



Celebrating
50
YEARS
of
EMPOWERING
FAMILIES

IN THIS ISSUE

| | |
|--|----|
| <u>INTRODUCTION</u> | 01 |
| <u>NEW GROUP ALERT</u> | 02 |
| <u>ONLINE SILENT AUCTION IS LIVE</u> | 03 |
| <u>GALA UPDATES</u> | 04 |
| <u>PARENTING WORKSHOPS</u> | 05 |
| <u>COMMUNITY RESOURCES</u> | 06 |
| <u>KINSHIP CARE UPDATES</u> | 07 |
| <u>KOREAN PARENTING GROUPS</u> | 08 |
| <u>SUPPORT GROUPS SCHEDULE</u> | 09 |
| <u>VOLUNTEERS NEEDED</u> | 10 |
| <u>GET INVOLVED</u> | 11 |
| <u>CONTACT US</u> | 12 |

WE WANT YOUR **Feedback!**

🎉 Attention all newsletter subscribers! 🎉

We want to hear from you! Share your thoughts on our newsletter by filling out our quick survey. Your feedback helps us improve!

Plus, as a thank-you for participating, you'll be entered into a draw to win a free PSS Tshirt!

📺 Don't miss out – your opinion matters!

Click below to start the survey now.

[GET STARTED →](#)

QUICK LINKS



[NEWSLETTER](#)

[DONATE](#)

[VOLUNTEER](#)

[RESOURCES](#)





Parent Support Services
Society of BC



SPANISH SPEAKING PARENTING SUPPORT GROUP

Saturdays

*Start date May 11, 2024

10:30
AM

FREE
Weekly

In-person Burnaby, BC

Registration is required.
For more information, call
Maria: 778-984-0946
Jairo: 604-619-6261
or visit parentsupportbc.ca

SCAN OR FOLLOW
LINK TO JOIN



REGISTER TODAY

Groups are
confidential,
anonymous and
are facilitated by
trained volunteers.

bit.ly/pssreferralform

Got a question? Email us at
spanishburnabysatam@gmail.com



We acknowledge the financial support of:
The Province of British Columbia and

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



MAY 2024

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

PAGE 02



Silent Auction *Now Open*

www.galabid.com/pssgala

SHOP NOW

Auction item donors include



Parent Support Services
Society of BC

www.parentsupportbc.ca/gala



50TH ANNIVERSARY GALA

UPDATES & NEWS

50th
ANNIVERSARY
Gala
Fundraiser

JUNE 6, 2024
Hilton Vancouver Metrotown



Thank you to all of our Sponsors!

We are incredibly grateful for the generous contributions of our sponsors for the upcoming 50th Anniversary Gala Fundraiser.

Thanks to your generosity, we can ensure an unforgettable experience for all attendees! Your support has also enabled us to get closer to our goal of raising \$30,000 for the continuation of our crucial Parenting programs and services.

Thank you for supporting our mission!



HEU



For more information, visit www.parentsupportbc.ca/gala

LAST CHANCE FOR TICKETS!

Don't miss out! This is your last chance to get tickets for our 50th Anniversary Gala Celebration. Secure yours today and join us for an unforgettable evening!

CLICK HERE TO
BUY TICKETS

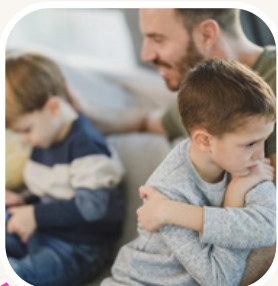




UPCOMING WORKSHOPS

Parenting Workshops

Parenting workshops are **free, educational** and **informative** sessions that offer parents & caregivers across BC, presentations on a variety of parenting topics.



FREE

Online workshop

Tuning Into Temperament

May 28, 2024
10:00 AM - 11:30 AM

REGISTER

In partnership with:



information
children

Join us as we explore:

- The 9 different temperament traits
- Focusing on our child's strengths
- Matching our parenting to our child's temperament



FREE

Online workshop

Parenting in the Digital Age

June 11, 2024
10:00 AM - 11:30 AM

REGISTER

In partnership with:



information
children

Join us as we explore:

- The impact of screen time on our brains
- Effective strategies for setting screen-time limits
- Transforming technology into a positive parenting tool



FREE

Online workshop

Supporting Communication in the Early Years

June 19, 2024
7:00 PM - 8:30 PM

REGISTER

In partnership with:



Join us as we explore:

- Providing a language-rich environment and supporting the communication development of their little ones





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



JANNA EPP BURSARY

Pacific Medical Law has established a bursary fund in honor of Janna Epp, a beautiful, determined young girl with cerebral palsy, who faced challenges that few of us could imagine. Sadly, on October 11, 2012 Janna passed away. In memory of Janna, Pacific Medical Law will donate \$5,000 to a child living with cerebral palsy every year, to assist with that child's care, therapy or recreation. The recipient of the award will be selected by Janna's mother. Every year applications are due on June 30. The recipient is selected by July 30.

[Learn more...](#)



SHARING CIRCLE WITH TAMMY HAUSCH

Cameray Child & Family Services and Hlulu family Drop In, present *Sharing Circle* with Tammy Hausch, an ECD Teacher at Spirit of the Children Society. Join them on Wednesdays starting May 1st to June 12th at 10 am to 12pm. Located at 2038 Rosser Ave, Burnaby, BC.

[Learn more...](#)



HEALTHY FAMILIES PROGRAM | COMOX VALLEY FAMILY SERVICES ASSOCIATION

The Healthy Families Program is an accredited B.C. Family Resource Program which supports pregnant families, parents and guardians to provide children (birth up to 3 years) with a strong foundation in life. They offer weekly drop-in groups, access to parent-child resources and opportunities to develop new social connections. Additionally, program participants can talk with their guests at groups including nurses, nutritionist, infant development consultants and others. [Learn more...](#)



CHILD AND YOUTH LEGAL CENTRE

The Child and Youth Legal Centre is committed to improving the well-being of children and youth in British Columbia through the advancement of their legal rights. The role of the Centre is to advocate on behalf of vulnerable children and youth in BC. The Centre provides legal support for young people who are experiencing problems relating to family law, child protection, a breach of your human rights and many other legal issues. Contact: **Phone:** 778-657-5544 or toll free at 1-877-462-0037

[Learn more...](#)

QUESTIONS? REACH US HERE:
parentsupportbc.ca
1-877-345-9777 (Toll-Free)
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:



KINSHIP CARE UPDATES



Parent Support Services
Society of BC

Sign up to stay updated on advocacy efforts and relevant developments within government and community!

SIGN UP >

New Supports for kinship care youth: Effective Thursday, April 4, 2024, expanded eligibility for the Strengthening Abilities and Journeys of Empowerment program (SAJE).

SAJE now includes young adults from any legal care status, including those in kinship care, and those who have spent 24 or more cumulative months in care, even if they are no longer in care when they turn 19.

Young adults from all legal care statuses are eligible for SAJE supports, including youth with a permanent transfer of custody or those who are adopted between the ages of 12 and 19, or those who spent 24 months cumulative time in care between the ages of 12 and 19 or were in a comparable arrangement under Indigenous law.

A new unconditional income support of \$1,250 per month is now available to former youth in care from age 19 to 20 to assist with living costs, such as groceries, daily travel expenses and rent.

When a young adult turns 20, they can choose to maintain the monthly payments until the age of 27 by participating in eligible programming, such as post-secondary education, life skills, rehabilitative, cultural or vocational training. [Learn more about SAJE here.](#)



NEW: This summer, Athletics4Kids will be covering the registration costs for summer sport camps.

Just because school is out, doesn't mean sports stops! The summer is one of the best opportunities for kids to learn new skills, be active and make new friends.

That's why this year, Athletics4Kids is providing new grants to cover the registration fees for summer sports camps.

Apply now at www.a4k.ca/apply-now



MAY 2024

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

PAGE 07



Parent Support Services Society of BC

PARENTING SUPPORT GROUPS

JOIN A GROUP

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.



bit.ly/psreferralform

KOREAN PARENTING GROUPS



Mondays

Online

Korean Parenting Support Group
8PM

Mondays

In-person

Korean Parenting Support Group | UBC
10AM

Saturdays

In-person

Korean Parenting Support Group | Burnaby
10AM

Don't see a Group that meets your needs?
Contact our Education & Support Program Manager, Bella Cenezero

Call: 604-669-1616 ext. 105
Email: bella_cenezero@parentsupportbc.ca

QUESTIONS? REACH US HERE:

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

We acknowledge the financial support of:
The Province of British Columbia and

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



MAY 2024

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

PAGE 08

SCAN OR CLICK HERE
TO JOIN A GROUP!

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 = 





bit.ly/psreferralform




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  |
|---|--|






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 NEW WEST PORTUGUESE  | 12:00 PM ARABIC BURNABY  |
| 12:30 PM WOMEN'S WELLNESS (INDIGENOUS, HADIH HOUSE) PG  | 6:00 PM PARENTING NEURODIVERGENT CHILDREN  | |
| 6:30 PM MANDARIN COQUITLAM  | 7:00 PM GENERAL PARENTING  | 7:30 PM PARENTING TEENS (13+)  |



FRIDAY

| | | |
|--|---|---|
| 10:00 AM MANDARIN GROUP  | 12:00 PM NEW WEST SPANISH GROUP  | |
| 7:00 PM MANDARIN BURNABY  | 8:30 PM SINGLE PARENTS GROUP  | 7:00 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+)  |
|---|--|

Don't see a Group that meets your needs? Contact our Education & Support Program Manager, Bella Cenezero

Call: 604-669-1616 ext. 105
Email: bella_cenezero@parentsupportbc.ca





Parent Support Services
Society of BC

Join Our Team

Volunteers Needed

Join our team as a volunteers and make a positive impact on families in the BC!



Book Club Facilitator

Parenting Support Group Facilitator

Ushers

ASL Volunteer Interpreter

SCAN TO APPLY!



- Location: BC
- Contact **Violeta** at volunteer@parentsupportbc.ca for more information

Apply Now

www.parentsupportbc.ca/volunteer





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](#)

SUPPORT US AND:

[DONATE](#)

FOLLOW US ON:



WITH FUNDING FROM:



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



Interior and Northern BC Community Board



MAY 2024

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

PAGE 12