



Celebrating
50
YEARS
of
EMPOWERING
FAMILIES

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THANK YOU FOR YOUR Feedback!

Thank You for Participating in Our Survey!

We would like to extend our heartfelt gratitude to everyone who participated in the survey featured in last month's issue.

Your valuable feedback and insights are crucial in helping us improve the Newsletter and better serve our community.

-PSS Team

QUICK LINKS



[NEWSLETTER](#)

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[RESOURCES](#)



50
ANNIVERSARY
Gala
Fundraiser

Thank You

Thank you to everyone who attended and contributed to making our 50th Anniversary Gala Fundraiser a resounding success. Your presence and support mean the world to us.

We are deeply grateful for your generosity and involvement, which ensure we can continue our important work supporting parents and caregivers. Here's to many more years of making a difference together!





Parent Support Services
Society of BC

Parenting Workshop

Summer Self Care for Parents & Caregivers

Part 1 - Tuesday, July 9, 2024

10am - 11:30am or 7pm - 8:30pm

Will explore:

- Caring for ourselves without feeling guilty
- Listen to ourselves and our children mindfully
- Understand different emotion & their messages

Part 2 - Tuesday, July 23, 2024

10am - 11:30am or 7pm - 8:30pm

Will explore:

- Personal boundaries
- Balancing life's demands & challenges
- Enriching your parenting experience

Online
Workshop



Scan or Click
to Register



FREE

Registration required to participate in this 2-part workshop!

Register now -
Workshop July 9 & 23, 2024

www.bit.ly/summerworkshoppss

In partnership with:



information
children

GOT QUESTIONS?

REACH US AT:

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

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

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



JUNE 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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SUMMER COMMUNITY EVENTS

COMMUNITY EVENTS FOR FAMILIES IN THE LOWER MAINLAND



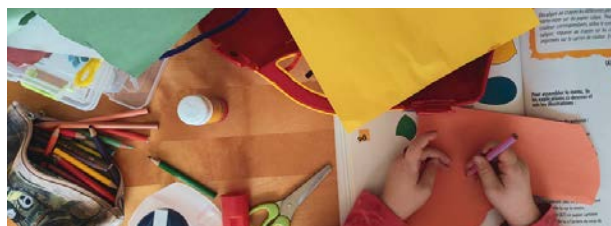
Burnaby

Summer Stages

- Weekly on Tuesday, Wednesday, and Thursday, starting July 9, 2024 until Thu, Aug 29 2024
- Two shows: 11:30 am and 2 pm!
- Location: Confederation Park (by the spray park)
- FREE Family Friendly
- Celebrate the summer with a free live performance series! Bring a blanket or a chair.

Symphony in the Park featuring the VSO

- Sat. July 13, 2024 @ 7:30 - 9:30pm
- Deer Lake Park Festival Lawn - 6450 Deer Lake Avenue
- Free! No tickets required.
- Bring a blanket or chair and a picnic and settle in for a wonderful evening with the Vancouver Symphony Orchestra.



Vancouver

Family Movie: Migration

- Fri. July 26, 2024 @3:30 pm – 5:00 pm
- Vancouver Public Library Renfrew Branch, 2969 East 22nd Ave. Vancouver
- Visit the library and enjoy free, kid-friendly movies. For children and their accompanying caregivers.

False Creek Summer Kick-Off Celebration

- Mon. July 1st, 2024 @ 11:00am-3:00pm
- Location: 1318 Cartwright St, Vancouver, BC
- FREE fun for all ages! No registration required.
- Kick off the first long weekend of the summer and join us for carnival games, bouncy castle, children's entertainment, and our popular Youth Leadership team concession! Enjoy the Water Park after the indoor festivities.

Surrey/Langley

Staples Kids: Learn & Play Summer Event

- Sat. July, 20, 2024 @ 9AM - 6PM
- Staples Langley, 20055 Willowbrook Drive, Langley BC
- Join us in-store for Ice Cream, Radio Remote, Spotlight Events featuring Lego and Rainbow Loom, Balloon Animals, Face Painting and Live DJ

All Ages Family Yoga at Aldergrove Library

- Fri. July 12, 2024 @ 10:30 am – 11:30 am
- Location: Aldergrove Library
- FREE Family Friendly
- Explore gentle movements and fun poses designed for all ages.

Richmond/Coquitlam

Junior Detectives (for ages 3-5)

- July Program M: Jul 8th–29th F: Jul 5th–26th
- August Program M: Aug 6th–26th F: Aug 2nd–23rd
- Register for Mondays OR Fridays Only 2pm–3:30pm*
- Minoru Park Athletic Oval Minoru Gate Richmond
- Contact: Sophie Wu 604-279-7020 | swu@rcrg.org

Kids Fun Fest (Designed for children aged 3-10)

- Sun. Jul 7, 2024 @ 11:00 AM - 12:00 PM
- Coquitlam Town Center Park, V3B 7S4
- \$15 (General Admission 1 kid) \$26 (General Admission 2 kids)
- Features a variety of sports, games, and activities. From relay races to arts and crafts, there's something for everyone to enjoy.





SUMMER COMMUNITY EVENTS COMMUNITY EVENTS FOR FAMILIES ON VANCOUVER ISLAND



Victoria

ART & MUSIC SUMMER SAFARI CAMP | Ages 6-10 years

- July 15-19 and July 22-26
- Victoria Conservatory Langford, VCM Westhills: 210 – 1314 Lakepoint Way Langford, BC
- Join us for art, music and storytelling in a 5-day Safari of fun! Pack a lunch and head out to investigate the language of music, the rhythms of the world, the drama of folktales, and the magic of paint and clay. Lunchtime includes a trip to the playground to play with your Safari friends.

Children's Day

- Sat. August 10, 2024 @ 10:00 AM – 4:30 PM
- Heritage Acres – 7321 Lochside Dr, Saanichton, BC
- FUN FOR THE KIDS!



Nanaimo

Family Fun Morning (Recurring Event)

- Sat. July 13, 2024 @ 10:00 am - 12:00 pm
- Venue: 6250 Hammond Bay Road, Nanaimo, BC
- Cost: Free! All ages welcome.
- 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!

Canada Day 2024

- Mon. July 1, 2024 @ 11:00am - 3:30pm
- Maffeo Sutton Park
- FREE Family Friendly
- Live entertainment (Moonshine Mollys, The Kiltlifters and The Pickups), photo booth, face painting, bouncy castles, interactive booths, food vendors, a multi-cultural community stage and so much more!

Parksville

Art in the Park

- Sat. Jul 20 2024 at 10:00 am to Sun Jul 21 2024 at 04:00 pm
- Parksville Community Beach Park, Parksville, BC
- This two day artisan market takes place in the arboretum and gardens surrounding the tennis courts at the Parksville Community Park. Paintings, sculptures, jewelry, pottery, photography, art cards, children's clothing, art glass and much more will be available to purchase.

Creative Kids at the MAC: Animal Print & Pattern

- Thurs. July 18, 2024 1:00 PM - 3:00 PM
- McMillan Arts Centre (The MAC) 133 McMillan St, Parksville, BC
- Cost: \$30
- Come and join in the Creative Fun at the MAC! For young artists, aged 8-12 yrs! In our beautiful MAC Community Art Garden! ANIMAL PRINT & PATTERN: A tiger in the jungle or a zebra in the Serengeti, let's get into some pattern play!





SUMMER COMMUNITY EVENTS

COMMUNITY EVENTS FOR FAMILIES IN INTERIOR BC



Kamloops

Canada Day

- Mon. July 1, 2024 @ 7:00 am–5:30 pm.
- Riverside Park, 100 Lorne St, Kamloops, BC
- Cost: Free!
- Join the festivities with a full day of culture, arts, music, and fun.

Fun Fridays Day Camp (Ages 6 & 7)

- July 12, 19, 26 & August 2, 9, 16, 23 @10am - 3pm
- Pick up & Drop off at Lii Michif Otipemisiwak Family & Community Services, Kamloops BC.
- Local beaches, Voyageur Games, Michif Crafts, Parks
- To register contact Donnelle at 250-299-4972

Kelowna

Summer Family Playdates

- Tues. July 16, 2024 @ 10am - 12pm
- BGC Okanagan, 1434 Graham Street Kelowna, BC
- Cost: Free! Fun stations including: face painting, rock painting, fishing pond, bubbles, and the playground!
- Come join Arc Programs for our summer family playdates! A time to connect with families, team members from the FCC, and enjoy outdoor activities.

Morning Mom Meet Up

- Every Monday starting June 24th, 2024 @ 9:30am
- 525 Bernard Avenue, Kelowna, BC V1Y 6N9
- Cost: Free!
- Join for a fun-filled morning of coffee, conversation, and connection. Meet other moms in the community and share your experiences of motherhood

Prince George

Community Art Days | Hosted by Two Rivers Art Gallery

- Fri. July 12, & Sat. July 13, 2024 @ 10am - 3pm
- Location: Canada Games Plaza, 725 Canada Games Way, Prince George, BC
- Whether you're a seasoned artist or just looking to explore your creative side, this event offers plenty of opportunities to immerse yourself in the local art scene.

Kids Carnival, Dominion Days, and Potato Fest

- Sat. July 20, 2024 | 10:30am - 4pm
- Location: Huble Homestead, 15,000 Mitchell Road, Prince George, BC
- Huble Homestead is the place to be for a fun-filled day with the Kids Carnival, Dominion Days, and Potato Fest all rolled into one! Enjoy games, historical reenactments, and plenty of activities for children and adults alike





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



[MCF KAMLOOPS FAMILY SERVICES RESOURCES](#)

Make Children First (MCF) in Kamloops was formed in 2002, and was one of 30 community development initiatives around the province of BC that incorporates a strength based, population health approach to improving outcomes for young children and their families. Check out their resource page for more useful information on family services provided in Kamloops, BC.

[Learn more...](#)



[PARENTING THROUGH RECOVERY SUPPORT GROUP | KELOWNA, BC](#)

A support program for substance addicted mothers. Cost: Free.

Length of program: 10 weeks, Sep 9 - Nov 25, 2024

Program day: Monday & Wednesday 1:00 pm - 4:00 pm plus weekly one-on-one visit

Location: Building Healthy Families

Referrals: Refer yourself or get a referral from Ministry of Children and Family Development, Alcohol & Drug Centre, Public Health

[Register today...](#)



[ABBY DADS | WEEKLY DROP-IN PROGRAMS IN ABBOTSFORD](#)

Brought to you by Archway Community Services. No registration required and open to any dad, step-dad or soon-to-be dads in Abbotsford. Programs include;

- Dad Chat – Mondays at 5:30pm (online) Wednesdays at 6:00pm (in-person)
- Chai Time – In Punjabi on Tuesdays at 6:00pm (in-person)
- Chai Time Trucker – In Punjabi on Tuesdays at 5:00pm (online)

[Learn more...](#)



[CHILDREN AND YOUTH PROGRAMS OFFERED BY DEVELOPMENTAL DISABILITIES ASSOCIATION](#)

DDA offers family-centered childcare programs in Vancouver and Richmond. Their quality programs support children and their families to develop understanding, acceptance, and respect for diversity. DDA provides a range of services including inclusive childcare and school-age programs, youth, leisure and social programs, and children's respite.

[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:





WHO ARE THE CHILDREN IN KINSHIP CARE?

Data from PSS/UNBC *State of Kinship Care in BC*



to read the **FULL** infographic!

WHAT IS KINSHIP CARE?

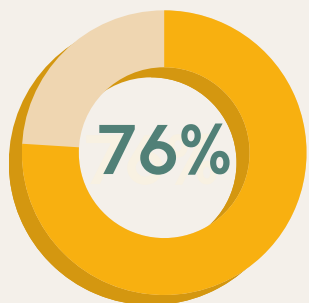
Kinship care occurs when extended family is caring for children on a full-time basis.

A kinship caregiver is someone with a familial, cultural or otherwise strong relationship with a child and who cares for that child full-time on either a temporary or a permanent basis.

HOW DO CHILDREN COME INTO KINSHIP CARE?

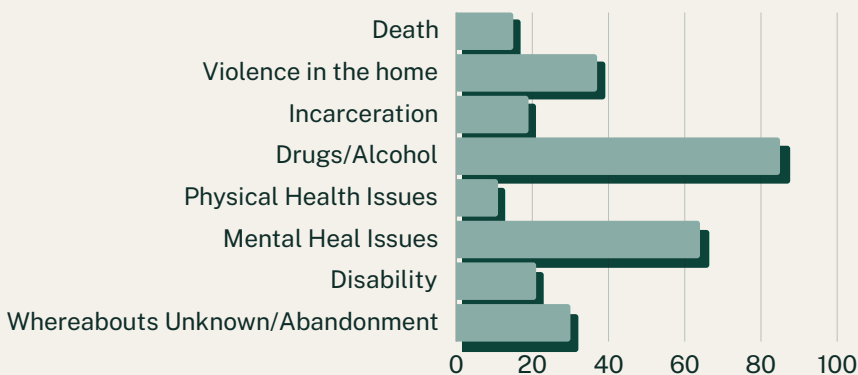
Outside of Indigenous cultural arrangements, children come into kinship care when their parents are unable to raise them.

And so a relative or close family friend takes in the children (kinship care).



76% of kinship Children have experienced 4 or more **adverse childhood experiences**

PARENTS UNABLE TO PARENT DUE TO:



13,000 children in BC are estimated to be raised by their grandparents, relatives, or close family friends when their parents are unable or unwilling.

77% of kinship caregivers had at least one kinship child with physical, emotional, or behavioural challenges

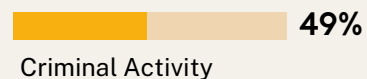
61% of kinship caregivers are caring for children with **two** or more special needs.



TRAUMA

The following statistics reflect the depth of trauma experienced by the children cared for by the grandparents and other kinship caregivers who completed our questionnaire.

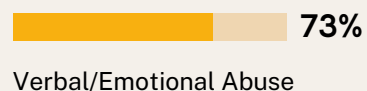
WITNESSED PRIOR TO KINSHIP CARE



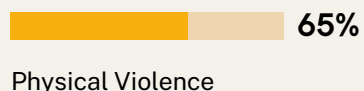
Criminal Activity



Criminal Activity



Verbal/Emotional Abuse



Physical Violence

Whether it is the initial trauma of being removed from a home, or abandoned by a parent almost every child in kinship care has experienced trauma.

This infographic highlights data collected from the *State of Kinship Care in BC 2019-2020 report* (Parent Support Services Society of BC and University of Northern BC). Full report and bibliography can be found at www.parentsupportbc.ca





Want to join an online **Kinship Care** Support Group?

Free, confidential, and anonymous, Support Groups for Grandparents and other Kinship caregivers in BC.

Join Today!



Scan or click to join!

bit.ly/pssreferralform

Mondays

10:00 AM

FREE
Via ZOOM

Tuesdays

7:30 PM

FREE
Via ZOOM

Thursdays

10:00 AM

FREE
Via ZOOM

What is Kinship Care?

Kinship care occurs when extended family is caring for children on a full-time basis. A kinship caregiver is someone with a familial, cultural or otherwise strong relationship with a child and who cares for that child full-time on either a temporary or a permanent basis.





VOLUNTEERING AT PSS VOLUNTEER OPPORTUNITIES

Grandparents Day Picnic Volunteers Needed!

We are excited to announce our upcoming Grandparents Day Picnic and we need your help to make it a memorable event for all!

We're looking for enthusiastic volunteers to assist with various tasks such as setup, serving food, organizing games, and cleanup.

Event Details:

- Date: Sunday, September 8, 2024
- Time: 11:00 am - 2:00 pm
- Location: Slocan Park, Vancouver, BC



Your support will ensure our grandparents have a wonderful day filled with joy, laughter, and cherished memories. Whether you can contribute a few hours or the entire day, any help is greatly appreciated!

How to Volunteer: Please contact Violeta at volunteer@parentsupportbc.ca for more information or simply sign up using the button below!



PARENTING SUPPORT GROUPS

SCAN OR CLICK HERE
TO JOIN A GROUP!









bit.ly/psreferralform



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 = 




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 	7:00 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+) 
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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





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



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WITH FUNDING FROM:



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