

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 = 

SCAN OR CLICK HERE
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

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|---|--|
| 2:00 PM FAMILY UNITY (INDIGENOUS, HADIH HOUSE)  PRINCE GEORGE, BC | 7:30 PM KINSHIP CARE GROUP  |
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WEDNESDAY

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| 7:00 PM PARENTING CHILDREN WITH ADHD  | 7:30 PM GENERAL PARENTING  | 7:30 PM FATHERING GROUP  |
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THURSDAY

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| 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  | |
| 6:30 PM MANDARIN COQUITLAM  | 7:00 PM GENERAL PARENTING  | 8:00 PM PARENTING TEENS (13+)  |



FRIDAY

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|--|---|---|
| 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

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| 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+)  |
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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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