

# 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        | 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 PARENTS OF YOUNG CHILDREN (AGES 2-10)  |
| 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  |   |
| 6:30 PM MANDARIN   COQUITLAM  | 7:00 PM GENERAL PARENTING                               | 7:30 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)

### QUESTIONS? REACH US HERE:

[parentsupportbc.ca](https://parentsupportbc.ca)  
1-877-345-9777 (Toll-Free)  
[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

