



Celebrating  
**50**  
YEARS  
of  
EMPOWERING  
FAMILIES

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**We're giving away grocery store gift cards to a few lucky winners at the Grandparents Day Picnic—don't miss your chance to win!**

Join us at the Grandparents Day Picnic for a chance to win grocery store gift cards as door prizes!

**Sept. 8, 2024 @ 11am-2pm  
Sloca Park, Vancouver BC**



[Click here to RSVP](#)

## QUICK LINKS



[NEWSLETTER](#)

[DONATE](#)

[VOLUNTEER](#)

[RESOURCES](#)





## BACK-TO-SCHOOL SEASON: A TIME OF TRANSITION FOR PARENTS AND FAMILIES

As summer winds down and the back-to-school season approaches, we know that this time of year can bring a mix of excitement, stress, and challenges for parents and caregivers. The shift in routine, new school environments, and adjusting to packed schedules can be overwhelming—not just for children, but for parents too.

It's important to remember that you're not alone in navigating this transition. Take a moment to breathe, set realistic expectations, and establish a routine that works for your family. Open communication with your children about their feelings and experiences can make all the difference in easing the back-to-school jitters.

At Parent Support Services, we're here to offer support and resources to help you through this busy season. Whether it's joining one of our support groups or simply reaching out to connect, we encourage you to take advantage of the community around you.

Wishing you and your family a smooth and successful start to the school year.

Warm regards,

Jane Bouey  
Executive Director  
Parent Support Services Society of BC





# Grandparents Day Picnic 2024

SEPT. 8, 2024 SLOCAN PARK,  
VANCOUVER, BC 11 AM - 2 PM

FREE  
EVENT

FOOD | MUSIC | GAMES | DOOR PRIZES



WITH PERFORMANCES BY  
**Max Phoenix**



SCAN  
ME

TO RSVP



## ANNOUNCING OUR OFFICIAL CATERER FOR GRANDPARENTS DAY PICNIC 2024!

We are thrilled to announce that Yo-Bones BBQ Food Truck is the official caterer and generous donor for our Grandparents Day Picnic 2024!

Get ready for some delicious treats and a fantastic day of celebration!

[Click here to RSVP](#)



Thank you to our additional donors!



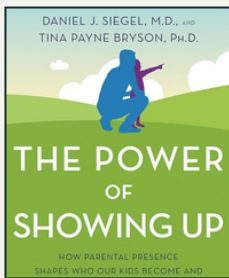


PARENT SUPPORT SERVICES  
SOCIETY OF BC

# PARENTING BOOK CLUB






**EXPLORE STRATEGIES, SHARE INSIGHTS, ASK QUESTIONS**

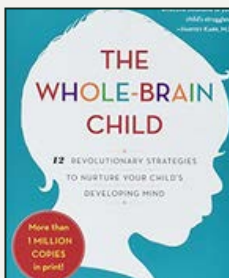


### Book of Reading

**The Power of Showing Up**  
by Dr. Daniel J. Siegel and  
Dr. Tina Payne Bryson

### Bookclub Details




**Oct. 8, 2024 - Nov. 26, 2024**  
 Wednesdays (Weekly)  
 10 AM - 11:30 PM  
 Online via Zoom



### Book of Reading

**The Whole Brain Child**  
by Dr. Daniel Siegel & Dr.  
Tina Payne Bryson

### Bookclub Details

**Oct. 9, 2024 - Nov. 27, 2024**  
 Tuesdays (Weekly)  
 7 PM - 8:30 PM  
 Online via Zoom



To register, Scan code, **[click here](#)** or visit  
**[www.parentsupportbc.ca/bookclub](http://www.parentsupportbc.ca/bookclub)**

Got Questions? Contact us at  
**[office@parentsupportbc.ca](mailto:office@parentsupportbc.ca)** or **604-669-1616**







# Parenting Workshops

FREE, ONLINE, EDUCATIONAL WORKSHOPS


**FREE**  ALL WORKSHOPS ARE RUNNING ONLINE



## TRICKY TRANSITIONS

TUESDAY, SEPT 17, 2024 | 10 AM - 11:30 AM

Join us as we explore how best to support our children through day-to-day transitions and bigger changes. Whether it's leaving the playground or adjusting to new family dynamics, all change is big for our children.

**Register** 

In partnership with:  information children



## REFRAMING PICKY EATING: SUPPORTING YOUR EATER IN TRAINING

WEDNESDAY, SEPTEMBER 25 | 10:00 AM-11:30 AM

Are you frustrated with your child's eating behaviours? Join a conversation with registered dietitians. We'll explore normal eating, define parent vs. child roles in food, tackle common challenges, foster a positive food relationship, share meal ideas, and provide reliable nutrition resources.

**Register** 

In partnership with:  island health




## CIRCLE OF SECURITY PARENTING PROGRAM

COMING SOON | 8-WEEK WORKSHOP



The Circle of Security Parenting program is based on decades of research about how secure parent-child relationships can be supported and strengthened. Best suited for families with children 4 months to 12 years old.

Got questions about this program? Contact Sandi Halvorson at [sandi.halvorson@parentsupportbc.ca](mailto:sandi.halvorson@parentsupportbc.ca)

**Contact us** 





## WHAT'S NEW AT PSS? PSS NEWS AND UPDATES

### Announcing Bella Cenezero's Retirement

After an incredible nearly 30 years of dedication and service at PSS, Bella Cenezero is retiring!

We are so grateful for her unwavering commitment, hard work, and passion. Bella has transformed countless lives and made a lasting impact on many families in our community. We're hosting her retirement party this Fall 2024!

**Don't miss out on celebrate Bella's remarkable journey and wishing her all the best in this new chapter. [Sign up as a volunteer](#) and help us make the occasion a special one.**

Stay tuned for more details about the celebration!



[Volunteer](#)



### Announcing Our New Board President, David Wright

We are excited to announce David Wright as the new President of our Board of Directors, succeeding Sarah E. Allan.

David brings over twenty years of experience in leadership, strategic planning, analytics, and marketing from his current role as Manager of Research Insights at Destination BC. His skills will be invaluable as we strengthen our mission and expand our impact.

We thank Sarah Allan for her outstanding leadership and commitment, which have left a lasting impact on our organization. We are confident that David's expertise and vision will continue to build on the strong foundation she established.

Please join us in welcoming David Wright as our new Board President. We look forward to the exciting journey ahead!







# *Nurturing Connections*

For First Nations, Inuit and Métis children in Kinship Care

**Tuesday, Sept. 10, 2024**  
**12:00PM - 1:00PM**  
**Online via Zoom**

A community discussion on the resources and supports necessary to connect children with Indigenous family and culture.



Get a \$25 gift card for completing our questionnaire and/or attending the session.

**Attend the session!**

[www.tinyurl.com/kinshipquestionnaire](http://www.tinyurl.com/kinshipquestionnaire)



**Kinship Care Help Line: 1-855-474-9777**  
[kinshipcare@parentsupportbc.ca](mailto:kinshipcare@parentsupportbc.ca)

[www.parentsupportbc.ca](http://www.parentsupportbc.ca)



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



### CAREGIVER LEARNING NETWORK LAUNCHES AND HAS UPCOMING WORKSHOPS FOR KINSHIP CAREGIVERS!

The Provincial Support Agency Caregiver Learning Network (PSACLN) has just recently launched and is comprised of representatives from all caregiver support agencies across the province. PSACLN develops accessible virtual learning opportunities to Foster Caregivers, Kinship Care Providers and Contracted Agency Caregivers. PSACLN enhances caregiver knowledge, skills and abilities, and helps to foster a healthy caregiving network. To learn more or register for an upcoming workshop, visit <https://psacln.ca/#upcoming-workshops>



### RESOURCE FAIR FOR NEWCOMER PARENTS IN BURNABY

Join us for an exciting afternoon at Burnaby Intercultural Planning Table's Resources Fair!  
**When:** Thu, September 19, 2024, from 2:30 pm to 6:00 pm  
**Where:** Ismaili Centre, 4010 Canada Way, Burnaby, BC  
Explore over 30 community organization booths. Discover resources on settlement, employment, learning, family & parenting, health, culture, government, mental health, food security, interfaith support, and more! **Admission is free and everyone is welcome!**



### PICK-UP NON-PERISHABLE STAPLES, FRESH BREAD, PRODUCE, DAIRY, AND TOILETRIES FOR FREE IN VICTORIA, BC

The Victoria Single Parent Resource Centre offers a variety of services to single parents including Market Day. Members are invited to drop by every Wednesday between 11 AM and 2:00 PM to pick-up a changing assortment of non-perishable staples, fresh bread, produce, dairy, and toiletries. **WHEN: Every Wednesday, from 11AM to 2:00 PM**  
**WHERE: 4460 West Saanich Road, Victoria BC, V8Z 3E9.** Please bring your own bags.  
**Learn more...**



### RESEARCH PARTICIPANTS WANTED FOR AN ONLINE UBC STUDY

Take part in new research! Dr. Christiane Hoppmann and the Health and Adult Development Lab is studying how social support from a study partner impacts older adults' health behaviours and goals. Who can take part? People aged 60 or older who live in BC plus a study partner (above the age of 18). Receive a gift card or receive a physical activity tracker and personalized health feedback letter for participating. Please email [allies@psych.ubc.ca](mailto:allies@psych.ubc.ca) or call (604) 822-3549 if you have any questions.  
**Learn more & register here...**

**QUESTIONS? REACH US HERE:**  
[parentsupportbc.ca](http://parentsupportbc.ca)  
1-877-345-9777 (Toll-Free)  
[office@parentsupportbc.ca](mailto:office@parentsupportbc.ca)

### PSS NEWSLETTER

You never have to worry about missing a thing when you sign up for our monthly provincial newsletter!



**FOLLOW US FOR UPDATES:**







## VOLUNTEERING AT PSS VOLUNTEER OPPORTUNITIES



### Face Painters needed for Grandparents Day Picnic Sept. 8th

We're looking for volunteers to join us as face painters—bring your creativity and help make our event even more fun!

[APPLY NOW](#)



### Games & Activities Leader needed for Grandparents Day Picnic Sept. 8th

We're seeking a volunteer to lead and organize picnic games and fun field activities like egg races, ring toss, and giant chess for families at our event!

[APPLY NOW](#)



### Resource Fair for Newcomer parents in Burnaby | Sept. 19 Ismaili Centre

We're seeking a volunteer to represent PSS at the Newcomer resource fair. Come promote your support group and other parenting supports and services PSS has to offer the community.

[APPLY NOW](#)



### Volunteer Facilitators needed for **Parenting Support Groups** **ON-GOING**

Want to support parents and caregivers? Become a volunteer facilitator today to use your skills, empower others, and become an essential part of our support programs! \*\*ability to speak several languages is an asset

[APPLY NOW](#)



### Call for Volunteers aged 55+ !

Stay active, make connections and build community! Join our community of volunteers with opportunities to engage as facilitators, steering committee members, event organizers & more!

[APPLY NOW](#)

Funded by the  
Government of Canada's  
New Horizons for Seniors Program



### Childminders needed for **Parenting Support Groups & Events**

We're looking for volunteer childminders to help care for little ones during our Parenting Support Groups and special events, ensuring a safe and fun environment for all!

[APPLY NOW](#)





PSS SERVICES

## SPOTLIGHT SUPPORT GROUPS

Shining a spotlight on our Parenting Support Groups currently seeking new members! Join to be part of a supportive community!

SCAN OR CLICK TO JOIN A GROUP!

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



OPEN

### KINSHIP CARE PARENTING SUPPORT GROUP

**Date:** Thursdays (Weekly)  
**Time:** 10:00 AM  
**Location:** Online via Zoom  
**Got questions? Contact us at 604-669-1616**

[▶ JOIN NOW](#)



OPEN

### CHILDREN W/ADHD PARENTING SUPPORT GROUP

**Date:** Sundays (Bi-weekly)  
**Time:** 10:00 AM  
**Location:** Online via Zoom  
**Got questions? Contact us at 604-669-1616**

[▶ JOIN NOW](#)



OPEN

### NEURODIVERGENT CHILDREN PARENTING SUPPORT GROUP

**Date:** Thursdays (Weekly)  
**Time:** 6:00 PM  
**Location:** Online via Zoom  
**Got questions? Contact us at 604-669-1616**

[▶ JOIN NOW](#)



OPEN

### CHILDREN W/ADHD PARENTING SUPPORT GROUP

**Date:** Wednesdays (Biweekly)  
**Time:** 7:00 PM  
**Location:** Online via Zoom  
**Got questions? Contact us at 604-669-1616**

[▶ JOIN NOW](#)





# PARENTING SUPPORT GROUPS

Parenting Support Groups are FREE, confidential and anonymous groups that take place either online or in-person. Utilizing the peer support and self-help model with trained volunteers as co-facilitators, they provide the space to share the challenges, concerns, questions, skills, and information, that come with parenting.







Online Via ZOOM Group =   
In-Person Group = 

SCAN OR CLICK HERE  
TO JOIN A GROUP!





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




## MONDAY

10:00 AM KINSHIP CARE GROUP 	7:00 PM SPANISH GROUP 	8:00 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 
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



## 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 	12:00 PM NEW WESTMINSTER PORTUGUESE 
12:30 PM WOMEN'S WELLNESS (INDIGENOUS, HADIH HOUSE) PG 	6:00 PM PARENTING NEURODIVERGENT CHILDREN 	
6:30 PM MANDARIN   PORT COQUITLAM 	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 	10:30 AM SPANISH PARENTING SUPPORT GROUP   BURNABY 
1:30 PM FILIPINO PARENTING SUPPORT GROUP   BURNABY 	

## SUNDAY

10:00 AM PARENTING CHILDREN WITH ADHD 	7:30 PM PARENTING ANXIETY/DEPRESSION (13+) 
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Don't see a group that meets your needs? Contact our Community Connections Coordinator, Sandi Halvorson

Call: 604-669-1616 ext. 114  
Email: [sandi.halvorson@parentsupportbc.ca](mailto:sandi.halvorson@parentsupportbc.ca)





## SUMMER COMMUNITY EVENTS

# COMMUNITY EVENTS FOR FAMILIES IN THE LOWER MAINLAND



### **Burnaby**

#### **Culture Days**

- Sept. 21 - Oct. 5, 2024
- Burnaby Village Museum, 6501 Deer Lake Ave
- Celebrate Culture Days by joining us for free, fun filled activities, demonstrations and discussions at Shadbolt Centre for the Arts, Burnaby Art Gallery and Burnaby Village Museum. Discover print making with BAG on a Bike, join a tour to learn about Islamic tradition as part of BVM's In Your Neighbourhood, live entertainment and more.

### **Surrey**

#### **Filipino Fest**

- September 21, 2024 11:00am - 4:00pm
- Museum of Surrey, 17710 56a Ave
- Admission: Free
- A vibrant celebration of the Philippines!

Come celebrate Filipino culture at Museum of Surrey with food, live performances, vendors, textile displays, Tinikling, a Tagalog and English storytelling session and more!

### **Abbotsford**

#### **MT LEHMAN FALL FAIR**

- Sept 21, 2024 All Day
- Location: Mt. Lehman Rd & Taylor Rd, Abbotsford
- @ Mt Lehman Elementary
- Rides, Games, Silent Auction, Craft Market, Live Music, Car Show
- Fun For The Whole Family For 39 Years!



### **Vancouver**

#### **Neighbour's Day**

- Saturday, September 7, 2024 from 12 to 5 pm
- Wesbrook Community Centre, 3335 Webber Ln
- UNA's signature event that aims to bring neighbours together for a day of festivities, food, and fun! Enjoy multicultural performances, live music, craft & farmers market, inflatables, bubble soccer, storytellers, food trucks, beer garden... and more!

### **North Vancouver**

#### **North Shore Kids Fest**

- Sunday, September 15, 2024 at 12:00 p.m.
- Free admission
- 125 Victory Ship Way North Vancouver
- The cornerstone festival that brings families together and nurtures young talents! Get ready for a vibrant celebration of childhood and creativity at the Kids Fest! This lively event is perfect for families, offering a blend of entertainment and educational activities.

### **Coquitlam**

#### **Let's Learn Boardgames - For Kids**

- Thursday, September 26: 3:30pm - 4:30pm
- Coquitlam Public Library, Branch - City Centre  
1169 Pinetree Way, Coquitlam
- After school come learn how to play some classic boardgames!
- Age group: Youth (12-18) Children (8-11)

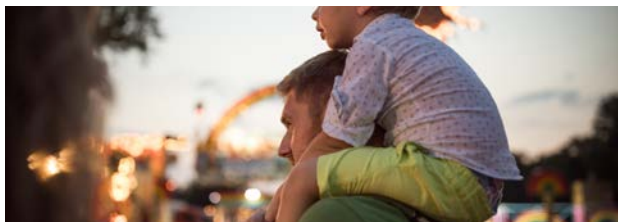






## SUMMER COMMUNITY EVENTS

# COMMUNITY EVENTS FOR FAMILIES ON VANCOUVER ISLAND



### Victoria

#### OneDay

- Saturday, September 14th, 2024 10:00 AM to 1:00 PM
- Location: Topaz Park, Topaz Ave & Finlayson Street & Blanshard Street,
- Join us for One Day—a vibrant, free outdoor event celebrating community, diversity, and inclusivity! Perfect for all ages, the day features live music, a low-cost BBQ lunch, a marketplace for local artisans, accessible games and activities, and a children's fun zone with bouncy castles

### Parksville

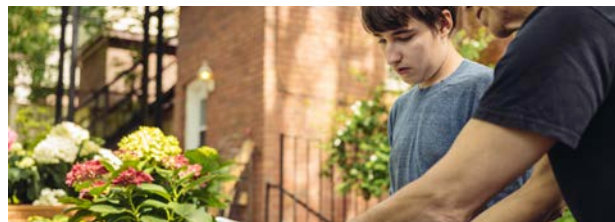
#### Party on the Plaza: Young Artists Take the Stage

- Sat. September 7th, 2024
- Location: Memorial Avenue Plaza, Memorial and Alberni, Parksville
- Free Event
- Party on the Plaza is a free family event showcasing three young Vancouver Island musicians age 11-15 who will engage you with their talent.

### Esquimalt

#### Esquimalt Lantern Festival

- Friday, September 13th, 2024 6:00 PM to 10:00 PM
- Esquimalt Gorge Park Pavilion 1070 Tillicum Rd, Victoria
- Admission: Free
- Live music! Roaming puppets! Food vendors! Larger-than-your-head bubbles! Face painting! Lantern-making!



### Duncan

#### FREE Youth Organic Medicinal Garden Salad

- Thursday, September 19th, 2024 1:00 PM to 4:00 PM
- Centennial Park Garden Duncan 325 - 1st Street, Duncan
- FREE Garden Workshop to harvest and make a yummy Organic Salad that Teens and Youth ages 18 - 24 will create for themselves.
- Learn how to grow your own food in your own space or yard or balcony or in tiny pots. This gentle workshop is Free and open to students, non-students, home learners and home schoolers.

### Ladysmith

#### Ladysmith Youth Cooking & Gardening Mentorship Training

- Tuesday, September 17th, 2024 at 3:30 PM to 5:30 PM
- Ladysmith Secondary School 6 Avenue,
- Is your youth looking to earn a bit of income and gain employment skills and experience this summer? If yes, this Ladysmith Youth Employment/Skills program might be a perfect fit. This cooking and gardening program is for Youth ages 15 - 19.

### Nanaimo

#### Sounds of Summer in the OCQ 2024

- Friday, September 13th, 2024 12-1pm
- Old City Quarter - Nanaimo, Wesley and Selby Streets
- Free live music in the Old City Quarter in Nanaimo, every Friday 12-1pm beginning Friday July 5th and running until Friday September 13th. The musical variety is pronounced and the performers are mostly local Nanaimo based musicians. These are groups from a small ensemble to a very large ensemble.





## SUMMER COMMUNITY EVENTS

# COMMUNITY EVENTS FOR FAMILIES IN BC INTERIOR



### **Kamloops**

#### **Leadership + Confidence Building Workshop**

- September 7, 2024 at 12:45 PM to 3:45 PM
- Let's Move Studio 831 Victoria St, Kamloops, BC
- FREE - registration required
- BeaYOUtiful Foundation welcomes female + non-binary identifying youth ages 8 -11 to join them as they speak about the importance of self-development while highlighting the topics of leadership and confidence building. Whether you come with a friend or make new ones, this will be a girls group you'll want to be a part of!

### **Kelowna**

#### **The Artist's Way for Parents**

- Starts Thursday, September 26, Runs weekly from 6-8PM
- Family Connection Centre -1835 Gordon Drive #120
- Admission: Free
- A 10-week Support Circle for parents and caregivers who strive to raise their families creatively and imaginatively.



### **Vernon**

#### **Fresh Perspectives – Youth Art Exhibit**

- Daily from August 22 to September 11
- Vernon Community Arts Centre, 2704A BC-6, Vernon
- Hours: Monday to Thursday 9:00 am – 9:00 pm | Friday & Saturday 9:00 am – 5:00 pm | Sunday 12:00 pm -4:00 pm.
- Admission is free
- This exhibit features original artwork by artists ages 5 to 25. Explore a wide variety of art styles, each showing the unique view of its creator. From young beginners to emerging talents, each artist freely picks their subject and artistic medium.

### **Prince George**

#### **Coffee and Cars**

- Weekly every Saturday from 7 to 9 a.m. until Sept. 29
- Tim Horton's, 612 East Central St.
- where people can meet up during this family-friendly event that brings Prince George's diverse car culture together. Time to bring out those projects.







# GET INVOLVED! VOLUNTEER WITH PSS!

**LEARN MORE!**  
[PSS VOLUNTEERING](#)



## BOARD MEMBER AT LARGE

We are seeking candidates from diverse backgrounds who would like to volunteer their time to support children and families across BC!

Members at Large are Volunteer Board Members who commit to providing leadership support in order to meet the desired outcomes of our strategic plan and move toward our vision. Candidates must be available for a 3-year term, at minimum, and be able to participate in regular virtual board meetings, as well as one Committee and Annual General Meeting.

To apply fill out the [Board of Directors Application](#)



## SUPPORT GROUP FACILITATOR

Become a Volunteer Group Facilitator and work with our Support Groups to connect with and support caregivers in building healthier families!

Facilitators provide safe spaces for caregivers to get together and discuss their strengths, challenges or concerns about their parenting role; build a supportive network and skills; receive emotional support; develop self-advocacy skills; and boost self-esteem. Volunteers receive **Free Initial Facilitator Training**, which takes place virtually using a combination of self-paced learning modules and Live Sessions. And additional on-going trainings as part of volunteer professional development.

To apply fill out the [Volunteer Facilitator Application](#)



## STEERING COMMITTEE MEMBER

Would you like to connect and positively impact others? Are you a part of the following communities in the Lower Mainland: Hispanic/Spanish, Chinese, Filipino, Korean, Arabic, Portugese, and South Asian? Volunteer as a Steering Committee Member at PSS!

Volunteer Steering Committee members support our Group Programs by providing invaluable knowledge and ideas and connecting with the local communities we serve.

To apply fill out the [Volunteer Steering Committee Application](#)





## 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



SIGN UP FOR OUR:

[NEWSLETTER](#)

CHECK OUT OUR:

[WEBSITE](#)

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WITH FUNDING FROM:



Interior and Northern BC Community Board



**AUGUST 2024**

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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