



IN THIS ISSUE

1. [Introduction](#)
2. [Empowering Families Pt.1](#)
3. [Empowering Families Pt.2](#)
4. [Why You Should Watch Sugarcane](#)
5. [Parenting Workshops](#)
6. [Kinship Care Updates & Resources](#)
7. [Parenting Bookclub is back!](#)
8. [Circle of Security Parenting Program](#)
9. [Family Resources](#)
10. [Spotlight Support Groups](#)
11. [Support Groups Schedule](#)
12. [Volunteer Opportunities](#)
13. [Get Involved](#)
14. [Contact us](#)

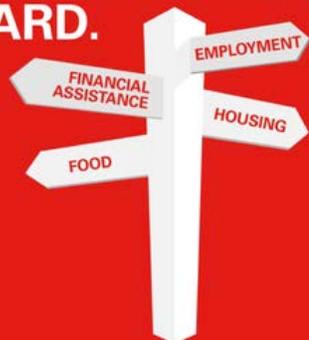
We Need Your **FEEDBACK**

Share your thoughts about our newsletter by filling out this quick survey. Your feedback helps us improve!

Click below to start the survey now.

[GET STARTED →](#)

LIFE CAN BE HARD.
FINDING HELP
CAN BE EASY.



Dial 2-1-1 to find help for all of life's challenges.



QUICK LINKS



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[NEWSLETTER](#)





Empowering Families Through Connections

Family is about connection and for many parent & caregivers, finding the right support makes all the difference.

Family isn't just about who you live with—it's about who supports you. In today's world, parenting can feel more overwhelming than ever. Rising costs, social isolation, and the pressures of everyday life leave many parents and caregivers feeling alone. At the same time, phones and social media keep us connected, but not always in the ways we need most.

For parents like Sonia, a busy working mom of two, balancing work, parenting, and the unique needs of her 6-year-old neurodivergent son, Liam, can be overwhelming. "I felt like I was failing at everything—parenting, work, and even taking care of myself," Sonia shares.

That changed when she joined one of our Parenting Support Groups. There, she found more than advice—she found a community, practical strategies, and a sense of relief knowing she wasn't alone. "My stress level dropped" she says. "The group reminded me it's okay to ask for help."

Maria, a 62-year-old grandmother raising her 8-year-old grandchild, faced her own challenges. Navigating complex legal and government systems felt impossible—until she called our Kinship Care Helpline. With support from our Advocate-Social Workers, Maria successfully accessed financial resources she didn't even know existed.

At Parent Support Services, our programs and services are meant to empower families—whether it's a support group, a parenting workshop, or the Kinship Care Helpline, no parent or caregiver should have to struggle alone.



This year, please join us in supporting our mission to build stronger, healthier families. Thanks to our vital programs and your unwavering support—we're making a meaningful difference. Here's how we impacted lives last year:

Our Impact



1 Positively impacted at least **4,000 children** across B.C. through Parenting Support Groups.



2 Connected more than **21,500 parents and caregivers** with parenting support services.



3 Engaged with more than **1670 grandparents and others** through our Kinship Care Help Line, enabling hundreds of children (who would otherwise be in government care) to live with loving relatives and reconnect with their culture.



Your Support Makes a Difference

As a non-profit organization, we rely on your generosity to continue our work. Your funding helps us:

- **Expand Parenting Support Groups**, bringing more in-person groups to communities across B.C.
- **Provide childminding services for in-person groups**, ensuring accessibility.
- **Maintain and grow Canada's only Kinship Care Helpline**, offering vital support to families.

Our Parenting Support Groups, Parenting Workshops and Kinship Care Help Line provide parents and caregivers with practical advice, practical resources, and a supportive community that reminds them they're not alone. Donate today to help empower families across BC.



To donate by mail or email, please fill out [our donation form here.](#)

SCAN ME



To learn more about our services, visit www.parentsupportbc.ca



MOVIE RECOMMENDATION

Why You Should Watch Sugarcane | The Documentary Film

Have you heard of the Documentary Film titled, Sugarcane? If not, you'll need to read on to know why this is a film you won't want to miss! Set against the backdrop of a groundbreaking investigation into abuse and unmarked graves at an Indian residential school in Canada, Sugarcane brings to light long-ignored truths while honoring the enduring love within Indigenous families.

Directed by Julian Brave NoiseCat and Emily Kassie, this film is an epic cinematic portrait of a community confronting its past and breaking cycles of trauma. The documentary Sugarcane is a must-watch because it also sheds light on the experiences of Indigenous children and families within the child welfare system in BC.

As an organization dedicated to supporting parents, kinship caregivers, and anyone else in a parenting role, it's crucial for our community of staff, volunteers, and families to understand the historical and ongoing impacts of these systems.

Why Movies Like This Matter

Movies like Sugarcane help people understand the truth about Canada's past and the impact it still has today. They encourage us to face hard realities about Indigenous history and the challenges that continue today. At the same time, they show the importance of culture, healing, and Indigenous communities leading their own care and support. Most of all, films like this highlight the incredible strength and resilience of Indigenous people.



In Canada, Sugarcane are available to stream on Disney+ and Hulu and aired on National Geographic on February 16, 2025.

Actions you can take after watching Sugarcane

After watching Sugarcane, there are many ways to take action. Share what you've learned with friends, family, and your community to help raise awareness. Support Indigenous-led organizations that work in child welfare and family support. Advocate for policies that protect and uplift Indigenous families. Most importantly, continue learning and commit to truth and reconciliation in your everyday life.

Honor and learn from Indigenous communities on these upcoming significant days:

- Red Dress Day (MMIWG2S) - May 5, 2025
- National Indigenous Peoples Day - June 21, 2025
- Orange Shirt Day & National Day for Truth and Reconciliation - September 30, 2025
- Louis Riel Day - November 16, 2025





Parenting Workshops

Free, Online, Educational Workshops



Let's Talk: How Babies Learn Language

THURSDAY, APRIL 10, 2025 | 10AM - 11:30 AM | ONLINE

This workshop provides parents and caregivers with valuable insights into infant language learning. Learn practical, evidence-based techniques to foster your child's language skills during these pivotal early years.

Register

FREE

In partnership with:



Tools for Navigating Challenging Conversations

MONDAY, APRIL 14, 2025 | 10AM-11:30AM | ONLINE

This workshop explores boundaries and:

- how they are developed differently for each of us
- the role and impact of assumptions in boundaries,
- how boundaries may change when adult relationships shift
- cultivating flexibility/perspective taking/ and alignment when it comes to boundaries and extended relationships

Register

FREE

Presented by Charlene Croukamp



Firm, Fair, and Consistent

WEDNESDAY, APRIL 16, 2025 | 7 PM - 8:30 PM | ONLINE

When it comes to raising children, one of the most important parenting skills a parent can learn is summed up in a few words: "Firmness doesn't require harshness." During this workshop we'll discuss ways you can support more cooperation from your child, without yelling, shaming, or arguing back and forth.

Register

FREE

In partnership with:



A Strong Start: Navigating Stress, Coping & Substance Use

WEDNESDAY, APRIL 23, 2025 | 10AM-11:30AM | ONLINE

This workshop explores how substance use affects mental health and how parents and communities can foster safe, supportive spaces for youth to manage stress, anxiety, and depression.

Register

FREE

In partnership with:





KINSHIP CARE KINSHIP CARE UPDATES & RESOURCES



PETITION to include Child Dependent Benefits for CPP Applicants (#e-6403)

Right now, seniors raising children—like grandparents or other family members—can't get extra support for those kids through their Canada Pension Plan (CPP). The only CPP benefits for children are for those whose parents are disabled or have passed away.

Sign this petition which asks the government to add a new benefit for seniors (60+) who are financially responsible for children. If they've paid enough into CPP, they should receive monthly financial help for kids under 18 (or under 25 if they're in school). The goal is to help seniors who are stepping up to raise children when parents can't.

[Click here to sign this petition!](#)



Calling All Artists From Care! | Spotlight: Child Welfare

Media partners in the [Spotlight: Child Welfare](#) collaborative journalism project are interested in commissioning art/photos from youth with lived experience in "care."

To support these connections, Spotlight is building a directory of artists from "care." Anyone who has lived through government "care" (e.g. foster care, youth agreements, etc.) can join the directory.

[Read the terms and join the Directory here \(for free\):](#)



Cross Nation Knowledge Sharing on Child Welfare | PSS

A culturally safe space for First Nations, Inuit, and Metis service providers and community leaders to:

- Meet online every second Thursday 10am to 12pm
- Consult with peers on child welfare case work
- Foster collective strength for transformative systems change
- Strategize ways to amplify the voices with lived experience of the family policing system

Date: Alternating Thursdays starting Feb. 13th, 2025 (On-going)

Time: 10am-12pm

Location: Online via Zoom

Meeting ID: 821 0873 3273 | Passcode: 802549 | [Join Zoom Meeting Now](#)



PARENTING Book Club

Our Parenting Book Club is back in time for Spring!

Join us for 8 weeks to explore the science of how to cultivate **Courage, Curiosity and Resilience** in your child.

Learn how working from a “Yes Brain” helps us to better at relationships and more flexible and resilient when it comes to handling adversity and big feelings.

Starts April 17, 2025 - June 5, 2025



Thursdays (Weekly)

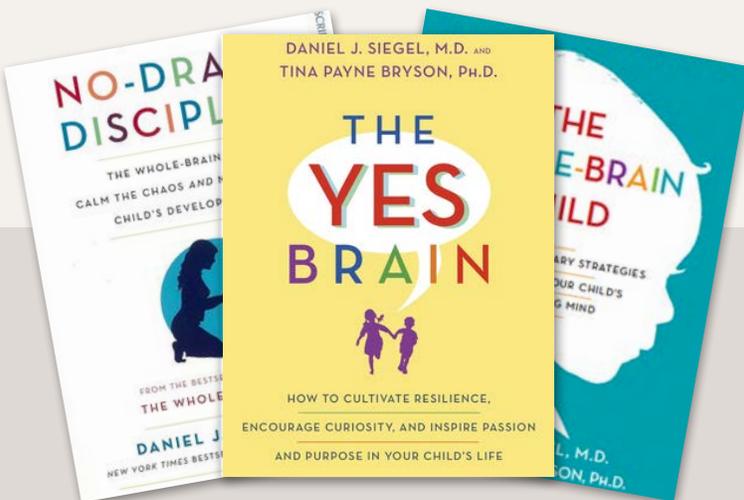


12 PM - 1:30 PM



Online via Zoom

Join Now 



www.parentsupportbc.ca/bookclub





Circle of Security Parenting Program

Circle of Security is back!

Join us for this 8-week program that 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

Morning Session:

Tuesdays, Starting April 8, 2025
10 AM – 11:30 AM
Online via Zoom

Evening Session:

Tuesdays, Starting April 22, 2025
7 PM – 8:30 PM
Online via Zoom

*Limited space available

[Register Now](#)

Learn more at www.parentsupportbc.ca

Spring 2025 sessions now open for registration!

Deadline:
March 31, 2025





RESOURCES FOR PARENTS, CAREGIVERS, FAMILIES & SERVICE PROVIDERS

FAMILY RESOURCES



[Self Advocacy for Your Child and How to Teach them to Ask for Help.](#)

CeCe, a divorced mom with 50/50 custody of her 11-year-old daughter Lo, shared a story about Lo struggling to self-advocate. During a trip to Costco, Lo ordered pizza but never received it. Despite multiple trips to the counter, she couldn't bring herself to ask for help and was nearly in tears. **[Liste to the full story on YouTube via Dr. Marcie Beigel!](#)**



[Baby's Best Chance Parents' Handbook of Pregnancy and Baby Care](#)

Check out the 8th edition of Baby's Best Chance: Parents' and Caregivers' Handbook of Pregnancy and Baby Care, published by the Government of British Columbia and Provincial Health Services Authority. Baby's Best Chance is intended to offer general information about pregnancy and parenting, with a focus on ensuring the health and wellbeing of you and your baby. It also provides guidance on how you can access additional support, should you need it.

Baby's Best Chance is the first of 2 books on pregnancy and early childhood development available from the Government of British Columbia. The second book, Toddler's First Steps: A Best Chance Guide to Parenting Your 6- to 36-Month-Old, covers development, nutrition, health, parenting and safety for toddlers. **[Click here to view this resource!](#)**



[ADHD for Parents and Caregivers: Webinar Series](#)

Find webinar recordings and powerpoint slides for the Kelty Mental Health Resource Centre's **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.

These webinars were held from January - March 2021, and brought to you by the Kelty Mental Health Resource Centre in collaboration with the BC Children's Hospital Provincial ADHD Program. **[Click here to view these resources!](#)**



[Strengthening Fathers Group | VACFSS](#)

The Strengthening Fathers Program is a culturally driven circle designed using a positive approach to strengthen Indigenous Fathers. This is an 11 week program with different topics of discussion shared each week. Fathers are encouraged to bring their child or children to the weekly meetings. Enjoy Dinner & coffee/tea, followed by Circle & Child Day Care. Limit of (15) spaces!

Date: Every Tuesday (From September - June)

Time: 5:30PM - 7:00PM

Location: 745 Clark Drive, Vancouver BC

[To register for this group | Call Patricia Phillips at 778-227-2479](#)



SPOTLIGHTING SPECIFIC SUPPORT GROUPS

Shining a spotlight on our Parenting Support Groups currently seeking new members! These groups provide a space for parents and caregivers to share the challenges, concerns, questions, skills, and information, that come with parenting.

SCAN ME



bit.ly/pssreferralform

Join to be part of a supportive community!



Parenting Support Group

Parents of Young Children (Ages 2-10)

WEDNESDAYS | 7:30PM | ONLINE

JOIN THIS GROUP TODAY



Parenting Support Group

Single Parents

FRIDAYS (BI-WEEKLY) | 8:30PM | ONLINE

JOIN THIS GROUP TODAY



Parenting Support Group

Parenting Youth (12+) with Anxiety & Depression

SUNDAYS | 7:30PM | ONLINE

JOIN THIS GROUP TODAY



Parenting Support Group

Kinship Care

MONDAYS | 10:00AM | BURNABY

JOIN THIS GROUP TODAY

Check out the full list of active Parenting Support Groups at www.parentsupportbc.ca/support-groups





bit.ly/pssreferralform

Parenting Support Group Schedule

Free, confidential, and supportive parenting groups—online or in-person—led by trained volunteer facilitators to help you share and grow. These groups provide a space for parents and caregivers to share the challenges, concerns, questions, skills, and information, that come with parenting.

Online Via ZOOM Group = 
In-Person Group = 

MONDAY

10:00 AM KINSHIP CARE GROUP 	7:00 PM SPANISH GROUP 	8:30 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 
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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 ARABIC BURNABY 	12:00 PM NEW WESTMINSTER PORTUGUESE 
12:30 PM WOMEN'S WELLNESS (INDIGENOUS, HADIH HOUSE) PG 	6:30 PM PARENTING NEURODIVERGENT CHILDREN 	
7:00 PM GENERAL PARENTING 	7:30 PM PARENTING TEENS (13+) 	

FRIDAY

10:00 AM MANDARIN GROUP 	12:00 PM NEW WESTMINSTER SPANISH GROUP 	
7:00 PM MANDARIN BURNABY 	8:30 PM SINGLE PARENTS GROUP 	7:30 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 	6:30 PM MANDARIN COQUITLAM 
7:30 PM PARENTING YOUTH WITH ANXIETY/DEPRESSION (12+) 	

Don't see a group that meets your needs? Contact our Family Education & Program Development Lead, Sandi Halvorson

Call: 604-669-1616 ext. 114
Email: sandi.halvorson@parentsupportbc.ca



VOLUNTEERING AT PSS VOLUNTEER OPPORTUNITIES & UPDATES



Volunteer Facilitators needed for Parenting Teens Support Group

We're looking for facilitators for this online, parent support group for those raising teenagers. Help create a safe and supportive space for parents & caregivers! The group meets weekly, Thursdays at 7:30 pm.

[APPLY NOW](#)



Volunteer Facilitators needed for ADHD Parenting Support Group

We're looking for facilitators for this online, parent support group for those raising children with ADHD. Applicants must have professional or lived experience working with or parenting children with ADHD. The group meets bi-weekly, Wednesdays at 7:00 pm.

[APPLY NOW](#)



Volunteer Facilitators needed for Single Parenting Support Group

We're looking for facilitators for this online, parent support group for single parents/caregivers. Help create a safe and supportive space for single parents & caregivers. The group meets weekly, Fridays at 8:30 pm.

[APPLY NOW](#)



Volunteer Facilitators needed for Parenting Neurodivergent Children Support Group

Applicants must have professional or lived experience working with or parenting Neurodivergent children. Help create a safe and supportive space for parents & caregivers. The group meets weekly, Thursdays at 6:30 pm.

[APPLY NOW](#)



Volunteer Facilitators needed for Parenting Youth with Anxiety & Depression 13+ Support Group

Applicants must have professional or lived experience working with or parenting youth with anxiety or depression. Help create a safe and supportive space for parents & caregivers. The group meets weekly, Sundays at 7:00 pm.

[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 modules 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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WITH FUNDING FROM:



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



MARCH 2025

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

PAGE 14