



Celebrating  
**50**  
YEARS  
of  
EMPOWERING  
FAMILIES



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## QUICK LINKS



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Parent Support Services  
Society of BC



# NEURODIVERGENT CHILDREN PARENTING SUPPORT GROUP

## Thursdays

6:00  
PM

FREE  
Via ZOOM

WEEKLY ONLINE



Registration is required.  
For more information call 1-877-345-9777  
(Toll-Free) or visit [parentsupportbc.ca](http://parentsupportbc.ca)

SCAN OR FOLLOW  
LINK TO JOIN



### REGISTER TODAY

Groups are  
**confidential,**  
**anonymous** and  
are facilitated by  
trained volunteers.

[bit.ly/psreferralform](https://bit.ly/psreferralform)

Got a question? Email us at  
[office@parentsupportbc.ca](mailto:office@parentsupportbc.ca)



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

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



APRIL 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 FUNDRAISER

## NEWS & UPDATES

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

JUNE 6, 2024  
Hilton Vancouver Metrotown



## Presenting our Bronze Sponsor!

### A Heartfelt Thank You to The Hospital Employees Union

We are incredibly grateful to the Hospital Employees Union for their generous contribution as one of our BRONZE sponsors for the upcoming 50th Anniversary Gala Fundraiser.

Thanks to your generous sponsorship will ensure an unforgettable experience for all attendees! Your support will enable us to get closer to our goal of raising \$30,000 for the continuation of our crucial Parenting programs and services.

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



# HEU

[Click here to visit their website!](#)

## GET YOUR TICKETS EARLY!

Secure your spot! Get your gala tickets early and guarantee your seat for an unforgettable evening of inspiration & entertainment. Don't miss out – reserve your tickets now!

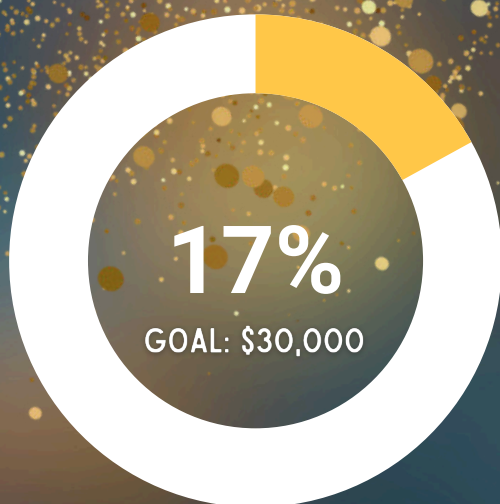
**BUY TICKETS**







# Help us reach our goal of \$30,000



**RAISED:  
\$5,100**

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

**BUY TICKETS**

**DONATE**

**SPONSOR US**



Parent Support Services  
Society of BC

[www.parentsupportbc.ca/gala](http://www.parentsupportbc.ca/gala)





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

### NEWS from the Ministry of Education and Child Care **Families no longer charged fees for child care waitlists**



(GOV.BC.CA)

Starting April 1, 2024, families seeking licensed child care won't face waitlist fees, easing the burden of finding quality care. Minister Mitzi Dean stated, "Eliminating these fees means families can save hundreds or even thousands of dollars."

Previously, about 5% of providers charged waitlist fees ranging from \$25 to \$200. This change ensures equitable access to child care, aligning with B.C.'s affordability programs, which have reduced daily costs from \$45 to \$18. The move has garnered support from parents like Gerónimo Ratcliffe and Rory Richards.

Notably, the Affordable Child Care Benefit (ACCB) supports low- to middle-income families, covering up to \$1,250 monthly per child. Visit [www.gov.bc.ca/childcare](http://www.gov.bc.ca/childcare) for more information.

**[Learn more here...](#)**



## UPCOMING 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

**Understanding Temperament and Goodness of Fit**  
May 1, 2024 7:00 PM - 8:30 PM

**REGISTER**

In partnership with:



Join us as we explore:

- Ways to improve goodness of fit
- Being aware of our own temperament
- Adjusting, when needed



**FREE** Online workshop

**Creative Journaling: Self-Care for parents & caregivers**  
May 14, 2024 10:00 AM - 11:30 AM

**REGISTER**

Discover the power of Creative Journaling for mental health! This workshop offers practical techniques to reduce stress, recharge, and gain perspective as a parent or kinship caregiver. **Presented by: Nicolle Nattress, CAC II** Counselor, Mom & Author.



**FREE** Online workshop

**Dealing with Parenting Power Struggles**  
May 22, 2024 7:00 PM - 8:30 PM

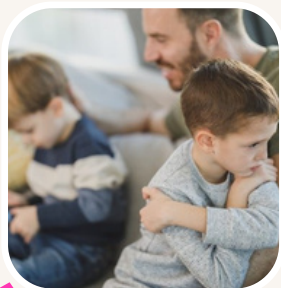
**REGISTER**

In partnership with:



Join us as we explore:

- Why power struggles occur
- How to best support your children to be more cooperative



**FREE** Online workshop

**Tuning Into Temperament**  
May 28, 2024 10:00 AM - 11:30 AM

**REGISTER**

In partnership with:



Join us as we explore:

- The 9 different temperament traits
- Focusing on our child's strengths
- Matching our parenting to our child's temperament







# Grand Gathering Workshops

## Open to Kinship caregivers in BC

**Wednesday, Apr 24, 2024 | 10 am - 11:30 am**  
**Coaching our kids through life's obstacles**

In today's world, children face life's challenges, and our role is to support and coach them as we co-regulate. As your child's primary defender, your self-care is crucial. This workshop will address how to reflect your child's emotions and help them regulate.

**Online Workshop**



**Wednesday, May 1, 2024 | 10 am - 11:30 am**  
**Creating & deepening attachment with our children**

Healthy attachments are essential for children to feel safe and secure. This workshop will explore various attachments and strategies to meet children's attachment needs, fostering deeper connections.

**Workshop Presenter:**  
Brenda Dragt, MSW - CCI Consultant & Lead Trainer, Complex Care & Intervention program with Complex Trauma Resources.

Scan or Click to Register

**FREE**



Registration required to participate in this workshop!

Register now -  
Workshops Apr 24 & May 1 - 2024

**GOT QUESTIONS?**  
**REACH US AT:**  
1-877-345-9777 (Toll-Free)  
office@parentsupportbc.ca  
parentsupportbc.ca

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

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



### BC ORCA BURSARY PROGRAM

The BC Orca Bursary Program awards financial assistance to youth from care who plan to pursue a post-secondary program at an accredited BC institution. The program was established last year by a generous group of philanthropists and is intended to help cover tuition or other expenses associated with educational programs. **Application deadline is April 23rd, 2024**

[Learn more...](#)



### YOLO (YOUTH OFFERING & LISTENING OPPORTUNITIES)

Community Services presents a FREE event for parents, caregivers and service providers of young people on **Fri, Apr 26, 2024 1:00 PM - 9:00 PM** in **Maple Ridge, BC**. Come participate in a safe space where young people speak and the adults attending simply listen. Youth will share their life experiences as a way to support parents & caregivers understanding of the young people in their life and in general.

[Learn more...](#)



### ENHANCING PARENT/CHILD RELATIONSHIPS THROUGH PLAY

South Peace Child Development Centre presents an in-person workshop ideal for parents and children ages 0-5. As well as Early Childhood Educators. This workshop will provide knowledge on how to build a secure relationship through play. The workshop is **free** to attend. Date & Time: **Wed, Apr 17, 6:30PM** Location: **Our Social, 833 102 Avenue #201 Dawson Creek, BC**

[Register today...](#)



### PARENT & CAREGIVER WELL-BEING: TAKING CARE OF YOURSELF

Taking care of yourself is an important part of your mental health and well-being. Self-care can sometime feel like another thing on your to-do list, but often it starts with being aware of your own needs as you move through the day. It also helps you to show up in the way you want to for your child and family. You deserve to give yourself the love, care and attention you so often give to others.

[Continue reading this article from Kelty Mental Health Resource Centre...](#)

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** >

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](http://www.parentsupportbc.ca/support-line)

**Book an appointment**

### Expanded eligibility | New supports available for current, former youth in care

Starting April 4, 2024, over 9,000 current and former youth in care gain access to crucial financial, housing, educational, medical, and cultural supports through the Strengthening Abilities and Journeys of Empowerment (SAJE) program.



**More than 9,000 current and former youth in care will get more support as they enter adulthood**

(GOV.BC.CA)

Eligibility expansion now includes young adults from all legal care statuses, offering a new unconditional income support of \$1,250 per month from age 19 to 20, with the option to extend until age 27 through eligible programming. These changes aim to prevent homelessness and poverty, providing stable housing and opportunities for success.

**Learn more at: <https://www.gov.bc.ca/SAJE>**





## 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!



### ARABIC PARENTING SUPPORT GROUP

**Date:** Thursdays  
**Time:** 12:00 PM  
**Location:** Burnaby, In-person

[▶ JOIN NOW](#)



### GENERAL PARENTING SUPPORT GROUP

**Date:** Mondays  
**Time:** 7:30 PM  
**Location:** Online via Zoom

[▶ JOIN NOW](#)



### GENERAL PARENTING SUPPORT GROUP

**Date:** Thursdays  
**Time:** 7:00 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 = 

SCAN OR CLICK HERE  
TO JOIN A 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        | 6:00 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 KINSHIP CARE GROUP                             | 12:00 PM NEW WEST PORTUGUESE      | 12:00 PM ARABIC   BURNABY  |
| 12:30 PM WOMEN'S WELLNESS (INDIGENOUS, HADIH HOUSE) PG  | 6:00 PM NEURODIVERGENT CHILDREN  |                            |
| 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](mailto:bella_cenezero@parentsupportbc.ca)





## VOLUNTEERING AT PSS VOLUNTEER INITIAL TRAINING & WELCOME

# Welcome New Volunteer Facilitators!

# ≡ Welcome ≡

Congratulations to all the new Volunteer Facilitators on completing your initial training!

We welcome each and every one of you to the PSS community and look forward to seeing the positive impact you will make as Volunteer Facilitators supporting parents and caregivers.




---

## Interested in Becoming a Volunteer Facilitator?

Volunteer Support Group Facilitators lead our Parenting Support Groups. To become a facilitator, you need:

- Good listening skills
- Interest in supporting parents/caregivers and child relationships
- Basic understanding of child development & parenting issues
- Willingness to engage in community outreach & development
- Comfort with using ZOOM for online meetings
- Strong organizational & communication skills
- Commitment to 1 year, 3-5 hours/week, and participation in an interview process

**APPLY NOW** 

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







## VOLUNTEERING AT PSS VOLUNTEER OPPORTUNITIES



### Ushers/Greeters Needed for the 50th Anniversary Gala Fundraiser

Volunteer as an usher or registration table attendant and be an essential part of creating a welcoming and organized atmosphere for our 50th Anniversary Gala Fundraiser in June!

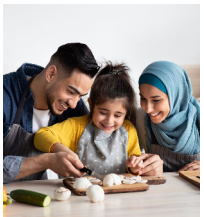
[APPLY NOW](#)



### 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.

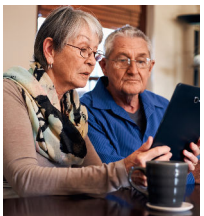
[APPLY NOW](#)



### Volunteer Facilitators needed for new **in-person 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

**Happy National Volunteer Week!**

**April 14 - 20, 2024**

 Parent Support Services Society of BC

SIGN UP FOR OUR:

[NEWSLETTER](#)

CHECK OUT OUR:

[WEBSITE](#)

SUPPORT US AND:

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Canada Post  
**Community  
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vancouver  
foundation



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