



# MAY 2025 NEWSLETTER

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### BREW FOR A CAUSE



A pub night fundraiser  
bringing community  
together to support families

Don't miss this fun night of  
food, drinks, trivia, prizes,  
and good company!

Read more on Page 3

**GET TICKETS!**

### QUICK LINKS



RESOURCES

DONATE

VOLUNTEER

NEWSLETTER





A MESSAGE FROM THE  
EXECUTIVE DIRECTOR

## HONOURING MOTHER'S DAY, IN ALL ITS COMPLEXITY

**During this time, let's hold  
space for all experiences—  
joyful, bittersweet, and  
everything in between.**

Mother's Day has just passed, and for many, it brought a mix of emotions. For some, it was a time of celebration, a chance to honour the love, care, and sacrifices of a mother or mother figure. For others, it brought up feelings that were more complex, or even painful.

Some may have been grieving the loss of a mother, or struggling with the absence of one. Others may be carrying the weight of difficult relationships, estrangement, or unresolved emotions. Parents and caregivers might be navigating motherhood without support, or feeling the pressure of expectations they can't meet. Many kinship caregivers—grandparents, aunts, uncles, and others—may be holding both the love and challenge of stepping into unexpected caregiving roles.

At Parent Support Services, we recognize the many layers of what it means to give and receive care. We see the beauty in all families, and the strength and the courage of those who show up for their children every day, in ways big and small.

During this time, let's hold space for all experiences, joyful, bittersweet, and everything in between. Let's be gentle with ourselves and with each other.

And let's continue building a community where no one has to parent alone. Whether it's through our support groups, workshops, or kinship care resources, we are here to walk alongside you.

With care,

**Jane Bouey**

Executive Director

Parent Support Services Society of BC





# BREW FOR A CAUSE



**WEDNESDAY, JUNE 11, 2025**

**6:00PM-9:00PM**

Dublin Crossing Vancouver  
466 SW Marine Dr, Vancouver, BC



## BREW FOR A CAUSE

A PUB NIGHT FUNDRAISER



**Wednesday, June 11, 2025**



**6:00 PM – 9:00 PM**



**Dublin Crossing Vancouver**

466 SW Marine Dr, Vancouver, BC



**Tickets – \$30 Each**

(or a bundle of 4 for \$100)

### Your ticket includes:

✓ One burger (beef, chicken, or Beyond Meat) with fries

✓ One drink (local draft beer, house wine, hi-ball, juice, soda, tea, or coffee)

\*Trivia entry sold separately.

Join us for our Pub Night Fundraiser and enjoy a fun-filled evening of food, drinks, trivia, prizes, and good company—all for a great cause!

This pub night fundraiser is raising money to keep our Parenting Support Groups running. These groups are essential spaces where parents and caregivers find guidance, connection, and resources they need to navigate parenthood.

Your contributions will help cover the costs for snacks, venue rentals, transportation, child care and guest speakers for our support groups.

Don't miss out! Get your tickets today to reserve your spot!

**GET TICKETS!**



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# MOOSE HIDE CAMPAIGN DAY

MAY 15, 2025 ♦ MOOSEHIDECAMPAIGN.CA

## 1 IN 2

Half of all women in Canada have experienced at least one incident of physical or sexual violence since the age of 16

## EVERY 2.5 DAYS

A woman or girl is murdered every two and a half days in Canada

## 3X HIGHER

Spousal violence of Indigenous women is three times higher than non-Indigenous women

## 6X HIGHER

Indigenous women are killed at six times the rate of non-Indigenous women

On **May 15, 2025** join Indigenous and non-Indigenous Canadians from across Canada to support reconciliation and help end violence against all women and children.

**Moose Hide Campaign Day** is a day for connecting, learning, and sharing, where you can hear from inspiring speakers, share experiences, and join workshops. It's a day of ceremony where we invite you to fast with us from sunrise to sunset in our **#FastToEndViolence**. Tune into the livestream or join us for our in-person Workshops and **#WalkToEndViolence** in Victoria, BC.

Supporters are encouraged to wear and share the moose hide pins on the day (and every day!) and organize events with their organizations, schools, or communities. Fasters will be supported on their fasting journey throughout the day. Events are free for anyone to attend.

LEARN MORE



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# workshops FOR PARENTS

Free,  
Online,  
Educational

LEARN MORE



## **A Night to Remember: Substance Use at Proms, Parties & Social Gatherings** Wednesday, May 14, 2025 | 10–11:30am

This workshop explores the substance use challenges teens may encounter at events like prom, weekend parties, and other social gatherings. It provides practical tips to encourage meaningful family conversations and ensure teens celebrate safely and responsibly.

REGISTER



## **Keeping Seniors Safe Online | Presented by Merlyn Horton** Wednesday, May 28, 2025 | 10–11:30am

This workshop will cover key aspects of online security, from recognizing scams to safe browsing and protecting personal data. Participants will also learn best practices for social media privacy and mobile device security to stay safe in the digital world.

REGISTER



## **Here To Help: Discussing Stigma Prevention & The Parent Support Hub** Wednesday, June 4, 2025 | 10–11:30 am

This workshop will explore what stigma is, how it impacts mental well-being, and how it complicates recovery from substance use. Additionally, we will share practical and compassionate strategies that families can use to support young people who are navigating mental health and substance use challenges.

REGISTER



## **Reframing Picky Eating: Supporting Your Eater in Training** Wednesday, June 11, 2025 | 10–11:30 am

This workshop will explore what is “normal” eating and the roles parents and children play in food choices. It will address common challenges, offer meal and snack ideas, and provide reliable nutrition resources. Learn how you can support your child to have a positive relationship with food.

REGISTER

# KINSHIP CARE UPDATES & RESOURCES

## KINSHIP CARE HELP LINE

We'd Love to Get

**YOUR FEEDBACK**



## Have you used our Kinship Care Help Line?

If so, we want to hear from you. Your feedback is so important to us! If you've reached out to our Kinship Care Help Line, please take a moment to share your experience. Your input helps us improve and better support kinship caregivers like you.

[SHARE YOUR FEEDBACK](#)



## BC Gov News | Enhanced Rental Assistance Programs Support Families, Seniors

More people will now benefit from enhancements to the Rental Assistance Program (RAP) and the Shelter Aid for Elderly Renters (SAFER) program, helping low-income families and seniors afford their rent.

[READ MORE](#)



## No home. No options: Ontario Indigenous kids 'damaged' by system sending them south

Indigenous youth are vastly overrepresented in the child-welfare system – but what's less well-known are the forces that lead to that reality. To understand, Global News travelled to Asubpeeschoseewagong First Nation, also known as Grassy Narrows. Carolyn Jarvis reports how the community is fighting to keep them at home

[WATCH NOW](#)



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# FAMILY RESOURCES

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



### BC Parents Resource Guide

BC Parent is an independent parenting magazine. Published four times per year, parents and caregivers have come to rely on BC Parent Newsmagazine for relevant, up-to-date information they can trust.

You can expect to find great Summer Camp ideas, Outdoor Mountain Fun ideas, and updates on digital devices in schools. They have also included information about how IVF access is coming to more families.

[READ MORE](#)

### Parent Guide: Talking to Kids About Global Affairs

Ayako Gallagher (@mamasmatterhere) offers support to parents and caregivers after the Lapu-Lapu Day Tragedy. This guide is offered for free to those directly affected by the tragedy. For others, the guide is available for purchase.

If you are struggling with how to talk to your kids about what happened, this 43-page guide offers 100+ age-appropriate scripts, 50 affirmations, 25 reflective prompts, and 12 stand-alone sections.

[READ MORE](#)

### VPL Booklist: Asian Heritage Month for Kids

Celebrated annually in May, Asian Heritage Month serves as an opportunity for families to learn about the diverse experiences of Asian communities throughout Canada.

Enjoy these stories that celebrate Asian Canadian history and culture. Interest levels vary from preschool to Grade 7.

[SEE MORE](#)

### Court of Appeal affirms Tribunal's authority to address discrimination in child custody cases

The B.C. Court of Appeal has ruled that the BC Human Rights Tribunal can handle discrimination cases related to child welfare services. This decision came after the appeal of the VACFSS v. R.R. case.

Now, the Tribunal can fully address discrimination in child welfare and hold agencies accountable for unfair treatment.

[READ MORE](#)



# COMMUNITY EVENTS FOR FAMILIES IN BC

## VANCOUVER ISLAND

### **Single Parent Day Celebration**

**Saturday, May 24, 2025 | 12–3pm | Beckwith Park**

This fun-filled event is open to all single parents and their kids—let’s connect, enjoy some great activities, and celebrate the amazing strength of single-parent families.

### **Family Sunday: Asian Art Adventure**

**Sunday, May 25, 2025 | 2–4pm |**

**Art Gallery of Greater Victoria**

A celebration of Asian Heritage Month! Make art including clay netsuke, hand-crafted stamps, and painted scrolls. Enjoy a performance from the Ging Wu West Lion Dancers.

## PRINCE GEORGE

### **Northern BC Multicultural Children’s Festival**

**Saturday, May 31, 2025 | 10am–5pm |**

**Lheidli T’enneh Memorial Park**

This one-day event is designed to bring joy, creativity, and entertainment to children and families in the local community. Enjoy games, performances, and interactive workshops.

### **CityFest: Food, Fun, and Facts**

**Wednesday, May 21, 2025 | 3–7pm |**

**Canada Games Plaza**

An afternoon of music, food, and opportunities to connect with the municipal services that support and strengthen the community.

## LOWER MAINLAND

### **Surrey Slam Jam**

**May 17, 2025 | 12–8pm | Guildford Recreation Centre**

This event is packed with exciting workshops and activities – including basketball, dance, art, and culture—that are sure to leave you feeling inspired and energized.

### **Vancouver International Children’s Festival**

**May 26 – June 1, 2025 | Granville Island |**

**Tickets on Sale**

The 2025 Festival features circus arts, puppetry, theatre, dance, and music shows plus lots of arts activities created just for children.

## OKANAGAN

### **Little Entrepreneurs Market – West Kelowna**

**Saturday, May 26, 2025 | 1–4pm |**

**Grizzli Winery**

The Little Entrepreneurs Market is a vibrant community event that will bring together young entrepreneurs ages 7 to 14 who showcase and sell their handmade products.

### **2025 Ha Ha Ha Kidzfest – Penticton**

**June 5–7, 2025 | Okanagan Lake Park |**

**Tickets on Sale**

Enjoy live performances, interactive workshops, and cultural activities, including the BC debut of *Luminarium: Arborialis*, an immersive inflatable art exhibit.





## 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.

Join to be part of a supportive community!

SCAN ME



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

**NEW!**



Parenting Support Group

**Spanish Parenting**

TUESDAYS (WEEKLY) | 10:00 AM | ONLINE

**JOIN THIS GROUP TODAY**



Parenting Support Group

**Kinship Care**

MONDAYS (WEEKLY) | 10:00AM | 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

**Single Parents**

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

**JOIN THIS GROUP TODAY**

Check out the full list of active Parenting Support Groups at  
[parentsupportbc.ca/support-groups](https://parentsupportbc.ca/support-groups)











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

# 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   
10:00 AM KOREAN GROUP  6:00 PM SPANISH SPEAKING FATHERS  8:30 PM KOREAN GROUP   
9:00 PM GENERAL PARENTING 







## TUESDAY

10:00 AM SPANISH PARENTING SUPPORT GROUP  7:30 PM KINSHIP CARE GROUP   
2:00 PM FAMILY UNITY (INDIGENOUS, HADIH HOUSE) | 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 ARABIC | BURNABY   
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   
1:30 PM FILIPINO PARENTING SUPPORT GROUP | BURNABY 

## SUNDAY

10:00 AM PARENTING CHILDREN WITH ADHD  3:00 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](mailto:sandi.halvorson@parentsupportbc.ca)



# volunteer WITH PSS

EMPOWER FAMILIES  
BUILD NEW SKILLS  
GIVE BACK TO  
THE COMMUNITY

## VOLUNTEER FACILITATORS NEEDED

Become a Volunteer Group Facilitator and support caregivers in building healthier families and stronger communities. Facilitate safe spaces for discussions, networking, skill-building, and emotional support. Enjoy free virtual training with self-paced modules and live sessions, plus ongoing professional development.



**We're looking for Volunteer Facilitators to join us for the following groups**

### **Mandarin Parenting Support Group I**

Sundays | 3pm | In-Person | Port Coquitlam, BC

### **Arabic Parenting Support Group I**

Thursdays | 12pm | In-Person | Burnaby, BC

### **Mandarin Parenting Support Group III**

Fridays | 10am | In-Person | Burnaby, BC

### **Parenting Teens Support Group**

Thursdays | 7:30pm | Virtual | Zoom

### **Mandarin Parenting Support Group IV**

Fridays | 12pm | In-Person | Vancouver, BC

**LEARN MORE**

**APPLY NOW**



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# volunteer WITH PSS

EMPOWER FAMILIES  
BUILD NEW SKILLS  
GIVE BACK TO  
THE COMMUNITY



## BOARD MEMBER AT LARGE

Join our diverse team of Volunteer Board Members as a Member at Large and help support children and families across BC! Commit to a minimum 3-year term, attend virtual board meetings, and contribute to a Committee and the Annual General Meeting to drive our vision forward.

[APPLY NOW](#)



## STEERING COMMITTEE MEMBER

Make a meaningful impact in the Lower Mainland! If you're part of the Hispanic/Spanish, Chinese, Filipino, Korean, Arabic, Portuguese, or South Asian communities, volunteer as a Steering Committee Member at PSS. Help shape our Group Programs, share invaluable knowledge, and connect with local communities.

[APPLY NOW](#)



## Other Volunteer Opportunities

We offer a wide range of volunteer opportunities across our programs and services. These include, but are not limited to:

- Childminder
- Book Club Facilitator
- Special Events Volunteer
- Guest Speaker
- Curriculum Developer
- ASL Interpreter

[LEARN MORE](#)





## 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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