



Parent & Grandparent Support Circles



Parent Support Services Society of BC

Free • Confidential

Open to all parents & grandparents with children & teens
Snacks & child minding subsidy may be provided
Each self-help support circle is led by two trained volunteer facilitators

We have Support Circles: that operate in English, Cantonese, Mandarin, Filipino, Korean, and Spanish;
for Fathers; for parents/caregivers of children on the autism spectrum; for Indigenous parents/caregivers;
are for kinship caregivers and more.

We have Support Circles for parents and caregivers like you!

Circles In Your Area:

Lower Mainland & Fraser Valley: Burnaby, Coquitlam, New Westminister, Vancouver, Richmond, Surrey, Abbotsford, Langley.

Vancouver Island & the Sunshine Coast: Victoria, Nanaimo, Duncan, Comox Valley, Parksville, Powell River.

Plus—Prince George and Kelowna.

*Circles ebb and flow. Check regularly & see if there is a Support Circle in your area.
Let us know if you are interested in helping us set one up in your community.*

For More Info: www.parentsupportbc.ca
Call 1-877-345-9777, email: office@parentsupportbc.ca

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