



Celebrating
50
YEARS
of
EMPOWERING
FAMILIES



Parent Support Services
Society of BC

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A MESSAGE FROM THE EXECUTIVE DIRECTOR HAPPY NEW YEAR!

The New Year is a hopeful time for many of us. However, it is sometimes difficult to maintain that optimism – especially with rising costs of food and housing, wars, climate change, on top of the regular stress of everyday life.

What works for me may not work for everyone – but here are a few of my strategies:

Walking in nature.

New green life sprouting after a forest fire, animals building dens in the snow, a gold, orange and red, pink and purple sunset. Nature’s ability to regenerate, to adapt to seasons, and its startling beauty – never cease to both calm and inspire me.

Time with children and youth.

Let’s face it. Kids can be a challenge. But I see the wonder in their eyes when they discover something new. I feel the joy they experience conquering a problem they were struggling with. Kids remind me of my own ability to see things from a different perspective and my own resiliency.



Making a difference.

I am lucky. I work with an organization that makes a tangible difference in the lives of families across BC. I hear firsthand the power of what we do. Parent Support Services does our work with too few resources; our staff and volunteers are stretched to their limit – but their excitement and passion – is contagious.

Everyone makes a difference - with the children you raise, with your work, within your community, and even by giving your neighbour a friendly hello.

Make connections

I am excited about the upcoming year. At PSS we are celebrating 50 years of empowering families. We are proud of our history. We are exploring innovative ways to provide meaningful support to more families in the coming years.

I hope you join us on our journey. Volunteer with us, donate, take part in our book clubs, workshops, support groups, call our line.

Jane Bouey – Executive Director





Celebrating 50 years of *empowering families*



As we prepare to celebrate our 50th anniversary, it is with great pride and gratitude that we reflect on our history of supporting and empowering families. Throughout our entire history, families and whole communities across the province have benefited from the generosity of our volunteer facilitators, parenting educators, funders, donors and community partners in our collective work to turn *"hurt-filled households into healthy homes"*.

The stories of growth, transformation and positive impacts on the lives of families, have emerged from our journey and continue to fill us with joy. Although the challenges of raising children may evolve, our unwavering commitment to supporting, empowering and uplifting parents and caregivers remains steadfast.

We extend our heartfelt appreciation to everyone who has been part of our journey and have helped make PSS what it is today.

Throughout this year, we hope you'll be celebrating with us! Follow us on [Facebook](#) and [Instagram](#) to learn about upcoming festivities, or, better yet, [sign up to receive our next newsletter!](#)





We're celebrating 50 years of empowering families! We are thrilled to extend a heartfelt invitation to you for the upcoming 50th Anniversary Gala Fundraiser taking place this June, 6th 2024. As we celebrate five decades of accomplishments, memories, and community impact, we would be honored to have you join us on this special occasion.

We are proud to offer our transformational programs and services to families of all backgrounds, throughout BC, free of charge! With your support, our 50th Anniversary Gala Fundraiser, will enable us to keep empowering these families through our Parenting Support Groups, Parenting Workshops and Kinship Care Help Line. Your support will ensure that parents and caregivers continue having access to our educational resources and supportive networks, free of charge. Helping us to ultimately build healthy communities, one family at a time.

Stay tuned for more information on how you can purchase tickets or get involved.



Volunteer at the Gala

We're looking for volunteers to help us bring this event to life. Find out how you can support us by emailing volunteer@parentsupportbc.ca or registering below.

Volunteer today





PSS NEWS AND UPDATES WHAT'S NEW AT PSS?

JOIN US AT THE CHILDREN THE HEART OF THE MATTER CONFERENCE, SURREY BC

On February 2 & 3, 2024, PSS staff and volunteers will be attending the *Children the Heart of the Matter* Conference at the Bell Performing Arts Centre in Surrey, BC. Stop by our table during the community marketplace to connect with PSS representatives and learn more about our services.

PSS will be one of several other service providers, in the marketplace, sharing local community resources. Don't miss also checking out all the vendors showcasing their latest toys, equipment and materials available for the early care and learning field.

A great lineup of keynote speakers and workshop presenters including Denita Dinger, & Dr. Deborah MacNamara are also in store.

The Children the Heart of the Matter conference will be of interest to all those who work with young children and their families in early years settings.

[Check out the event brochure here!](#)



HOLIDAY CELEBRATIONS FOR THE SPANISH PARENTING SUPPORT GROUP

Just before the holidays, our in-person Spanish Parenting Support Group gathered in celebration of the holidays. It was a truly pleasant afternoon filled with warmth, connection, and laughter, as the group of mostly moms reflected on their past year together. The room was mixed with mothers from various backgrounds, all sharing a connection to the Spanish language and universal challenges of parenting. When asked, what was their favourite part of about attending this support group, one mom explained that it was the “close connections created



and the ability to reach out to group members outside of the meetings”, that she loved the most. The group, for many of the parents is a way of connecting with others who are navigating similar experiences. Sharing stories, challenges, and successes creates a sense of camaraderie, and knowing that they're not alone is comforting. If you are interested in joining a Parenting Support Group, visit us at parentsupportbc.ca/support-group





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

JOIN THE COQUITLAM PUBLIC LIBRARY FOR THE LAUNCH OF THEIR NEW LIBRARY LINK

Be there on TUESDAY, FEBRUARY 6, at 3:00 - 5:00 PM, at the POIRIER BRANCH, 575 POIRIER ST, COQUITLAM to welcome the new Library Link!

The Library Link brings library services, books, movies, video games, and more to locations all over Coquitlam. Our friendly staff are ready to help you borrow items, get a library card, and share information about the Library!

For more information visit www.coqlibrary.ca/library-link



A FAILURE TO PROTECT | THE DENIAL OF CHILDREN'S RIGHT TO HOUSING IN BRITISH COLUMBIA



First Call: Child and Youth Advocacy Society recently conducted a research that to explore why families are having a very hard time accessing their right to housing in British Columbia, or who haven't accessed it at all.

While this difficulty is often linked to poverty and to the high cost of housing in the province, other factors are at play related to laws, regulations and policies, as well as their enforcement or interpretation. First Call's research investigated and assess how laws and policies can better protect BC children's right to housing, particularly for low-income and other vulnerable child populations.

Key themes that emerged from this research as barriers undermining children's right to housing were unaffordability, overcrowding, waiting lists, discrimination in rentals and the fear of child apprehensions, among others.

The impacts on children and their families of this failure to support their right to safe and adequate housing can have longlasting effects on children's health and development.

Read more to find out what recommendations First Call makes for better protecting and supporting children's right to housing.

[Read Full Report Here...](#)



RESOURCES FOR PARENTS, CAREGIVERS, FAMILIES & SERVICE PROVIDERS COMMUNITY RESOURCES



CELEBRATE FAMILY LITERACY WEEK

Getting together for a family party can be so special. What can be more fun than planning, creating and getting ready for a party? Literacy activities are part of a party. Children can have fun and learn at the same time. These backgrounders include information about the benefits of a family party, as well as ideas for how families can plan an exciting and educational gathering.

[See more...](#)



FREE PARENTING RESOURCE

The BC Council for Families is giving away free copies ABC's for New Parents for distribution to families across the province. The quick and easy-to-read book gives parents tips on the social and emotional development of babies. It covers parenting topics from A-Z, including: Anxiety, Brain Development, Connection, Development, Emotions, Fathering. **Pick them up from the BC Council for Families office in Vancouver, or [download a copy here](#)**



SNOWDAY PARENTING | THE EARLY EDITION WITH STEPHEN QUINN

The joy of a snow day can quickly sour when parents have to juggle the fun and games with deadlines and Zoom calls...we'll check in with some parents who've been white knuckling it this week and praying for the weekend to come. Executive Director, of Parent Support Services Society of BC, Jane Bouey weighs in on snowday parenting.

Aired: Jan. 19, 2024

[Play segment here](#)



EVERYDAY ANXIETY STRATEGIES FOR EARLY YEARS (EASEY)

EASEY is a self-paced, online course and collection of resources that provides B.C. early years professionals with practical and evidence-informed anxiety information and strategies to strengthen their capacity to support families with young children ages 0-6 experiencing everyday (mild to moderate) anxiety.

[Now available on the HealthyMindsBC website at no cost.](#)

QUESTIONS? REACH US HERE:

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:





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

Mobilizing for Child Welfare Systems Change - Free

January - June 2024

Register before
January 31st 2024

Join us for collaborative engagements on child welfare policy and systemic advocacy strategies for Indigenous service providers and community leaders as well as parents with lived experience of the child protection system. Contribute to direct advocacy actions!

Skill development & Network-building

- 1** 3 virtual collaboratives engagements (90 minutes each)

OR

- 2** 3 virtual collaborative engagements PLUS 7 skill-development sessions (90 minutes each)

**Registrants who participate in all 10 sessions are eligible to be considered to participate in an in-person small table dialogue session with former MLA, Melanie Mark.*



Register

SCAN OR CLICK TO REGISTER



Funded by the:
THE LAW FOUNDATION OF BRITISH COLUMBIA

CONTACT US: kinshipcare@parentsupportbc.ca | Kinship Care Help Line: 1-855-474-9777



Are you raising a grandchild?

CALL US

The Kinship Care Help Line provides navigational support & advocacy.

604-558-4740 (Greater Vancouver)
1-855-474-9777 (Toll Free)

kinshipcare@parentsupportbc.ca
www.parentsupportbc.ca/support-line



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



Helping Children Feel Good About Their Bodies

Feb. 13, 2024

10:00 AM - 11:30 AM

REGISTER

In partnership with:



FREE

Online workshop

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!





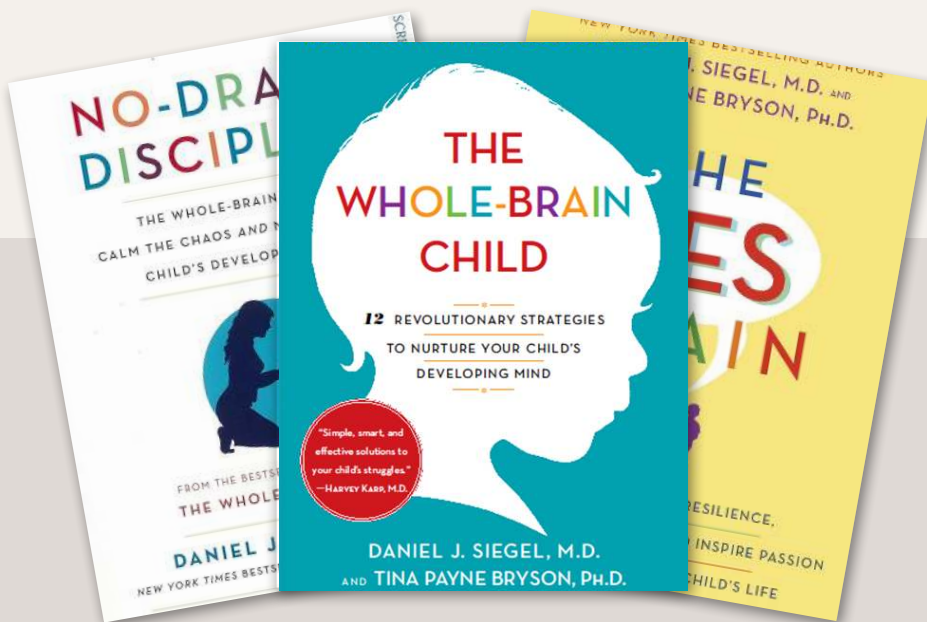
PARENTING Book Clubs

Thank you to all who have registered for our ongoing winter book clubs.

Keep an eye out for our upcoming Spring Book clubs launching in April 2024.

Spaces will be limited.
Ask to join the waitlist today!

Join Waitlist 



www.parentsupportbc.ca/workshops





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!



KINSHIP CARE PARENTING SUPPORT GROUP

Date: Thursday (Bi-weekly)
Time: 10:00 AM
Location: Online via Zoom

[▶ JOIN NOW](#)



SPANISH SPEAKING FATHERING SUPPORT GROUP

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

[▶ JOIN NOW](#)



PARENTING TEENS SUPPORT GROUP

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

[▶ JOIN NOW](#)



PARENTING CHILDREN W/ADHD SUPPORT GROUP

Date: Sundays (Bi-weekly)
Time: 10:00 AM
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




MONDAY

- | | | |
|---|--|---|
| 10:00 AM KINSHIP CARE GROUP  | 7:00 PM SPANISH GROUP  | 8:00 PM KOREAN GROUP  |
| 10:00 AM KOREAN GROUP  | 7:00 PM SPANISH SPEAKING FATHERS  | 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 WITH 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) PG  |



FRIDAY

- | | | |
|--|---|---|
| 10:00 AM MANDARIN GROUP  | 12:00 PM NEW WEST SPANISH GROUP  | 7:00 PM CANTONESE GROUP  |
| 7:30 PM MANDARIN BURNABY  | 8:30 PM SINGLE PARENTS GROUP  | |

SATURDAY

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

SUNDAY

- | | |
|---|--|
| 10:00 AM PARENTING CHILDREN WITH 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





PSS Volunteer Facilitators,

IN YOUR OWN WORDS,
please explain the aim
OF OUR PARENTING SUPPORT GROUPS?

"...to support parents with learning about tools on social and emotional regulation options." -Lisa

"...to ensure and prioritize a safe welcoming environment where participants feel heard, safe, and welcomed."-Lisa

"...to learn effective parenting skills, and build a positive parent-child relationship"-Jin

"...to help the families, parents, grandparents, and children in their problems such as abusing and bullying."-Amira

"...to provide an environment for the parents to learn how to build up a rapport with their children and learn how to communicate with their children" - Tommy



[CLICK HERE TO LEARN MORE ABOUT OUR PARENTING SUPPORT GROUPS](#)





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





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



SIGN UP FOR OUR:

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WITH FUNDING FROM:



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



Canada Post
**Community
Foundation**

vancouver
foundation



JANUARY 2024

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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