



APRIL/MAY 2026 NEWSLETTER IN THIS ISSUE

- 1 [Introduction](#)
- 2 [Message from the Executive Director](#)
- 3 [Support Beyond School - Neurodiverse](#)
- 4 [One on One Parenting Support](#)
- 5 [Parenting Workshops](#)
- 6 [Kinship Care Updates & Resources](#)
- 7 [Family Resources](#)
- 8 [Community Events for families in BC](#)
- 9 [Spotlight Support Groups](#)
- 10 [Support Group Schedule](#)
- 11 [Volunteer with PSS](#)
- 12 [Contact us](#)

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We want to hear from you!
Share your thoughts on our
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A MESSAGE FROM THE EXECUTIVE DIRECTOR

NAVIGATING TRANSITIONS TOGETHER



“Transitions are where we grow, adapt, and thrive.”

As we move into the spring months, this time of year often brings both excitement and change for families. From shifting routines and school transitions to longer days and busier schedules, it can be a full season for both parents and children. These moments of transition can be opportunities for growth, but they can also come with challenges.

At Parent Support Services, we recognize the importance of staying connected during these times. Whether it's taking a few extra moments to check in with your child, reaching out for support, or connecting with other parents, small steps can make a meaningful difference.

At PSS, we remain committed to supporting you with resources, programs, and a strong community of care. Thank you for being part of our community, we're here for you every step of the way.

With care,

Jane Bouey
Executive Director





Support Beyond School

Options for Neurodiverse Children & Their Families

1 FIND ACCESS TO FUNDING YOU CAN USE "FLEXIBLY"

Autism Funding

Ministry of Children and Family Development offers Autism Funding of up to \$22,000 per year per child, under age 6 and \$6,000 per year per child ages 6-18.

Other Govt. Funding & Supports includes

- [BC Children and Youth Disability Benefit](#)
- [BC Children and Youth Disability Supplement](#)
- [Financial supports for children & youth with support needs](#)
- [Family support services for children & youth with support needs](#)

Non Govt.

[Variety The Children's Charity](#) has grants for adaptive equipment, therapies, tutoring, assessments, mental wellness, etc.



"You can use the Autism Funding to hire someone to support your child during the day."

2 CONNECT TO SYSTEM NAVIGATION SUPPORT

When you're stuck because you don't know who to call.

Find someone who can help you coordinate services, funding, and planning or point to local programs, respite, and rural supports.



For example ...

- [CYSN \(Children & Youth with Support Needs\) social worker](#)
- [Kinship Care Help Line \(for Kinship Caregivers\)](#)
- [Family Support Institute of BC](#)
- [BC211](#)

Build your own "day program", for your Neurodiverse child. Funding can help support...

- [Behaviour interventionists](#)
- [Speech therapy](#)
- [Occupational therapy](#)
- [Parent training](#)
- [Travel to access services](#)
- [Equipment or learning supports \(for children not in school programs\)](#)

3 ALTERNATIVE EDUCATION PATHWAYS

If the school districts can't meet needs, families have options:

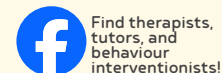
Public Online Schools like [Navigate NIDES](#), [EBUS](#), [SIDES](#) can offer

- Flexible schedules
- Homeschooling (parent-led or teacher supported)
- Hybrid models (part-time school + home programming)



4 FIND THE RIGHT PROFESSIONALS

Start by reaching out to the following...



! You could...create custom daily routines, combining...
(Therapy sessions + Community activities + Home-based learning)



One on One Parenting Support



With Sofia Fuertes, RCC

Clinical Counsellor | Parent & education consultant | Community Development Worker



Secure an Appointment

BOOK NOW 

www.tinyurl.com/booksofia

FREE
1:1 conversation
on video call or
phone.

One on One Sessions are:

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

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

workshops FOR PARENTS

Free,
Online,
Educational

LEARN MORE



Conscious Parenting

Wed., April 15, 2026 | 10am - 11:30am

This workshop explores the importance of attachment & connection viewing behaviour as communication changes in parenting strategies over the generations.

REGISTER

SCAN ME



Neurodiversity: Autism, ADHD & High Need Parenting

Wed., April 22, 2026 | 7pm - 8:30pm

In this workshop, we'll discuss practical, research-based strategies to support children with autism, ADHD, and high-support needs. You'll gain tools for regulation, communication, and advocacy, along with encouragement and reassurance for the journey ahead.

REGISTER

SCAN ME



Calm in the Face of Overwhelm

Wed., May 6, 2026 | 7pm - 8:30pm

In this workshop, you'll learn practical, screen-free strategies for calming strong emotions, building connection, and caring for your own well-being. This workshop helps parents understand and respond to anger and anxiety in themselves and their children.

REGISTER

SCAN ME



Self-Care Essentials for Parents

Wed., May 13, 2026 | 10am - 11:30am

In this workshop, we'll discuss how taking care of yourself can positively impact your re-discovering the joys of parenting through the following topics: understanding emotions regulation strategies setting healthy boundaries.

REGISTER

SCAN ME



KINSHIP CARE UPDATES & RESOURCES

You may be entitled to collect a monthly \$270 top up on your provincial maintenance payments if your child has a severe and prolonged disability.

A reminder that kinship caregivers with children in their care under a 54.01/54.1 court order under the Child Family and Community Service Act and who receive monthly provincial maintenance payments from the Ministry of Child and Family Development (MCFD or an Indigenous Child and Family Service Agency (ICFSA) are eligible for a \$270 top up to their maintenance payments if their child has a prolonged and severe disability and a Disability Tax Credit Certificate has been completed and submitted to Canada Revenue Agency.

The \$270 represents the federal government's Child Disability Benefit (CDB) that goes to every child in Canada with a Disability Tax Credit Certificate.

MCFD started adding the equivalent to the CDB to provincial maintenance payments beginning in February 2022 but this increased disability supplement was applied retroactively to April 2019.

If you have received the monthly top up but not the retroactive payment, please call the Kinship Care Help Line. We will support your advocacy to ensure you receive what you are fully entitled to collect.

[Learn More](#)



Registered Disability Savings Plan (RDSP)

In addition, children and youth eligible for CDB are also eligible for a Registered Disability Savings Plan (RDSP) that pays up to \$1,000 per year for 20 years through the Canada Disability Savings Bond.

RDSPs can be opened on behalf of a child or youth by their legal financial guardian. If guardianship has been transferred to you under a s.54.1/54.01 order, you are eligible to open a RDSP for the child or youth in your care.

If you are caring for a child or youth under an interim or temporary basis (i.e. 35(2)(d) or 41(1)(b) order), their parent remains the legal financial guardian. The child or youth's social worker can support you in making arrangements to open a RDSP where required.

[Learn More](#)

FAMILY RESOURCES

FOR PARENTS, CAREGIVERS, FAMILIES, & SERVICE PROVIDERS



YMCA - Support for Single Moms

Are you solo parenting? YMCA Single Mothers' Support Services provides you with individual or group support, connects you to resources and empowers you to move forward. Individual supports include, Employment and education resources, Parenting resources, Legal/financial information and referrals, Resources for women who have experienced abuse in a current or past relationship, and Help with document completion

[LEARN MORE](#)



Autism Videos @ ACT - Free Resource

Autism Videos @ ACT (AVA) is a free resource. ACT Videos are presented by respected clinicians committed to sharing the latest in research and clinical experience. We have videos on many diverse topics, including Toilet Training, Sleep, Mental Health, PBS, IEP's, Research, and much more.

[LEARN MORE](#)



Using Our Senses with Karen Peters - Youtube Video

This video and activity helps build kids' understanding about how smart their brains and bodies are, and how sensations are our body's way of telling us how we feel and what we need. When we practice focusing on the sensations in our body, we are being mindful. Let's try it! #mentalhealth #youth #parenting

[READ NOW](#)



Aboriginal Mother Centre Society

Aboriginal Mother Centre Society (AMCS) is a place where Aboriginal mothers, whom are facing homelessness and/or dealing with their child/ren in care of the Ministry, can come to stay. AMCS also provides licensed childcare, family wellness programs, and a community kitchen to support Indigenous mothers and their children with safety, healing, cultural connection, and skills for long-term wellbeing.

[LEARN MORE](#)



COMMUNITY EVENTS FOR FAMILIES IN BC

VANCOUVER ISLAND

Family Fun Morning

April 11, 2026 10am-12pm | Nanaimo North Library
6250 Hammond Bay Road, Nanaimo, BC

Drop into the library anytime between 10 am and 12 pm for some fun activities to enjoy with your friends and family. We'll have a selection of self-serve stations set up for you to pick and choose from. Board games, LEGO, toys, crafts and more! All ages welcome.

20th Annual Golden Shoe Hunt

April 3 - May 15 Free | Various locations Nanaimo, BC

Take part in this year's 20th annual hunt for the golden shoe in regional and community parks. Each week a golden shoe is hidden in an RDN park and a clue to its location is released. Head out to the park to find the shoe, log your entry and maybe win a prize. All ages welcome. Clues and instructions for the locations of the shoes will be posted weekly to getinvolved.rdn.ca/golden-shoe, and RDN social media (Facebook and Instagram) starting April 3.

PRINCE GEORGE

Daycare Wednesday

April 22, 2026 | The Exploration Place
333 Becott Place, Prince George, BC

Bring your little explorers for a fun day of discovery and play! All day long, admission is just \$2.50 per child, and care providers and kids under 2 get in free. It's the perfect midweek outing for daycares and preschools!

CityFest

Wed, May 13 2026, 3 - 6:30pm | Canada Games Plaza,
725 Canada Games Way. Prince George, BC

Join us at CityFest on May 13 for a fun-filled community event where family, food, and local pride come together! Enjoy a lively evening with plenty of fun for the kids while adults can explore a wide variety of informational booths showcasing City services. You'll even get a chance to win cool Mr. PG swag!

LOWER MAINLAND

Vancouver Family Magazine Events

Check out this Local Community Events Calendar!

Featuring events at Public libraries and community centres across Vancouver, offer storytime, crafts and interactive drop-in programs for children and caregivers.

Surrey's Earth Day Party for the Planet Event

April 26, 2026 11am-7pm | Surrey Civic Plaza
13450-104th Avenue, Surrey, BC

Party for the Planet is Metro Vancouver's largest Earth Day event. It's free and takes place on a Saturday in April outside Surrey City Hall. At Party for the Planet there is a tree and plant sale and other vendor stalls, activities for children, free concerts and many ways to have fun while celebrating planet earth.

OKANAGAN

East Kelowna Mother's Day Market

May 10, 2026 | East Kelowna Hall, 2704 East Kelowna Road

Special Mother's Day market with local vendors and farm experiences. Join us at the East Kelowna Market for a special Mother's Day celebration surrounded by local farms, talented artisans, and the beauty of the Okanagan. This thoughtfully curated market is the perfect place to find meaningful, locally made gifts while enjoying a relaxed morning in the countryside.

Okanagan Family Events Calendar

Check out this family-friendly events calendar!

Okanagan Family Fun is a family-friendly events calendar for the Okanagan Valley — it lists upcoming seasonal happenings like Easter egg hunts, kids' workshops, community celebrations and more! It's updated often so parents can discover family-oriented events, activities and things to do with kids across Okanagan towns and communities.



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

NEW!

Parenting Support Group

Spanish Parenting
TUESDAYS (WEEKLY) | 10:00 AM | ONLINE

JOIN THIS GROUP TODAY

Parenting Support Group

Parenting Children With ADHD
SUNDAYS (BI-WEEKLY) | 10:00AM | ONLINE

JOIN THIS GROUP TODAY

Parenting Support Group

Spanish Fathering
MONDAYS | 6:00PM | ONLINE

JOIN THIS GROUP TODAY

Parenting Support Group

Parenting Teens (13+)
THURSDAYS | 7:30PM | ONLINE

JOIN THIS GROUP TODAY

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





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.







Learn more at www.parentsupportbc.ca/support-groups

bit.ly/pssreferralform




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 
10:00 AM SPANISH SPEAKING PARENTING SUPPORT GROUP 

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 PARENTING SUPPORT GROUP | 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 PARENTING SUPPORT GROUP  7:30 PM CANTONESE PARENTING SUPPORT GROUP 
12:00 PM SPANISH PARENTING SUPPORT GROUP | NEW WESTMINSTER  8:30 PM SINGLE PARENTS GROUP 

SATURDAY

10:00 AM KOREAN PARENTING SUPPORT GROUP | BURNABY  6:00 PM MANDARIN PARENTING SUPPORT GROUP | UBC 
1:30 PM FILIPINO PARENTING SUPPORT GROUP | BURNABY 

SUNDAY

10:00 AM PARENTING CHILDREN WITH ADHD  6:30 PM MANDARIN PARENTING SUPPORT GROUP | PORT COQUITLAM 
7:30 PM PARENTING YOUTH WITH ANXIETY/DEPRESSION (12+) 

Don't see a group that meets your needs? Email us!

QUESTIONS? REACH US HERE:

parentsupportbc.ca
1-877-345-9777 (Toll-Free)
office@parentsupportbc.ca

Office: office@parentsupportbc.ca
Azucena: azucena.martinez@parentsupportbc.ca
Sandi: sandi.halvorson@parentsupportbc.ca
Sofia: sofia.fuertes@parentsupportbc.ca

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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WITH FUNDING FROM



Funded by the
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APRIL/MAY 2026

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

PAGE 12