



AUGUST/SEPTEMBER 2025 NEWSLETTER

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Grandparents Day Picnic 2025

FREE, FAMILY FRIENDLY EVENT!

A Community Picnic celebrating
Grandparents and raising funds
to support Kinship Caregivers!

Don't miss this fun day of food,
drinks, games, prizes, and good
company for a good cause!

RSVP today to attend!

RSVP NOW

QUICK LINKS



RESOURCES

DONATE

VOLUNTEER

NEWSLETTER



A MESSAGE FROM THE
EXECUTIVE DIRECTOR

PREPARING TO GO BACK TO SCHOOL



As the back-to-school season picks up, I want to acknowledge all the parents and caregivers navigating packed schedules, new routines, and endless to-do lists. In the midst of it all, remember to take care of yourself. Your well-being matters, not just for you, but for everyone who depends on you.

Parenting is easier, and far more joyful, when we do it within a community. This season, check in on your friends, neighbours, and family. A quick message, a shared meal, or even just a smile can make a real difference. We're stronger when we look out for one another.

We're also proud to celebrate Vancouver Pride Week, standing in solidarity with the 2SLGBTQIA+ community. We continue to be allies in creating safe, welcoming spaces for all identities and families.

And as we approach National Day for Truth and Reconciliation on September 30, we honour the survivors of residential schools and the ongoing strength of Indigenous communities. This day is a powerful reminder of the importance of listening to truth, centering Indigenous voices, and committing to meaningful reconciliation.

Jane Bouey

Executive Director

Parent Support Services Society of BC



WHAT'S NEW AT PSS?

Thank You for Joining Us. Caregiver Training on Autism Was a Big Success!

On July 18, 2025, we welcomed many caregivers, parents, and community members to a special in-person training at the PSS office in Burnaby. The session, led by guest speaker **Heidi Dolores Chable Espinosa**, was packed with useful, real-life tools and tips for supporting children with autism.

Participants learned about:

- What autism is and how it shows up in children
- Understanding behavior and communication
- How to stay calm during a crisis or meltdown
- Helping kids through transitions and big emotions
- Using sensory tools and positive affirmations

The training was offered by Parent Support Services Society of BC, in partnership with UBC's Department of Pediatrics and BC Children's Hospital.

A big thank you to everyone who attended and helped make the day so meaningful!



If you would be interested in attending a similar session in the future, please email us at office@parentssupportbc.ca or express your interest when you fill out our [Newsletter Survey](#).



Grandparents Day Picnic 2025

FREE, FAMILY FRIENDLY EVENT!



FREE LUNCH



YO-BONES BBQ

Enjoy a delicious FREE lunch from the Yo-Bones BBQ Food Truck (while supplies last).

PICNIC GAMES

ARTS & CRAFTS

LIVE MUSIC

DOOR PRIZES

PHOTOBOOTH

11AM- 3PM
SLOCAN PARK

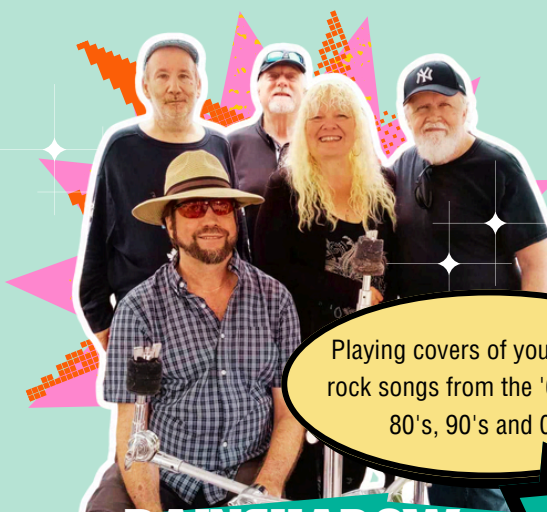
2750 E 29th Ave
Vancouver, BC

SUNDAY
SEPT. 7
2025

CLICK HERE
TO RSVP



SCAN ME



Playing covers of your favourite rock songs from the '60's, 70's, 80's, 90's and 00's.

RAINSHADOW
PERFORMS

FREE
ENTRY

Bring your lawn chairs or blankets and enjoy a live performance from your favorite, local rock band!

more details at www.parentsupportbc.ca



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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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PARENTING workshops

Free,
Online,
Educational

LEARN MORE



Supporting Your Teen's Healthy Relationship to Food and Body Thursday, September 25, 2025 | 10–11:30 am

This workshop will explore the diverse factors that impact teenagers' food choices and body image, the importance of modeling positive food and body behaviour, and how to promote a positive food environment.

REGISTER

Workshops are coming back!

Our workshops have been paused from July to August.
Stay tuned for updates on the release of more scheduled workshops this Fall!
In the mean time, join our workshop mailing list to get
exclusive access to workshop recordings!

[Click here to join our Parenting Workshop mailing list](#) for exclusive access to the following recordings!



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KINSHIP CARE UPDATES & RESOURCES

Your GST or Child Benefit May Have Dropped. Here's Why

Some families are reporting lower quarterly GST payments and Canada Child Benefits, even though their taxable income stayed the same or was lower. These changes follow recent provincial updates.



What's Changed

BC Climate Action Tax Credit

This quarterly credit, delivered alongside the federal GST/HST payment, was **eliminated** effective April 4, 2025.

BC Family Benefit (provincial top-up included with Canada Child Benefit)

For July 2024 to June 2025, the province provided a temporary 25% bonus on top of regular benefit amounts. That bonus **ended** on July 1, 2025, and benefit levels reverted to pre-bonus amounts. So even if the main Canada Child Benefit (CCB) hasn't changed, you're now getting less overall.

What the BC Family Benefit Looks Like Now

As of July 2025, here's how the BC Family Benefit works:

- 1) If your family's income is under **\$29,526**, you get the full amount.
- 2) If your income is between **\$29,526** and **\$94,483**, you get a reduced amount, but there's a minimum:
 - About **\$64/month** for the first child
 - About **\$62/month** for the second
 - About **\$60/month** for each child after that
- 3) If your income is over **\$94,483**, your benefit is slowly reduced more.

How this impacts families

These recent changes can make it harder for low-income families to pay for everyday things like food, rent, and school supplies. *The now-cancelled BC Family Benefit Bonus provided as much as \$713 annually to a low-income family with two children. Losing this income directly translates into greater hardship for households already living below or near the poverty line ([FirstCall](#)).*

At PSS, we understand how frustrating these sudden drops in payments are, and we're committed to working alongside families and community partners to advocate for the return of the Family Benefit Bonus.

Sources: [Government of British Columbia](#), [The Tyee](#), [FirstCall](#)

FAMILY RESOURCES

FOR PARENTS, CAREGIVERS, FAMILIES, & SERVICE PROVIDERS



Children, Youth & Family Services Available at Kinsight

Kinsight offers free, family-centered support for children and youth (birth to 19) with or at risk of developmental delays or disabilities. Services include early intervention, therapy, supported childcare, and help navigating complex needs. Families can also access peer support, transition planning, and inclusive community programs. Everything is designed to help children thrive and families feel supported.

[READ MORE](#)



YMCA Child Care Resource & Referral

The YMCA Child Care Resource and Referral (CCRR) program is a place where families, child care workforce and child care providers can get the support needed to raise happy and healthy children. The YMCA CCRR provides families, child care workforce and child care providers in Coquitlam, Port Coquitlam, Port Moody, Anmore, Belcarra, Burnaby, and New Westminster with child care referrals, resources, information and the support they need to raise happy and healthy children. This is made possible through our [funding partners](#).

[READ MORE](#)



Safe Haven program | Free services for refugee claimants in Surrey and Delta

DIVERSEcity's Safe Haven program delivers wraparound services to support the social and economic integration of refugee claimants in Surrey and Delta who are ineligible for federally funded settlement services. Their staff speak Punjabi, Hindi, Urdu, Spanish, Dari, Pashto, Farsi, Swahili and Arabic. They also offer support services like transportation and childminding.

[LEARN MORE](#)



Cameron Seniors Society | Lougheed, Burnaby

The Cameron Seniors Society is a registered, non-profit organisation committed to working in partnership with the Burnaby Parks, Recreation and Cultural Services Department in the provision of recreation programs and services for seniors. Upcoming events include, **Ice Cream Sundaes** on **Aug. 14, 2025** from 12-2PM, and **Chef Demonstration and Tasting** **Aug. 6, 2025** from 2-3PM at the 110-9855 Austin Ave, Burnaby, BC.

[LEARN MORE](#)



COMMUNITY EVENTS FOR FAMILIES IN BC

VANCOUVER ISLAND

Luxton Fall Fair

Sept. 26, 27, 28, 2025 | Luxton Fair Grounds, Victoria, BC

From exciting rides and games to delicious food and local vendors, there's fun for the whole family. Come enjoy live entertainment, farming exhibits, and more!

Parksville Lions & Save-On-Foods Free Family Skate: Free admission and skate rentals. Helmets recommended.

Sunday, Sept. 28, 2025 | 12:00 PM - 1:30 PM
| Oceanside Place Arena, Parksville, BC

Free admission and skate rentals. Children must be accompanied by an adult, 19yrs+.

PRINCE GEORGE

CUPE Concert in the Park & Active Living Market

Fri. Aug 22, 2025 | 5 - 9pm | Lheidli T'enneh Memorial Park

Indulge in delicious food from local food trucks while you enjoy the market and take in the talented bands on stage from 5:30 - 8:30 pm. Don't miss out on this fantastic opportunity to connect with your community!

Kids Compost Workshop

Saturday, August 9, 2025 | 1 - 2pm | UNBC, Prince George

Composting is an amazing hands-on activity for kids and families. The process of composting helps kids learn about the importance of 3Rs

LOWER MAINLAND

North Shore Kids Fest:

Sept. 14, 2025 | 12 PM – 6 PM | The Shipyards, North Vancouver

North Shore Kids Fest is back for its second year—bigger, brighter, and bursting with community spirit! This free event features live performances, hands-on activities, food trucks, and exciting new additions like a youth entrepreneur showcase and quiet zone. Come celebrate creativity, play, and childhood joy!

DUPLO Free Play

September 10, 2025 | 11:00AM – 11:30AM | Ironwood Richmond Public Library

Come and meet new friends as you play at the library! We will have DUPLO available for you to build and create with. No registration needed. Ideal for children ages 2-5 with a caregiver.

OKANAGAN

Outreach Play in the Park at Skaha Beach

Aug. 6 & 20, 2025 | 9am–11am | Skaha Lake Park, Penticton

Join the Child Care Resource and Referral program and the Supported Child Development Program for a fun morning of free play, connection, and outdoor activities!

Family Day At Historic O'Keefe Rance

August 23, 2025 | 10am-4pm | Historic O'Keefe Rance, Vernon

Walk through the historical buildings, talk to roleplay artists, and see our variety of farm animals all at O'Keefe Ranch! There is so much to see and do so join us! Theres fun for the whole family!



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



Parenting Support Group

Filipino Parenting

SATURDAYS (WEEKLY) | 1:30PM | BURNABY

JOIN THIS GROUP TODAY



Parenting Support Group

Single Parents

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

JOIN THIS GROUP TODAY



Parenting Support Group

Fathering Group

WEDNESDAYS (BI-WEEKLY) | 7:30PM | ONLINE

JOIN THIS GROUP TODAY



Parenting Support Group

Parents of Young Children (Ages 2-10)

WEDNESDAYS (WEEKLY) | 7:30PM | ONLINE

JOIN THIS GROUP TODAY

Check out the full list of active Parenting Support Groups at
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

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

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
GIVE BACK TO
THE COMMUNITY



GRANDPARENTS DAY PICNIC VOLUNTEER

We're looking for fun and energetic people to help us make our 3rd annual Grandparents Day Picnic an amazing community event! We need the following:

- Set-Up/Take Down Crew
- Welcome Table Attendant
- Arts & Crafts Table Attendant
- Face Painters
- Balloon Artists
- Picnic Games Host
- Photographer and Videographer
- First Aid Attendant (Certificate required)

APPLY NOW



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



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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