



Celebrating  
**50**  
YEARS  
of  
EMPOWERING  
FAMILIES



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## A MESSAGE FROM THE EXECUTIVE DIRECTOR FAMILY DAY

Family Day. A day to celebrate family. However, for some parents and other caregivers, it can be stressful.

You may feel isolated – despite your deep connections with your children. You are not alone. Over a third of parents experience chronic loneliness. Why is this? It may be that many of us no longer have the same support for raising children that we had in the past. We may have moved away from extended family and cultural connections. We may be living in new neighbourhoods, cities or countries.



Parenting can be difficult at the best of times. We all want the best for our children. Parenting when we are stressed about the cost of living, and worried about our children is hard. Feeling isolated makes those stresses and worries even more difficult.

Adding to that stress, research indicates that parental loneliness can negatively impact the mental and physical health of you and your children.

### **What can we do?**

Dr. Kimberley Brownlee, Canada Research Chair in Ethics and Political & Social Philosophy, University of British Columbia, has written that we are “so deeply social that meeting our social needs – for decent human contact, acceptance within a community, companionship, loving relations, and interdependent care – is more important than meeting every other need we have.”

### **How do we make those social connections?**

Reach out to other parents who may also be feeling lonely. Feeling needed by others (not just your children) can break down loneliness.

Connect with your child’s childcare or school community. Contact your local Community Centre, Neighbourhood House, Family Place. If English is not your first language, reach out to an organization like Mosaic, or SUCCESS that might help you connect with others who speak your language.

There are organizations such as Parent Support Services Society of BC which operate parenting support groups made up of folk like you. Groups for parents and grandparents. Groups that operate in various languages. Groups for those raising children with unique needs. These are spaces where you can talk about your stresses and challenges. Where you can share without being judged. Where you can learn parenting strategies. Spaces where you feel connected.

If this all seems too much – let’s try one little step. We can all take the time to just say, “hello” to our neighbours.

Jane Bouey  
Executive Director – Parent Support Services Society of BC



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



**Parent Support Services Society of BC** | Supporting families and anyone in a parenting role

## GRAND GATHERING Victoria, BC

Join us for snacks & a fun kids Lego activity! For kinship caregivers with children 12 years old & under.

- **Saturday, March 2, 2024**
- **11:00 AM to 1:00 PM**
- **Quadra Village Community Centre**

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

**FREE**

**IN-PERSON EVENT**

[Scan or click to REGISTER](#)



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

We acknowledge the financial support of:  
The Province of British Columbia and



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



# Bill McFarland Award

For the Advancement of Excellence in Child Welfare

**2024**

Nominations due Friday, March 1, 2024

[LEARN MORE](#)



Members of the public are invited to nominate, individuals and companies that have demonstrated outstanding devotion to the prevention of child abuse over a long period of time, and or efforts related to a project which is making a lasting mark on the welfare of children in BC.

Please submit the nomination form by email to [office@parentsupportbc.ca](mailto:office@parentsupportbc.ca) with the Subject line: McFarland Award.



**FEBRUARY 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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# 50TH ANNIVERSARY GALA

## UPDATES & NEWS

### WHAT? WHEN? WHERE?

Join us on **Thursday, June 6, 2024** at the **Hilton Vancouver Metrotown** for an evening of fine dining, live music, special tributes and the presentation of the Bill McFarland award.

50<sup>th</sup>  
ANNIVERSARY  
*Gala*

**JUNE 6, 2024**  
Hilton Vancouver Metrotown



### Our First Sponsor!

🌟 A Heartfelt Thank You to Our First Sponsor! 🌟

We are incredibly grateful to the Burnaby Firefighters Charitable Society for their generous support as our first sponsor for our upcoming 50th Anniversary Gala Fundraiser.

Your sponsorship will ensure that parents, caregivers and other community members who might not have the financial means of covering the ticket fees, can still attend and enjoy an unforgettable evening in celebration of this significant milestone.

Thank you for your support and for the impact of our work in the community!

**Click here to visit their website!**

COMMUNITY TABLE  
SPONSOR  
*for the Gala*





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

### MAKING FAMILY LAW BETTER FOR FAMILIES | OPEN UNTIL MARCH 31, 2024



Want to participate in making family law better for families? Your input is important to help identify gaps and areas where the Family Law Act might need to be updated.

Visit the link below for information on how to participate in the public engagement. You can either;

- **Read the technical paper**
- **Respond to one or more of the surveys**



#### Respond to one or more of the surveys:

- [Family Violence and Protection Orders](#)
- [Parenting Assessments and Views of the Child Reports](#)
- [Time with and Care of Children](#)
- [Indigenous Perspectives on Family Law](#)

Take the surveys  
or read the  
technical paper





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



### HAVE YOU HEARD OF “FIND SUPPORT BC?”

They connect families of persons with disabilities with resources available to them. It's simple; just select your criteria in their search engine to get started.  
**See more...**



### RESEARCH SNAPSHOT: FAMILY EXPERIENCES AND ANTI-BLACK RACISM IN EARLY CHILDHOOD EDUCATION

This study examines the effects of anti-Black racism through the lived experiences of Black families with young children and early childhood educators (ECEs). This research builds on our growing understanding of the Family Identity component of the Vanier Institute’s Family Diversities and Wellbeing Framework.  
**Learn more...**



### FREE E-COURSE: FATHERHOOD FUNDAMENTALS

Dad Central’s Fatherhood Fundamentals email course is a lifeline for dads navigating the challenging journey of parenthood. Offering practical insights and expert advice, it becomes a roadmap for saving precious time and eliminating overwhelm.  
More than just a survival guide, this course empowers dads to dismantle the pressure that comes with parenting, fostering a sense of calm. **Sign up now...**



### PARENTS HEADING BACK TO WORK STRUGGLE TO FIND CHILD CARE IN B.C.

It's a familiar problem: parents struggling to find child care as they return to work. The CBC's Shelley Joyce caught up with a mom and two educators who say the waitlists are too long, and parents are being left to find alternate solutions that are potentially life changing.  
**Watch now...**

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:





# 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 an  
aunt **raising**  
a relative?

# 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.



**FREE** Online workshop

### Conscious Discipline

**Mar. 05, 2024**

**10:00 AM - 11:30 AM**

**REGISTER**

In partnership with:



information  
children

Do you sometimes wonder how to guide and support your children's behaviour in a gentle manner, while maintaining boundaries?

Join us for this free, interactive, on-line parenting workshop to learn more about;

- Brain Development in the early years
- Behaviour as communication
- Practical tips for raising children under 12 years old
- Applying the concepts to "real-life" parenting



Scan or click  
here to **Register**

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

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

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## 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 (Weekly)  
**Time:** 10:00 AM  
**Location:** Online via Zoom

[▶ JOIN NOW](#)



### **KOREAN PARENTING SUPPORT GROUP**

**Date:** Saturday (Weekly)  
**Time:** 10:00AM  
**Location:** Burnaby In-person

[▶ JOIN NOW](#)



### **PARENTING TEENS SUPPORT GROUP**

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

[▶ JOIN NOW](#)



### **ARABIC PARENTING SUPPORT GROUP**

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

[▶ 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 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 = 



[bit.ly/pssreferralform](https://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)  | 7:30 PM KINSHIP CARE GROUP  |
|--|--|
- PRINCE GEORGE, BC

## 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  |
| 12:00 PM ARABIC   BURNABY   | 12:30 PM WOMEN'S WELLNESS (INDIGENOUS, HADIH HOUSE) PG  |  |
| 7:00 PM GENERAL PARENTING   | 8:00 PM PARENTING TEENS (13+)                            |  |



## FRIDAY

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

## SATURDAY

- |  |
|--|
| 10:00 AM KOREAN PARENTING SUPPORT GROUP   BURNABY   |
| 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](mailto:bella_cenezero@parentsupportbc.ca)





## VOLUNTEERING AT PSS VOLUNTEER OPPORTUNITIES



### 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 Volunteers aged 55+ !

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



## Volunteer at the 50th Gala

We're looking for dedicated volunteers with event planning & fundraising experience to help bring the 50th gala to life. As a volunteer, you'll play a crucial role in helping us ensure every detail is perfect for this special evening.

Got questions? Connect with us at [volunteer@parentsupportbc.ca](mailto:volunteer@parentsupportbc.ca) or registering below

[VOLUNTEER TODAY](#)





# 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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