

Parent Support Services Society of 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/pssreferralform

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

QUESTIONS? REACH US HERE:

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

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