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# YOU ARE NOT ALONE

**Parenting is hard, but you don't have to do it by yourself.**

At Parent support Services Society of BC, we understand that parenting is one of the most rewarding experiences, but it can also come with challenges and difficulties, especially for parents already navigating through tough times. You don't have to do it alone.

At PSS we believe in building support systems and communities for parents. Our programs are designed to provide a lifeline for parents and caregivers, offering not just educational workshops but also the emotional and advocacy support crucial for navigating the complexities of parenthood.



## MAKE AN IMPACT TODAY

Despite the challenges posed by rising costs, we're dedicated to providing our programs and services — **free of charge**. Your generosity helps us continue offering vital educational parenting workshops, Parenting support groups, a Kinship Care Help Line and more!

[Get Support](#) ❤️

[Help us support others](#) ❤️





## MEMBER STORY: VIOLETA

### HOW PSS CHANGED MY LIFE

My name is Violeta, I came to Canada in 2006, as a refugee to start a new life far away from my home country. It was hard. I remember the days when I was crying alone at home, wishing to have my family close to me. Most of the time, I avoided going out. I couldn't speak English; I always say, "at that time, I was mute, blind and deaf". My life changed and I lost everything when I arrived in Canada and become a Refugee claimant. I lost family, friends, work, house, etc.

When I became a new mother, I was feeling happy and sad. I was happy to see my baby growing, and sad because I was alone here. It was a big challenge deciding to be a full-time mother. I had to give up my career. Society always pushes you hard to be a good child, a perfect mother, and an excellent professional; I felt like I was a failure. As a new immigrant and a new mother in Vancouver dealing with my ups and downs was not easy. Lucky for me, the Community Worker at the Clinic for refugees provided me with some community resources and programs in Spanish, which is my first language.



My life changed once again when my second baby was born, I was joining a few programs in Spanish that helped me to understand my new role as a new mom in Canada. Being a 24-hour mom was really hard, there were days when I was tired, sad, stressed, and upset; I was crying seeing my new reality. I was raising my child without the support of my family, in a new culture and society. I appreciate all the support that I had from the community workers, facilitators, and my home visitor from Building Blocks; all of them provided me support in Spanish which made my life happier and easier. Since those days I was thinking "one day I will be supporting others in the same situation as mine". It was a long wait.

In 2015 my youngest boy was ready to start kindergarten; two years before that, I attended English classes, it was the first step to open a new world. This new world was a multicultural society where everyone faces a lot of challenges, and achieves goals in a short, medium and large period of time. In Immigrant Service Society of BC (ISSofBC) I met people like me, it made me feel better and inspired me to rebuild my dreams and goals. When I finished the ELSA program, I took some trainings to learn how to support immigrants like me. When I applied to be a volunteer at PSS, I had in mind just one thing "to have the opportunity to support others to face their fears and have the courage to become a resilient person".

The first day when Bella called me, hearing her friendly voice, it made me feel happy and secure. When I attended the first interview in person, it was a good and nice experience. Bella was kind and friendly, she treated me with respect, empathy and compassion. At that moment I was thinking even if I was rejected because I didn't fit in the position "I won't feel bad, it was my first try". One-week later Bella invited me to have a meeting with her. She told me "at this moment in PSS we have just one position for Spanish Group facilitator, but you can be volunteer in another area"; I definitely said YES!

In that time, as a volunteer, I helped reactivate the Steering Committee, which is a team of professionals who support the volunteer group facilitators. Two months later I became trained as a group Facilitator. A few months after that, Bella proposed in the Steering Committee meeting to open a new Spanish group in New Westminster, it was supported by all. In March of 2016, I helped facilitate this new group when we had our first meeting with just two new members attending. Every meeting and experience was an opportunity to learn something new that help me to be a better person, it helps me to develop my skills and knowledge to provide a better support to the members of the Parents Support Group in Spanish.



We had to move the group from one place to another, trying to keep the group open and active, until today. The group has become a family of our members, a safe space where everyone is able to express their problems, feelings, and emotions without the fear of being judged. After being a long-term facilitator, the group provided me with the courage to rebuild my life and my career in Canada. So, in 2022, I applied for the position of Volunteer recruitment and Retention Coordinator at PSS and got the job! I am grateful every day to continue helping people become volunteers and seek the supports PSS provides. From seeking support, myself, to now giving it, I am grateful for everyone who helped me be where I am today.

As a long-term facilitator, and now staff member, the only thing I can say is "THANKS TO PSS my life and the life of the members that I support, have change for good".

With gratitude, love, kind and admiration to all the volunteer who are part of the community of PSS

Violeta

Parenting Support Group Facilitator & Volunteer Recruitment & Retention Coordinator



## YEAR IN REVIEW HIGHLIGHTS OF 2023

# HIGHLIGHTS OF 2023

This year has been nothing short of phenomenal. We have you, our readers, supporters, volunteers, and community members to thank for this. This past year, our collective efforts have propelled PSS to new heights. Thanks to your support, PSS can proudly celebrate several highlights!

### HIGHLIGHT 1

This year, in response to the overwhelming community demand, PSS launched several new Parenting Support Groups.



**Spanish Speaking Fathering Support Group**



**Portuguese Parenting Support Group**



**Korean Parenting Support Group**

# 500+

Participants have attended our Parenting Workshops over the course of 2023!

Thanks to our partner organizations and resource speakers, we've hosted 15+ educational Parenting Workshops this year!

### HIGHLIGHT 2

Our Kinship Care Help Line advocates, **Cassandra Strain** and **Christina Campbell** are nominated for the **Family Service Award**. Read more about the award here...

*"Cassandra and Christina have helped reunite families, secured cultural connections and empowered grandparents, aunts, uncles and others to advocate for the children in their care.*

*They host regular cross-Nation circle discussions on child welfare matters for Indigenous community leaders from across BC to collaborate, learn and support one another. Indigenous Justice workers, MCFD staff, lawyers, and other professionals also regularly seek their expertise." Read more...*



**Cassandra Strain**



**Christina Campbell**

This award is distributed to a collaborative initiative, organization, program or an individual(s) family services professional(s) that has had a demonstrable, measurable impact on the well being of families and/or the field of human services in British Columbia.



### HIGHLIGHT 3

PSS hosts a successful and engaging **Grandparents Day Fundraising Event**



On Sept. 10th, 2023, PSS hosted a picnic fundraiser in celebration of grandparents and Kinship caregivers across the Province!

It was a beautiful afternoon attended by over 70 people, with delicious food thanks to **Foodies on Board**, live music by Double Rainbow Ensemble, door prizes, and heartwarming memories throughout!



More than 100+ community members attended the event and or participated in the online auction, helping us raise thousands of dollars for our programs!



26+ businesses and organizations in the community aided us with donations and sponsorships.





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

### Families attend the Indigenous Kinship Caregiver Gathering in Kamloops!



Kinship caregivers and their families enjoyed an afternoon together in Kamloops on Dec. 4th, 2023 thanks to PSS teaming up with the Secwépemc Child and Family Services Agency.

*"The families enjoyed door prizes and drew names for a wonderful gift basket provided by The Whispering Pines Indian Band. Meals were provided and were also shared with the community and the T'kumlups Indian Ban, as they were having a winter gathering.*



*We had a wonderful Elder who not only did a prayer but also asked everyone in the room to share a memory of when they were children. The youth were involved in lighting the smudge and other cultural activities. The kids were given the option to do a few crafts, and an Elder was there helping as well, but also instilling traditional Secwépemc teachings. For example, one thing I didn't know about the Secwépemc people, is that they use Juniper to pray.*

*Childcare also had several activities for kids ages 0-5 . It was nice to connect with Indigenous people and be in community."*

-Cassandra Strain, Kinship Caregiver & Advocate-Social Worker

### A warm and pleasant afternoon with Kinship Caregivers at the Grand Gathering Lower Mainland Event

A heartfelt thank you to everyone who joined us for the Grand Gathering Lower Mainland event hosted on Saturday, November 25th, 2023, in Burnaby. It was a truly pleasant afternoon filled with warmth, connection, and valuable conversations. The tea, coffee, and sweet treats added to the cozy atmosphere, making it a memorable occasion for our Kinship family.

We extend our gratitude to our Practicum Student, Sam Thokle, and our amazing volunteers, Hazel, Rav and Tammy, for creating a welcoming space where caregivers and their children could connect and share an enjoyable time. Thank you for being a part of our mission to empower and connect families!



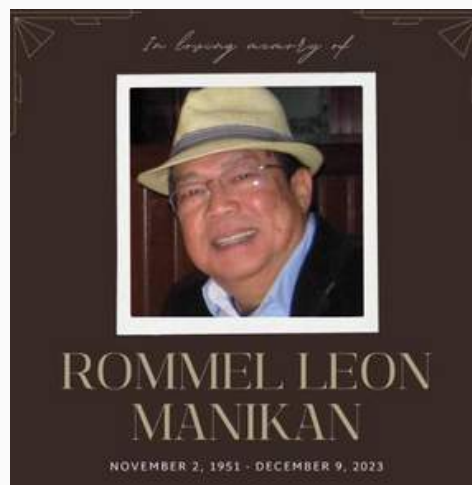


## WHAT'S NEW IN THE COMMUNITY COMMUNITY NEWS AND UPDATES

### In loving memory of Rommel Manikan November 2, 1951-December 9, 2023

Rommel was an active volunteer of Parent Support Services Society (PSS) of BC for over 14 years! He supported PSS's mission through group facilitation, as a steering committee coordinator, a part of the training team, sitting on the Board, actively fundraising, bringing resources and community folks together through partnership-building and community engagement, and so much more!

Rommel's dedication, energy, compassion and enthusiasm have left a positive impact on not only PSS staff, and volunteers but also the community as a whole. Thank you Rommel for all your invaluable contributions to PSS! You will be missed dearly.



### Bill S-210 – The Protecting Young Persons From Exposure To Pornography Act



First Call: Child and Youth Advocacy Society recently sent a letter to all BC MPs and relevant federal cabinet ministers urging them to support Bill S-210, the Protecting Young Persons from Exposure to Pornography Act. They asked us to spread the word. This bill passed the Senate by acclamation in April 2023 and is up for discussion in the federal Parliament.

Online content that is violent, degrading, dehumanizing, and abusive is freely and easily accessible by children and young people, who are logging into or are inadvertently exposed to online pornography at an increasingly early age.

A growing body of research clearly underscores that children's exposure to this content contributes to multiple harms – impacting children's mental, social, and physical health. As noted in our letter, this bill is supported by many experts and organizations.

**Read the First Call letter here.**

Write to your MP urging their support for Bill S-210.  
**Find their contact info here.**





# KINSHIP CARE UPDATES

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

**SIGN UP** >

First Nation, Inuit, and Métis



## Cross-Nation Knowledge Sharing

Parent Support Services Society of BC holds space for weekly cross-Nation knowledge sharing on child welfare matters.

Indigenous community leaders and service providers can connect, exchange learnings, and support each other.

You are welcome to bring issues facing the families you support to be discussed confidentially within the group.

Kinship Care Help Line Advocate-Social Workers **Cassandra Strain** and **Christina Campbell** will be present.

### Weekly drop-in discussions via Zoom

**1st Wednesday at 10:00am**

[www.bit.ly/crossnation1stwed](http://www.bit.ly/crossnation1stwed)

Meeting ID: 827 4060 3417  
Passcode: 633780

**2nd Thursday at 12:00 pm**

[www.bit.ly/crossnation2ndthurs](http://www.bit.ly/crossnation2ndthurs)

Meeting ID: 824 4581 9119  
Passcode: 641061

**3rd Wednesday at 10:00am**

[www.bit.ly/crossnation3rdwed](http://www.bit.ly/crossnation3rdwed)

Meeting ID: 894 7508 0969  
Passcode: 714976

**4th Thursday at 12:00pm**

[www.bit.ly/crossnation4ththurs](http://www.bit.ly/crossnation4ththurs)

Meeting ID: 817 7851 1961  
Passcode: 040251



# 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?

### Morning Session:

10am to 11am on Thursdays  
Starting January 18, 2024

## Where?

### Online Workshop:

1 Hour Via Zoom

\*Limited space available.

SCAN ME

**Register Now**



Follow Link  
<https://bit.ly/psscoss>

Or email us at  
[office@parentsupportbc.ca](mailto:office@parentsupportbc.ca)

**Registration deadline:**

4pm January 4, 2024

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



# 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





# PARENTING BOOK CLUBS

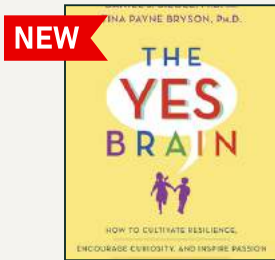
Interested in reading and discussing some of today's best selling parenting books?

**Open to Parents and Caregivers in BC!**



## Scan to Register

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



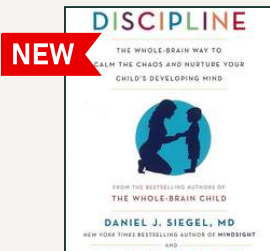
### Book of Reading

#### The Yes Brain

by Dr. Daniel Siegel & Dr. Tina Payne Bryson

Starting January 15, 2024

- Mondays (Weekly)
- 7 PM - 8 PM
- Online via Zoom



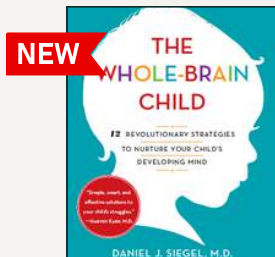
### Book of Reading

#### No Drama Discipline (Spanish)

by Dr. Daniel Siegel & Dr. Tina Payne Bryson

Starting January 15, 2024

- Mondays (Weekly)
- 6:30 PM - 7:30 PM
- Online via Zoom



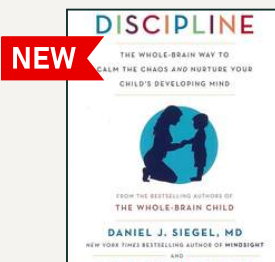
### Book of Reading

#### The Whole Brain Child

by Dr. Daniel Siegel & Dr. Tina Payne Bryson

Starting January 17, 2024

- Wednesdays (Weekly)
- 10 AM - 11 AM
- Online via Zoom



### Book of Reading

#### No Drama Discipline (Mandarin)

by Dr. Daniel Siegel & Dr. Tina Payne Bryson

Starting January 17, 2024

- Wednesdays (Weekly)
- 7 PM - 8 PM
- Online via Zoom





## 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!

**NEW**



In-Person

### KOREAN PARENTING SUPPORT GROUP

**Date:** Mondays (Bi-weekly)  
**Time:** 10:00 AM  
**Location:** In Person, UBC Vancouver

[▶ JOIN NOW](#)

**NEW**



### SPANISH SPEAKING FATHERING SUPPORT GROUP

**Date:** Mondays (Weekly)  
**Time:** 6:00 PM  
**Location:** Online via Zoom

[▶ JOIN NOW](#)



Now taking  
place In-Person

### FILIPINO PARENTING SUPPORT GROUP

**Date:** Saturday (Weekly)  
**Time:** 1:30 PM  
**Location:** Burnaby

[▶ JOIN NOW](#)

**NEW**



In-Person

In partnership with  
New Westminster  
Family Place



### PORTUGUESE PARENTING SUPPORT GROUP

**Date:** Thursdays (Weekly)  
**Time:** 12:00 PM  
**Location:** In Person, New Westminster

[▶ JOIN NOW](#)

### HADIH HOUSE FAMILY UNITY PARENT SUPPORT GROUP

250-563-7976 (must call to register)  
Email: [hadihhouse@carneyhill.ca](mailto:hadihhouse@carneyhill.ca)  
[carneyhill.ca](http://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](mailto:hadihhouse@carneyhill.ca)  
[carneyhill.ca](http://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  <b>NEW</b> | 7:00 PM SPANISH SPEAKING FATHERS  <b>NEW</b> | 9:00 PM GENERAL PARENTING  |







## TUESDAY

- |  |  |
|--|--|
| 2:00 PM FAMILY UNITY (INDIGENOUS, HADIH HOUSE)  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  <b>NEW</b>                |
| 7:00 PM GENERAL PARENTING   | 8:00 PM PARENTING TEENS (13+)  | 12:30 PM WOMEN'S WELLNESS  (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

- |  |  |
|--|--|
| 1:30 PM FILIPINO PARENTING SUPPORT GROUP  BURNABY | 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)





## VOLUNTEERING AT PSS VOLUNTEER UPDATES

### Thank you to all those who attended our Holiday Steering Committee meetings!

This is the second time PSS Steering Committees have had the opportunity to meet in-person since COVID! The committees gathered together to reflect on the past year and discuss all the challenges, successes, trends, and topics, surrounding families in BC being supported through our programs. With the growing community demand for language specific Parenting Support Groups, our Steering Committees are essential in supporting our growing network of volunteer support group facilitators.



Filipino Steering Committee



Korean Steering Committee



Latino Steering Committee



Chinese Steering Committee





## VOLUNTEERING AT PSS VOLUNTEER OPPORTUNITIES

### Call for special event volunteers (Grandparents Day & 50th Anniversary Gala)

Help us make an impact at next year's Grandparents Day event! Or be part of our team for the 50th Anniversary Gala Fundraiser coming up this June 2024.

APPLY NOW

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

Want to support Korean 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 Korean Preferred.

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

Canada





## COMMUNITY RESOURCES

### WHAT'S NEW IN THE COMMUNITY?



#### FINDING THE RIGHT SOLUTIONS FOR YOUR HEARING NEEDS

Neil Squire as a non-profit organization, can offer the latest advances in hearing aid technology at a price that is affordable. They provide a number of free services including **free hearing tests, free ear wax removal, and free hearing aid consultations.**

**Call to book a free hearing test today: 778 945 1215**



#### TRANSIT FOR TEENS – PETITION LETTER

The Centre for Family Equity, which used to be the Single Mothers Alliance, is calling on the province to give all teens the right to access school and their communities by expanding free transit up to age 18 in every transit system in BC. Transit access is a lifeline to shelter, school, support services, health care, and food security for low-income youth and all youth. Sign the letter showing why you think every teen deserves free transit access!

**Add your voice here...**



#### KIDS IN CONTROL AND TEENS IN CONTROL PROGRAMS

Kids in Control and Teens in Control are free education and support programs created and offered by BC Schizophrenia Society. They are for children and youth (8-18 years) who have a family member with mental illness (e.g. schizophrenia, bipolar disorder, depression, etc.). These programs aim to foster resilience and increase knowledge and understanding of mental illness.

**Learn more here...**



#### MCSS BABY STEPS

Families with children 0-18 months can drop in and meet other families with babies, gain support and access community services. For more information, email [earlyyears@missionmcss.com](mailto:earlyyears@missionmcss.com) or call 604-826-6194

Wed. Jan. 31st 2024 10:00am - 12:00pm at MCSS Family Place, 33313 3 Ave, Mission, BC

**Learn more here...**

#### QUESTIONS? REACH US HERE:

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

**50th ANNIVERSARY GALA**

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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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