

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/psreferralform




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 PARENTS OF YOUNG CHILDREN (AGES 2-10)  |
| 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 PARENTING NEURODIVERGENT CHILDREN  | |
| 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  | |
| 7:00 PM MANDARIN BURNABY  | 8:30 PM SINGLE PARENTS GROUP  | 7:00 PM CANTONESE GROUP  |

SATURDAY

- | | |
|--|--|
| 10:00 AM KOREAN PARENTING SUPPORT GROUP BURNABY  | 10:30 AM SPANISH 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

QUESTIONS? REACH US HERE:

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

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