



Celebrating
50
YEARS
of
EMPOWERING
FAMILIES

IN THIS ISSUE

<u>INTRODUCTION</u>	01
<u>CIRCLE OF SECURITY</u>	02
<u>GALA UPDATES</u>	03
<u>HELP US REACH OUR GOAL!</u>	04
<u>COMMUNITY NEWS & UPDATES</u>	05
<u>PTW 2024</u>	06
<u>VOLUNTEER RECOGNITION</u>	07
<u>COMMUNITY RESOURCES</u>	08
<u>KINSHIP CARE UPDATES</u>	09
<u>SPOTLIGHT SUPPORT GROUPS</u>	10
<u>SUPPORT GROUPS SCHEDULE</u>	11
<u>VOLUNTEER OPPORTUNITIES</u>	12
<u>GET INVOLVED</u>	13
<u>CONTACT US</u>	14



QUICK LINKS



[NEWSLETTER](#)

[DONATE](#)

[VOLUNTEER](#)

[RESOURCES](#)





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 11:30am on Thursdays
Starting April 11, 2024

Where?

Online Workshop:
1.5 Hours Via Zoom
*Limited space available.

SCAN ME

Register Now



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

Or email us at
office@parentsupportbc.ca

Registration deadline:
4pm March 25, 2024

We thank the Province of British Columbia for their financial contribution

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



MARCH 2024

PSS of BC recognizes and respects all the Indigenous Nations, Traditional Lands and Territories upon which we Gather, Live, Work and Play

PAGE 02



50TH ANNIVERSARY GALA

UPDATES & NEWS

50th
ANNIVERSARY
Gala

JUNE 6, 2024
Hilton Vancouver Metrotown

Call for Volunteers: Be a Part of Our 50th Anniversary Gala Celebration!

Dear PSS Community Members,

As we prepare to celebrate a milestone moment in our organization's history, we're reaching out to YOU for help in making our 50th Anniversary Gala an unforgettable event! **Here's how you can get involved:**

- Online Silent Auction Support
- Guest Registration & Welcoming
- Event Cleanup & Wrap up

Volunteer



Have you been positively impacted by our services? Share your story today!

Are you parent or caregiver who has utilized PSS services and would like to share your story on camera?

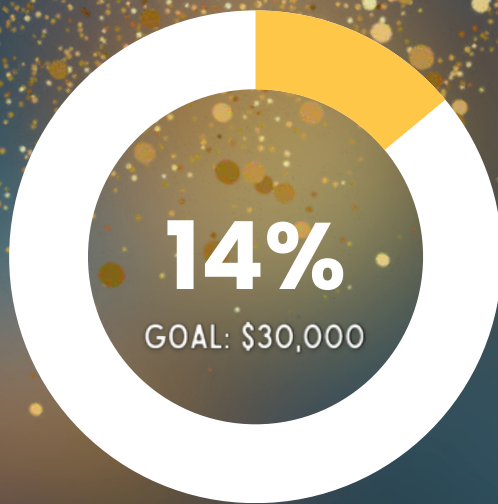
We're creating a short video to showcase the experiences of parents and highlighting the impact of our services on families. This video will be presented at the 50th Anniversary Gala this coming June.

Contact Us





Help us reach our goal of \$30,000



**RAISED:
\$4,262.17**

Your support will ensure that our vital programs, including our Parenting Support Groups & Canada's first Kinship Care Help Line, can continue serving families barrier-free.

BUY TICKETS

DONATE

SPONSOR US



Parent Support Services
Society of BC

www.parentsupportbc.ca/gala



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

THE BIG PICTURE: An overview of the 2023 BC Adolescent Health Survey provincial results



MCCREARY CENTRE SOCIETY, 2024

Since 1992, the BC Adolescent Health Survey has been administered to young people throughout the Province to learn about the emerging health issues facing youth in our province. The 2023 BC AHS was completed by around 38,500 young people aged 12–19 in 59 of BC’s 60 school districts. The survey was developed in consultation with young people, parents, and other experts in youth health. It was pilot-tested with diverse young people in communities across BC before being administered by Public Health Nurses and allied health professionals to students in mainstream public schools in the spring of 2023.

Results from the 2023 BC AHS paint a picture of what life is like for youth aged 12–19. The results provide data on youth home life, including living situations, Government care experience, parental monitoring. Data on housing, food security, mental health, school experiences, relationships and much more is also explored.

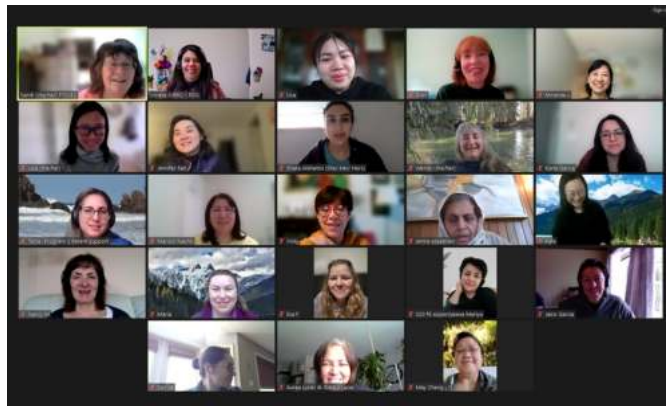
This report stands as an incredible testament to the resilience and perseverance of so many British Columbians who want to ensure they have up-to-date, accurate, and comprehensive data about the health of our young people, with which to make informed and evidence-based decisions.

[To read the overview of the 2023 BC Adolescent Health Survey provincial results, click here...](#)



VOLUNTEERING AT PSS PROVINCIAL TRAINING WORKSHOP MARCH 2024

On March 9th, 2024, PSS hosted the Provincial Training Workshop, held online for our volunteer facilitators and steering committee members. Throughout the years, our Provincial Training Workshops have provided education and training to PSS volunteers on a variety of key topics relevant and necessary for facilitators. Last year, we addressed self-compassion, trauma-informed practice, and had an introduction of the Parenting After Separation Course.



This year, apart from addressing the common challenges faced by our support groups and their facilitators, we committed to connecting with Indigenous communities in an effort to learn about Indigenous rights, history, treaties and the legacy of residential schools. PSS staff & volunteers were honoured to be joined by Elder Joe Wilson, who helped us deepen our understanding and learn about the impacts of colonization & residential schools through Elder Joe Wilson’s personal story & experience. His workshop was titled **“Embracing the spirit of the Truth and Reconciliation's Calls to Action”**.

The discussions during the round table session were highly productive and engaging, with facilitators actively sharing insights, experiences, and strategies related to various aspects of their roles. The workshop discussions focused on these main topics:

1. **Strategies for managing group discussions when parents are raising neurodivergent children.**
2. **Addressing group challenges such as keeping meetings on time, ensuring equal participation, handling new referrals and changing attendance rates.**
3. **Tips for starting new support groups.**
4. **Challenges faced by facilitators**

Apart from participating in discussion, the volunteers were able to engage in a Networking Session which gave them an opportunity to connect with other volunteers. PSS extends gratitude to Elder Joe Wilson for sharing his presence and impactful personal experience. Thank you volunteers for attending and contributing to the PTW. Your dedication to your groups, and enthusiasm for supporting parents and caregivers is truly commendable and serves as an motivation to us all. **[Check out our volunteer recognition on the next page!](#)**

This workshop was made possible thanks to the funding from The New Horizons for Seniors Program

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





VOLUNTEERING AT PSS VOLUNTEER RECOGNITION



Dear PSS Volunteers,

Thank you for your ongoing dedication to Parent Support Services and for your continued efforts to make a positive difference in the lives of families across our province. Your contributions are invaluable, and we are immensely grateful for everything you do.

LOWER MAINLAND & FRASER VALLEY

- | | | |
|-----------------------------------|------------------------------------|--------------------------|
| Ravinder Dhaliwal (1 Year) | Ka Ling (Sara) Chan (1 Year) | SungHee Kwak (1 Year) |
| Sara Rogers (1 Year) | Karla Susana Garcia Ortiz (1 Year) | Rosa Elena Lau (1 Year) |
| Maria Teresa Priego (1 Year) | Hongmei Chen (1 Year) | Paula Rajmil (1 Year) |
| Natalia Fonseca da Silva (1 Year) | Fernanda Figueiredo (1 Year) | Bowen Lan (1 Year) |
| Ellen Niemer (3 Years) | Azucena Martine Lorenzo (3 Years) | Liana Weinberg (3 Years) |
| Jiyoung (Kate) Shim (3 Years) | Yuqi (Helen) He (6 Years) | Serina Chen (9 Years) |

PRINCE GEORGE REGION

Marilyn Nelson (10 Years)

INTERIOR

- | | | |
|--------------------------|---|---------------------|
| Katie Tersmette (1 Year) | Nancy Elizabeth Ochoa Ceballos (1 Year) | Sana Khan (2 Years) |
|--------------------------|---|---------------------|

CENTRAL VANCOUVER ISLAND

Yan Chan (3 Years)

SOUTHERN VANCOUVER ISLAND

- | | | |
|-----------------------------|------------------------|---------------------|
| Tabitha Rutherford (1 Year) | Jodelene Weir (1 Year) | Beth Kope (2 Years) |
|-----------------------------|------------------------|---------------------|





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



CHILDREN & FAMILY DIRECTORY | NORTH SHORE, BC

Check out this awesome directory published by the North Shore Community Resources: Child and Family Programs. This directory provides information to families with children 0-12 across the North Shore: the City of North Vancouver, the District of North Vancouver, the District of West Vancouver, Bowen Island and Lions Bay. **See more...**



NANAIMO MEN'S RESOURCE CENTRE | NANAIMO, BC

The Men's Centre, a registered charity dedicated to helping men in challenging situations. They provide specialized counseling, coaching and advocacy services, as well as peer groups and workshops, so you can find the support you need. **Learn more...**



ADHD FOR PARENTS AND CAREGIVERS: WEBINAR SERIES

On this page, you will find webinar recordings and powerpoint slides for our ADHD for Parents and Caregivers webinar series. These previously recorded webinars are part of a free education series, providing parents and caregivers with information on the basics of ADHD, evidence based treatment options, self-regulation tools for children with ADHD, tips on parenting a child with ADHD, and how to help a child with ADHD at school.

Watch now...



SPRING BREAK 2024: 13 FUN THINGS TO DO WITH KIDS IN METRO VANCOUVER

Spring break is coming up and if you're among those still scrambling for ideas to entertain your kids, you've come to the right place. This year's spring break takes place during the last two weeks of March, from March 18 to 29. Along with the longer days and warmer temperatures, there are plenty of activities, classes, workshops and events going on in Metro Vancouver to keep your child happy and having fun.

Learn more...

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 >

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

Book an appointment

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





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!



MANDARIN PARENTING SUPPORT GROUP

Date: Fridays
Time: 7:30 PM
Location: Burnaby, In-person

[▶ JOIN NOW](#)



GENERAL PARENTING SUPPORT GROUP

Date: Mondays
Time: 9:00 PM
Location: Online via Zoom

[▶ JOIN NOW](#)



FATHERING SUPPORT GROUP

Date: Wednesdays
Time: 7:30 PM
Location: Online via Zoom

[▶ JOIN NOW](#)



SPANISH FATHERING SUPPORT GROUP

Date: Mondays
Time: 6:00 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 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

MONDAY

- 10:00 AM KINSHIP CARE GROUP 
- 7:00 PM SPANISH GROUP 
- 8:00 PM KOREAN GROUP 
- 10:00 AM KOREAN GROUP 
- 6:00 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 KINSHIP CARE GROUP 
- 12:00 PM NEW WEST PORTUGUESE 
- 12:00 PM ARABIC | BURNABY 
- 12:30 PM WOMEN'S WELLNESS (INDIGENOUS, HADIH HOUSE) PG 
- 6:30 PM MANDARIN | COQUITLAM 
- 7:00 PM GENERAL PARENTING 



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





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



Event Volunteers needed for Grandparents Day Picnic this September

We're calling on volunteers to help us make this event an unforgettable experience for all. Help us with setting, preparing and serving delicious food, and organizing fun activities and games for everyone!

[APPLY NOW](#)



Silent Auction Support Volunteers needed for Grandparents Day Picnic Fundraiser this September

Volunteer to assist with the coordination and management of our online silent auction, ensuring smooth operation and maximizing fundraising efforts.

[APPLY NOW](#)





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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[NEWSLETTER](#)

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[WEBSITE](#)

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FOLLOW US ON:



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PAGE 14