



# JUNE/JULY 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!

Limited tickets available!

**GET TICKETS!**

## QUICK LINKS



RESOURCES

DONATE

VOLUNTEER

NEWSLETTER





A MESSAGE FROM THE  
EXECUTIVE DIRECTOR

## HONOURING FATHERHOOD IN ALL ITS FORMS


Father's Day is more than just a card or a tie. It's a chance to recognize the many ways fathering shows up in the world—big and small, traditional and unexpected.

Some fathers are biological. Some are chosen. Some step in as uncles, grandparents, kinship caregivers, or mentors. Some are parenting solo. Others are navigating co-parenting, blended families, or long-distance love. And many are doing the deep, often invisible work of healing, learning, and showing up better than the generation before.

For some, this day is filled with pride and connection. For others, it may bring grief, estrangement, or longing. Wherever you are in that experience, your story matters.

At Parent Support Services, we honour all the ways love, care, and responsibility are expressed. Whether you're raising a child, supporting one, or remembering someone who did—you are part of this fabric of care.

This Father's Day, we celebrate you.

With care, 

**Jane Bouey**

Executive Director

Parent Support Services Society of BC

### Helpful Resources for Fathers and Caregivers:

[Dad Central Podcast](#) – A Parenting Podcast to Reduce Stress & Build Confidence in Fatherhood. Check it out for insights, stories, and support made just for dads.



### Parent Support Services Society of BC Services for Fathers and Caregivers:

[Free Parenting Support Groups](#) – Safe, confidential spaces to share, listen, and connect with others.

[Parenting Workshops](#) – Topics include parenting teens, healthy communication, and managing stress.

[Kinship Care Help Line](#) – Support for grandparents, uncles, and others raising children.





# One on One Parenting Support



## With Sofia Fuertes, RCC

Clinical Counsellor | Parent & education  
consultant | Community Development Worker

We're excited to introduce Sofia Fuertes, a Clinical Counsellor, Parent & Education Consultant, and Community Development Worker, who is offering personalized, one-on-one support for parents and caregivers already involved in our support groups.

### What makes this new service different from regular support groups?

While group sessions are a wonderful way to connect with others, sometimes, a parent might want to talk one-on-one at their own pace, go deeper, or focus on something personal that's hard to bring up in a group.

### What kind of support can parents expect?

Sofia will listen, help parents reflect, and guide them with finding strategies that work for their family. Sessions can be by phone or video, and are also offered in Spanish.

### One on One Sessions are:

- ✓ Confidential & judgment-free
- ✓ Flexible remote sessions
- ✓ Personalized guidance for your family's needs

Interested in this service? Call us at [604-669-1616](tel:604-669-1616) or speak to your support group facilitator to learn if one-on-one coaching is right for you.

Not part of a group yet? No problem—[click here](#) to find a support group near you or online.

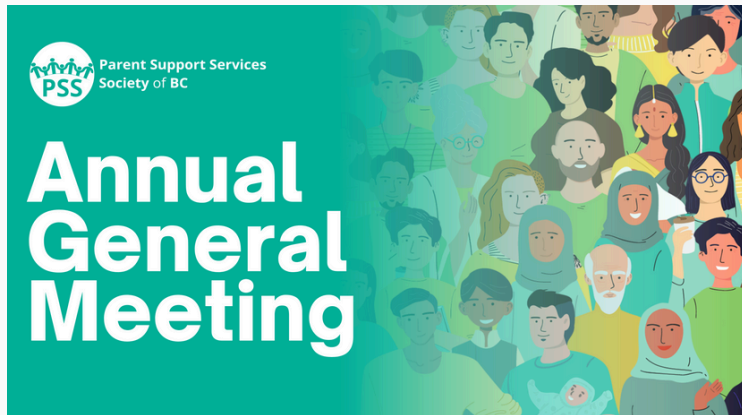


Must be a registered Parenting Support Group member to participate

**BOOK APPOINTMENT**



# WHAT'S NEW AT PSS?



## Join us for the AGM!

**Date:** Monday, June 23, 2025

**Time:** 6:00PM - 7:30PM

**Location:** Online via Zoom  
Meeting link details will be emailed after you RSVP!

[RSVP NOW](#)

Our Annual General Meeting (AGM) is just around the corner—and you're invited! This is your chance to hear about the work we've done over the past year, help shape the future of our organization, and connect with others who care about supporting families and communities.

### Why attend?

- ✓ Get updates on key programs, finances, and impact
- ✓ Participate in important decisions by voting (if you're a member)
- ✓ Ask questions, share your voice, and help guide our direction
- ✓ Meet the Board and staff and learn about future plans

### Not a member yet?

Membership is free and open to anyone who supports our mission. Becoming a member means you can vote at the AGM and play a more active role in shaping our work.

It only takes a minute to sign up:

[BECOME A MEMBER](#)

## Save the Date!

**PROVINCIAL  
TRAINING  
WORKSHOP**

JOIN US  
SATURDAY  
**JUNE 28, 2025**  
9AM-12:00PM

### We're excited to announce our upcoming Provincial Training Workshop for PSS Volunteers!

This workshop brings together our amazing volunteers from across BC for a day of learning, connection, and engagement. Expect valuable resources, and plenty of opportunities to share and learn together.

**More details and registration info coming soon!**

**Got questions?** Contact us at  
[volunteer@parentsupportbc.ca](mailto:volunteer@parentsupportbc.ca)



**JUNE/JULY 2025**

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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# NATIONAL INDIGENOUS PEOPLES DAY



## Honouring National Indigenous Peoples Day June 21, 2025

National Indigenous Peoples Day is a time to recognize and celebrate the cultures, histories, and contributions of First Nations, Inuit, and Métis peoples. Held on the summer solstice, the day carries deep cultural and spiritual meaning and is a powerful opportunity to honour traditions, knowledge, and connection to land.



Sophie Dove, Tse'shaht First Nation

At Parent Support Services Society of BC, we recognize this day is a step toward honouring the strength and knowledge of the Indigenous families and communities, many of whom we serve through our programs.

It's an opportunity to reflect on our shared responsibilities and to amplify Indigenous voices, experiences, and leadership in our work supporting parents, caregivers, and kinship families.

### How You Can Celebrate or Show Support:

**Attend Indigenous-led events featuring music, art, food, and culture**

**Read or listen to Indigenous voices and stories**

**Support Indigenous-owned businesses and artists**

**Learn whose traditional territory you live on and reflect on your connection to the land**

Looking for more ways to celebrate National Indigenous Peoples Day? Head to the next page for a full list of events in BC!



# NATIONAL INDIGENOUS PEOPLES DAY EVENTS

Check out these celebrations in your city!

**JUNE 21**

**Tk'emlups te Secwepemc National Indigenous People's Day celebrations**  
**TteS Powwow Arbour, Kamloops BC**

**10AM-3PM**

Enjoy food trucks, drumming, dancing, and a stunning aerial light show.

**JUNE 21**

**National Indigenous People's Day Community Gathering**  
**Douglas Park Spirit Square, Langley BC**

**11AM-3PM**

Please join the Lower Fraser Valley Aboriginal Society in a celebration and sharing of our culture, with food, games, entertainment, and a market!

**JUNE 21**

**3rd Annual National Indigenous Peoples Day Celebration Block Party**  
**Carnegie Community Centre, Vancouver BC**

**12PM-6PM**

This event is open to everyone—come and be part of a day filled with culture, community, and celebration. Carnegie Community Centre

**JUNE 21**

**Ki-Low-Na Friendship Society's Turtle Island Festival**  
**400 Leon Ave, Kelowna BC**

**10AM-7PM**

Activities include a mini pow-wow, children's activities, and a traditional feast at Ki-Low-Na Friendship Society's Turtle Island Festival, along with programming at the Okanagan Heritage Museum.

**JUNE 21**

**Prince George National Indigenous Peoples Day**  
**Lheidli T'enneh Memorial Park, Prince George BC**

**10AM-5PM**

The event will include a day full of Indigenous artisans, musicians, drummers, dancers, activities for all ages, bannock and other tasty food, and interactive information displays with community partners.

**JUNE 19-21**

**FIRST: A Celebration of Indigenous Film**  
**The Vic Theatre, 808 Douglas St, Victoria BC**

**SEE PROGRAM**

Calling all film lovers! Get ready to experience the vibrant tapestry of storytelling at FIRST: A Celebration of Indigenous Film. From stirring documentaries to captivating dramas, immerse yourself in the rich culture and heritage of Indigenous people.



# workshops FOR PARENTS

Free,  
Online,  
Educational

[LEARN MORE](#)



## **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](#)

## Workshops on Summer Break

School's out! Our workshops will be paused from July to August.  
In the meantime, watch these films available for free.



### **SONS**

In this documentary, a first-time dad wrestles with traditional methods of raising boys. Filmmaker Justin Simms asks, “How do we teach our boys to become better men”?

[WATCH NOW](#)



### **INAY**

Canada's Live-In Caregiver Program, launched in 1992, brought a surge in Filipino immigration. Filmmaker Thea Loo examines its lingering toll on families after reunification.

[WATCH NOW](#)



# KINSHIP CARE UPDATES & RESOURCES



## Dr Cindy Blackstock | Virtual Presentation for Caregivers June 16, 2025.

Don't miss this powerful virtual event on Monday, June 16, 2025 at 9:30am-11:30am (PST) with Dr. Cindy Blackstock—Indigenous children's rights advocate and changemaker. This event is open to all members of the CLN and will be geared towards caregivers. Hosted by the Caregiver Learning Network and Interior Community Services.

[REGISTER](#)



## The Canadian Dental Care Plan (CDCP) is a federal program that helps eligible Canadians access affordable dental care.

If your income is below \$70,000: CDCP covers 100% of eligible oral health care service costs at established fees. Coverage includes check-ups, cleanings, X-rays, fillings, dentures, root canals, gum care, and extractions. Learn more and apply today!

[LEARN MORE](#)

### 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](#)

# FAMILY RESOURCES

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



### Moving Forward Family Services

Moving Forward is a non-profit charity organization that offers free short-term and affordable long-term counselling options to community members across British Columbia, as well as to anyone in Canada unable to access local support. Low-income individuals, couples, and families who cannot afford private therapy are welcome.

[READ MORE](#)

### Families Change: Empowering Families Through Separation and Divorce

Families Change is a website that offers age-appropriate information and practical tips to help kids, teens, and parents cope with family breakups. The site features input from counsellors, doctors, lawyers, and families. While it provides general legal information, it does not replace professional advice.

[READ MORE](#)

### Foundry Kelowna

Foundry Kelowna is a wellness centre where young people and their families can find hope, help, and support when they need it. All young people 12-24 with valid BC MSP cards can access Foundry services. For a full list of services, click the button below to learn more.

[LEARN MORE](#)

### Fatherhood is Forever

Fatherhood is Forever: A resource booklet about providing for a healthy family based on Inunnguiniq teachings gives guidance to Inuit men on becoming confident and effective fathers. It is grounded in the cultural teachings and experiences of Inuit Elders and in the practices of inunnguiniq – making a capable human being.

[READ MORE](#)



# COMMUNITY EVENTS FOR FAMILIES IN BC

## VANCOUVER ISLAND

### **Oak Bay Tea Party**

**Jun 6 - 8, 2025 | Willows Beach, Victoria, BC**

Annual fun family event held on the first weekend of June at Willows Beach in Oak Bay!

### **Parksville's Canada Day Celebrations**

**Tuesday, July 1, 2025 | 8am-9pm | Parksville Community Park**

Canada Day in Parksville kicks off with the Shriner's pancake breakfast and parade, followed by family fun, live music, and a food truck festival in the Community Park from 1–9pm.

## PRINCE GEORGE

### **Pride Picnic**

**July 6, 2025 | 3pm-8pm | Lheidli T'enneh Memorial Park**

A free, family-friendly celebration of love, diversity, and community spirit. There will be live music, food trucks, games, crafting fun, a fabulous queer-friendly market, access to amazing community resources and a special Queer History Exhibit.

### **Canada Day in the Park presented by Canadian Tire**

**Tue, Jul 1, 2025 | 11am - 6pm | Lheidli T'enneh Memorial Park**

Join the City of Prince George and 20,000 of your closest friends for Canada Day at Lheidli T'enneh Memorial Park. Enjoy multicultural food and entertainment, games and bouncy castles for the kids, and browse the marketplace. There's plenty of fun for everyone in the family!

## LOWER MAINLAND

### **3rd Annual Father's Day Pow Wow**

**June 14 & 15, 2025 | Britannia Community Centre**

3rd Annual Father's Day Pow Wow honouring the strength and love of fathers, grandfathers, and sons. Don't miss Drum & dance, vendors, giveaways, food, and more!

### **Port Moody Golden Spike Days Festival**

**June 28 - July 1, 2025 | Rocky Point Park | Admission by Donation**

A beloved Canada Day tradition in Port Moody, this award-winning festival celebrates the last spike of the Canadian Pacific Railway with live entertainment, family activities, and community spirit at Rocky Point Park.

## OKANAGAN

### **The Oliver Family Days 2025**

**June 15, 2025 | 11am–9pm | Oliver Community Park**

The Marquee event of the 2025 Oliver Sunshine Festival. Join us Sunday June 15th in the Community Park for a free community celebration featuring musical acts, market vendors, food vendors, children's entertainment and games.

### **Westside Multiculturalism Day**

**Saturday, June 28, 2025 | 10am-4pm | Memorial Park**

Celebrate the diversity of the Greater Westside at this free, family-friendly event! Enjoy cultural pavilions, food samples, hands-on activities, and a Cultural Passport for prize draws—plus food trucks on-site.





## 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

**Burnaby Mandarin**

FRIDAYS | 7:00PM | BURNABY

**JOIN THIS GROUP TODAY**

Parenting Support Group

**Coquitlam Mandarin**

SUNDAYS (BI-MONTHLY) | 3:00PM | COQUITLAM

**JOIN THIS GROUP TODAY**

Parenting Support Group

**Parenting Children With ADHD**

SUNDAYS (BI-WEEKLY) | 10:00AM | 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  8:30 PM KOREAN GROUP   
10:00 AM KOREAN GROUP  6:00 PM SPANISH SPEAKING FATHERS  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**

**Arabic Parenting Support Group I**  
Thursdays | 12pm | In-Person | Burnaby, BC

**Filipino Parenting Support Group**  
Saturdays | 1:30pm | In-person | Burnaby, BC

**Spanish Parenting Support Group**  
Fridays | 12pm | In-Person | Burnaby, BC

**Mandarin Parenting Support Group I**  
Sundays | 3pm | In-Person | Port Coquitlam, BC

**Mandarin Parenting Support Group III**  
Fridays | 10am | In-Person | Burnaby, BC

**Parenting Support Group | Heartwood  
Centre for Women**  
Date TBD | Time TBD | In-Person

**LEARN MORE**

**APPLY NOW**



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# volunteer WITH PSS

EMPOWER FAMILIES  
BUILD NEW SKILLS  
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## 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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WEBSITE**

**SUPPORT US AND  
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vancouver  
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