us to learn why power struggles occur, and how to best support your children to be more cooperative.



**NOVEMBER 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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# Grand Gathering Workshops

## Open to Kinship caregivers in BC

**Tuesday, Jan 23, 2024 | 10 am - 11:30 am**  
**Coaching our kids through life's obstacles**

In today's world, children face life's challenges, and our role is to support and coach them as we co-regulate. As your child's primary defender, your self-care is crucial. This workshop will address how to reflect your child's emotions and help them regulate.

**Online Workshop**



**Tuesday, Jan 30, 2024 | 10 am - 11:30 am**  
**Creating & deepening attachment with our children**

Healthy attachments are essential for children to feel safe and secure. This workshop will explore various attachments and strategies to meet children's attachment needs, fostering deeper connections.

**Workshop Presenter:**  
Brenda Dragt, MSW - CCI Consultant & Lead Trainer, Complex Care & Intervention program with Complex Trauma Resources.

Scan or Click to Register

**FREE**



Registration required to participate in this workshop!

Register now -  
Workshops Jan 23 & 30th 2024

[www.bit.ly/pssbcworkshops](http://www.bit.ly/pssbcworkshops)

**GOT QUESTIONS?**  
**REACH US AT:**  
1-877-345-9777 (Toll-Free)  
office@parentsupportbc.ca  
parentsupportbc.ca

We acknowledge the financial support of: **The Province of British Columbia &**

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



PSS recognizes and respects all the Indigenous Nations and Traditional Lands & Territories that we Gather, Live, Work and Play on across BC





## 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!

In partnership with



### KOREAN PARENTING SUPPORT GROUP

**Date:** Monday (Bi-weekly)  
**Time:** 10:00 AM  
**Location:** UBC (In-person)

[▶ JOIN NOW](#)



### PORTUGUESE PARENTING SUPPORT GROUP

**Date:** Thursday (Weekly)  
**Time:** 12:00 PM  
**Location:** New Westminster (In-person)

[▶ JOIN NOW](#)



### FILIPINO PARENTING SUPPORT GROUP

**Date:** Saturday (Weekly)  
**Time:** 1:00 PM  
**Location:** Online via Zoom

[▶ JOIN NOW](#)



### GENERAL PARENTING SUPPORT GROUP

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

[▶ JOIN NOW](#)

### HADIH HOUSE FAMILY UNITY PARENT SUPPORT GROUP

250-563-7976 (must call to register)  
Email: hadihhouse@carneyhill.ca  
carneyhill.ca

**Date:** Every third Tuesday of the month  
**Time:** 2:00 PM - 4:00 PM  
**Where:** Prince George, BC [In-Person](#)

### HADIH HOUSE WOMEN'S WELLNESS PARENT SUPPORT GROUP

250-563-7976 (must call to register)  
Email: hadihhouse@carneyhill.ca  
carneyhill.ca

**Date:** Bi-Weekly on Thursdays  
**Time:** 12:30 PM - 2:00 PM  
**Where:** Prince George, BC [In-Person](#)





# 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](https://bit.ly/psreferralform)


## MONDAY

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







## TUESDAY

|   |  |
|---|--|
| 2:00 PM FAMILY UNITY (INDIGENOUS, HADIH HOUSE) <br>PRINCE GEORGE, BC | 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    | 12:00 PM NEW WEST PORTUGUESE                               |
| 7:00 PM GENERAL PARENTING   | 8:00 PM PARENTING TEENS (13+)  | 12:30 PM WOMEN'S WELLNESS <br>(INDIGENOUS, HADIH HOUSE) PG |



## 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 <br>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)





## VOLUNTEERING AT PSS VOLUNTEER OPPORTUNITIES

### **Volunteer Facilitators needed for online Filipino Parenting Support Group**

Want to support Filipino parents and caregivers? Become a volunteer facilitator today to use your skills, empower others, and become an essential part of our support programs! \*\*Fluency in Tagalog Preferred.

[APPLY NOW](#)

### **Volunteer Facilitators needed for online Fathers Support Group**

Want to support fathers and other caregivers? Become a volunteer facilitator today to use your skills, empower others, and become an essential part of our support programs!

[APPLY NOW](#)

### **Volunteer Facilitators in Kamloops needed for new in-person *Expecting Parents Support Group*** NEW

Are you located in Kamloops and want to support expecting parents and caregivers? Become a volunteer facilitator today to use your skills, empower others, and become an essential part of our support programs!

[APPLY NOW](#)

### **Volunteer Facilitators needed for new in-person *Arabic Parenting Support Group*** NEW

Want to support Arabic parents and caregivers? Become a volunteer facilitator today to use your skills, empower others, and become an essential part of our support programs! \*\*Fluency in Arabic Preferred.

[APPLY NOW](#)

### **Call for aged 55+ Volunteers!**

Stay active, make connections and build community! Join our community of volunteers with opportunities to engage as facilitators, steering committee members, event organizers & more!

[APPLY NOW](#)

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







## THANK YOU FOR ATTENDING THE PROVINCIAL TRAINING WORKSHOP



A big thank you to all the volunteers who attended our Provincial Training Workshop on Saturday, October 28th. We appreciate your commitment to learning and growing in your roles, as well as your willingness to engage in meaningful discussions.

The workshop covered the topic of **Intergenerational Parenting Differences** and provided participants with a better understanding of how to support parents and kinship caregivers in their parenting role.

We are grateful to have had the presence Elder Mr. Joe Wilson of Tla’Amin Nation, who began the workshop with an opening prayer, setting a positive and inclusive tone for the day's proceedings. The workshop concluded with a special volunteer recognition to honor the valuable contributions of the volunteer facilitators! The following people were recognized for their commitment of at least one year of volunteering with PSS!

### LOWER MAINLAND & FRASER VALLEY

Miranda Liu (1 Year)  
Andrew Pauls (1 Year)  
Terence Chan (3 Years)  
Yi (Erin) Ding (4 Years)  
Yifan (Echo) Bai (5 Years)

Xiaomin (Sybil) Zhang (1 Year)  
Victoria Yang (1 Year)  
Junxia (Helen) Sun (4 Years)  
Cheng-L (Lala) Shang (4 Years)  
Vicky Albarracin (8 Years)

Tania Cubells (1 Year)  
Jin Sang (2 Years)  
Zhaoxia (Jessie) Wu (4 Years)  
Ji Young (Connie) (4 Years)  
Hazel Edurese (14 Years)

### CENTRAL VANCOUVER ISLAND

Heather Best (2 Years)  
Wendy Glover (4 Years)  
Jeffrey Simons (3 Years)  
Alexandra Smith (4 Years)

### SOUTHERN VANCOUVER ISLAND

Wanda Murphy (1 Year)  
Nancy Mabey (2 Years)  
Mary Morgan-Pick (3 Years)  
Ronit Reis (7 Years)

### INTERIOR

Susan Ogilby (1 Year)  
Lisa Featherling (1 Year)

Thank you all for your time, effort, and passion in supporting our mission, and we’re grateful to have you continue this important journey together. To learn more about the process of becoming a volunteer facilitator, [click here!](#)



## COMMUNITY NEWS & UPDATES

### WHAT'S NEW IN THE COMMUNITY?



#### TOYS FOR TOTS CHRISTMAS BREAKFAST RETURNS

Abbotsford's annual Toys for Tots Christmas Breakfast presented by the Clarion Hotel returns for its 11th year.

This free family event will have live entertainment, food and a visit from Santa. Please bring a new, unwrapped toy or make a charitable donation to the Archway Christmas Bureau.

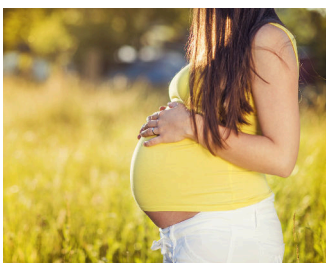
**Date: Sunday, November 26th from 10:00am to 1:00pm**



#### SEXUAL HEALTH, DEVELOPMENT, AND CONCERNS IN CHILDREN: BUILDING YOUR TOOLBOX

This fast-paced one-day workshop features experts in the field of sexual health and supporting children with sexual behaviour problems. It is appropriate for child and family therapists, psychologists, school counsellors, mental health clinicians, social workers, members of school-based teams, youth and family workers and community service providers. It is designed to provide specific tools to professionals who work with children and youth.

**Learn more here...**



#### PRENATAL GROUP OFFERED AT VICTORIA NATIVE FRIENDSHIP CENTRE

Our focus is to support pregnant mothers to have the healthiest babies possible. A Public Health Nurse teaches prenatal classes and a dietitian provides nutritional information.

**Date: November 22, 2023 Time: 1:00pm - 2:00pm | See full calendar here**



#### THE BCAA COMMUNITY CHILD CAR SEAT PROGRAM

BCAA has donated over 14,000 child car seats since 2013 through our BCAA Community Child Car Seat Program in partnership with United Way British Columbia (UWBC). BCAA donates child car seats to community agencies that work with parents and caregivers who may not have access to new, safe and unexpired child car seats.

**Learn more here...**

#### QUESTIONS? REACH US HERE:

[parentsupportbc.ca](http://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!



#### FOLLOW US FOR UPDATES:





# 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. And additional on-going trainings as part of volunteer professional development.

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, Filipino, Korean, Arabic, Portugese, and South Asian? 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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**Community  
Foundation**

vancouver  
foundation



**NOVEMBER 2023**

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