



Celebrating
50
YEARS
of
EMPOWERING
FAMILIES

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WE WANT YOUR **Feedback!**

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

Click below to start the survey now.

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NEWS AND UPDATES

A MESSAGE FROM JANE BOUEY, EXECUTIVE DIRECTOR OF PSS

I hope September has been positive for everyone, though I know it can be a stressful time with children returning to school, especially for parents of neurodivergent kids.

This month, we enjoyed a successful Grandparents Day event (September 8), with over 200 people attending. We've also been expanding our programs to better serve the diverse needs of families.

September has also been a time of advocacy. We wrote to the Minister for Children and Family Development, Grace Lore, about specific concerns regarding kinship care and child protection. As a result, we met with senior MCFD staff, who listened to our concerns and shared helpful information. We've also reached out to Dr. Jennifer Charlesworth, the Representative for Children and Youth (RCY), and have a meeting scheduled in October. We will continue with this advocacy.

Many may have heard the tragic news of the police shooting of Vanessa Renteria, a young mother in Surrey. Vanessa, a newcomer to Canada, came here to build a better life for herself and her daughter, but her life was cut short in a police encounter.

Vanessa had connected with Parent Support Services and planned to join one of our Spanish Language Support Groups. She even applied to volunteer with us, with the goal of becoming a Group Facilitator once she improved her English. Living in a transition house with her 18-month-old child, Vanessa faced difficult circumstances. Her death is heartbreaking and should never have happened.

On September 26th, PSS staff member, Violeta Munoz Berruecos and I joined other organizations and community members, including Battered Women Support Services, at a news conference to call for:

- A full, independent, and transparent investigation into Vanessa's death.
- Accountability for those responsible, including the officers involved.
- Justice for Vanessa and her daughter, who will now grow up without her mother's love and guidance.

Violeta had gotten to know Vanessa and was moved by what a loving mother she was.

As the joint statement said, "Vanessa's death highlights critical concerns regarding the treatment of racialized newcomers by law enforcement. This is not an isolated incident, but part of a larger pattern of violence and discrimination faced by Black, Indigenous, racialized and immigrant communities. We urge local and national leaders to take immediate action to address this injustice and to ensure that no other families have to endure the same pain and loss. We stand united in our demand for justice for Vanessa."

Grandparents Day Picnic 2024

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

FREE
EVENT

EVENT HIGHLIGHTS

The Grandparents Day Picnic was a great success, bringing together over 180 people for a day filled with fun and connection. Highlights included interactive games, and the kids' favorite—a bubble machine provided by **HollyNorth Production Supplies Ltd.**, along with delicious food generously donated by **Yo-Bones BBQ Food Truck**, that kept everyone energized!



A special thanks to Max Pheonix and the organizations that set up tables, offering valuable resources for families, and to our amazing volunteers whose efforts made the day run smoothly. The families truly appreciated the opportunity to bond and celebrate the important role grandparents play in our lives. It was a joyful event made possible by the generosity and support of our community!

Thank you to our additional donors!





2024 Election Toolkits

We're excited to share two valuable toolkits from organizations we collaborate with closely. These resources are designed to help you make informed choices ahead of the provincial election. Whether you're looking for key insights or practical tools, these guides will empower you with the knowledge you need!

2024 Provincial Election Toolkit

First Call Child and Youth Advocacy Society has just designed and published a 2024 Provincial Election Toolkit designed to help you engage with candidates and make sure the issues affecting BC's kids are prioritized.

Whether you're a passionate advocate or new to speaking up, your voice can shape party policies. This toolkit provides everything you need—from tips on emailing or meeting with candidates, to advocating on social media and reaching out to the media.

Your involvement is key in holding candidates accountable and making BC's children and families a priority.



2024 Provincial Election Toolkit

VIEW TOOLKIT 



Urge candidates to make concrete commitments for child and family well-being this election season!

West Coast Leaf is asking provincial parties and candidates to commit to 5 key actions, from directing funding to Indigenous Nations and communities to truly supporting families struggling with poverty.

Whether or not you're eligible to vote, you can use the **Family Well-Being Election Toolkit** to inform your conversations with candidates, parties, and the people in your life. Join us in making family well-being a priority: <https://westcoastleaf.org/BC-election-toolkit>

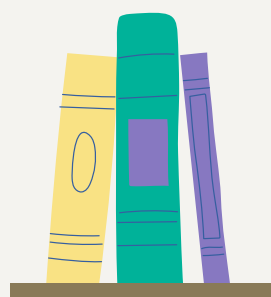


VIEW TOOLKIT 

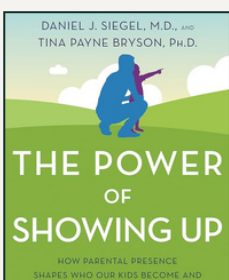




PARENTING BOOK CLUB






EXPLORE STRATEGIES, SHARE INSIGHTS, ASK QUESTIONS

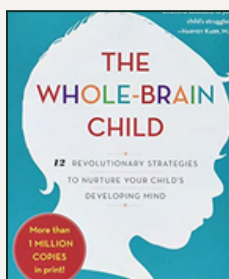


Book of Reading

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

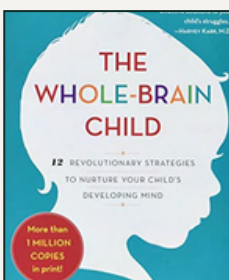


Book of Reading

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



Book of Reading

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

Bookclub Details

Oct. 10, 2024 - Nov. 28, 2024
 Thursdays (Weekly)
 7 PM - 8:30 PM
 Online via Zoom



To register, Scan code, **[click here](#)** or visit
www.parentsupportbc.ca/bookclub
Got Questions? Contact us at
office@parentsupportbc.ca or **604-669-1616**



Parenting Workshops

FREE, ONLINE, EDUCATIONAL WORKSHOPS

FREE



**ALL WORKSHOPS
ARE RUNNING
ONLINE**



CONSCIOUS PARENTING

THURSDAY, OCT 17, 2024 | 7 PM - 8:30 PM

For parents, kinship caregivers & others having a caregiving role with children 12 & under. Join us as we explore:

- The importance of attachment & connection
- Viewing behaviour as communication
- Changes in parenting strategies over the generations

Register 

In partnership with:




CREATIVE JOURNALING: FOR FAMILY SELF-CARE

WEDNESDAY, OCTOBER 30 | 7 PM-8:30 PM

Join us as we discuss how to:

- Help process stress, anxiety and trauma
- Build positive wellness for children ages 4 & up
- Improve connection & communication
- Strengthen emotional regulation & boundaries

Register 

**With workshop presenter:
Nicolle Nattrass, CAC II Counselor**





Circle of Security Parenting



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

This 8-week workshop will cover how to:

- Better understand your child's emotional world & learn to read their emotional needs
- Support your child and help them manage their emotions
- Enhance the development of your child's self-esteem
- Honour your child's wish to be secure

When?

Morning Session:
10am to 11:30am on Tuesdays
Starting October 8, 2024

Where?

Online Workshop:
1.5 Hours Via Zoom
*Limited space available.

SCAN ME

Register Now



Follow Link
<https://bit.ly/psscosp>

Or email us at
office@parentsupportbc.ca

Registration deadline:
4pm October 2, 2024

We thank the Province of British Columbia for their financial contribution

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



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



After nearly



30 Years

years of hard work & dedication,
Bella Cenezero is moving forward to
embark on a new journey called

Retirement

Join us for
The Retirement Party

Saturday, Nov. 9, 2024

MOSAIC, 5575 Boundary Rd,
Vancouver, BC
4:00pm - 7:00pm

[Email us to RSVP](#)

Enjoy Music, Karaoke & Dance,
Food & Drinks, Speeches & more!

Join the team!

We're looking for a full-time
Community Development Worker.

If you support our mission and want to make a
difference, we want to hear from you!

Application Deadline: Friday, Oct. 7 at 5:00 pm.

[Learn more & Apply Today](#)

www.parentsupportbc.ca/get-involved/work-with-us/

PSS

WE'RE HIRING!

COMMUNITY DEVELOPMENT WORKER





Kinship Caregivers Ask an Advocate

Kinship Care Help Line advocates answer your questions regarding child welfare and kinship care.

Register



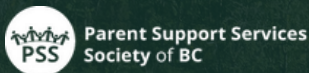
First Wednesday Every Month
Online via Zoom
12 pm - 1 pm

Contact Us | Kinship Care Help Line
1-855-474-9777 | kinshipcare@parentsupportbc.ca



www.parentsupportbc.ca/support-line

Book an appointment



First Nations, Inuit, & Métis Kinship Caregivers Ask an Advocate

Kinship Care Help Line advocates answer your questions regarding child welfare and Kinship care.

SCAN ME



First Thursday of Every Month
12 pm - 1 pm
Online via Zoom

Meeting ID: 826 0172 2600
Passcode: 297074

Contact Us

1-855-474-9777 | Kinship Care Help Line
kinshipcare@parentsupportbc.ca

Book a one-to-one appointment
with **Cassandra Strain**
Metis Advocate-Social Worker

www.bit.ly/bookcassandra



FIRST NATION, INUIT, AND MÉTIS



Cross-Nation Knowledge Sharing

About the Event

Parent Support Services Society of BC holds space for bi-monthly cross-Nation knowledge sharing on child welfare matters.

Métis Advocate-Social Worker, **Cassandra Strain**, will be present for discussions.

What to expect

- Confidentially discuss any issues facing the families you support within the group.
- Indigenous community leaders and service providers can connect, exchange learnings, and support each other.

EVERY FIRST & THIRD
WEDNESDAY

BI-MONTHLY DROP-IN
DISCUSSIONS
VIA ZOOM

TIME
10AM



Every 1st Wednesday at 10:00 am

www.bit.ly/crossnation1stwed



Meeting ID: 827 4060 3417
Passcode: 633780

Every 3rd Wednesday at 10:00 am

www.bit.ly/crossnation3rdwed



Meeting ID: 894 7508 0969
Passcode: 714976

Kinship Care Help Line 1-855-474-9777 | kinshipcare@parentsupportbc.ca



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



BENEFITS WAYFINDER: YOUR GUIDE TO GOVERNMENT BENEFITS THAT CAN HELP PUT MORE MONEY IN YOUR POCKET

The Benefits Wayfinder was created by Prosper Canada, a national charity that works with partners in all sectors to develop and promote financial policies, programs and resources that transform lives and help Canadians to prosper.

Use this tool now!



AFFORDABLE CHILD CARE BENEFIT

The Affordable Child Care Benefit is a monthly payment to help eligible families with the cost of child care. Factors like income, family size, and type of care determine how much support families may receive. Families need to renew their application every year. Effective September 1, 2024 decisions regarding eligibility for the Affordable Child Care Benefit are made based on the Early Learning and Child Care Act and the Early Learning and Child Care Regulation. They replace the Child Care Subsidy Act and the Child Care Subsidy Regulation.

Click here to apply...



MCFD'S NEW LEARNING FUND FOR YOUNG ADULTS IS NOW OPEN FOR APPLICATIONS!

About the LFYA grant: Helps you and other young people with care experience access learning opportunities. Provides a one-time \$1,500 grant to eligible young adults.

Young people may be eligible if they:

- Were born after January 1, 2006,
- Are at least 17 years old but under the age of 36, and
- Have 12 cumulative months in one or more qualifying MCFD or Indigenous Child and Family Service (ICFS) Agency legal status from birth to their 19th birthday. **Learn more and apply.**



ARE YOU A GRANDPARENT RAISING A GRANDCHILD?

Call Parent Support Services Society of BC's **Kinship Care Help Line** at **604-558-4740 (Greater Vancouver)** or **1-855-474-9777 (Toll Free)** to get help with...

- Navigating complex service systems such as MCFD
- Overcoming information barriers; to find the answers, assistance, and resources needed to prevent or solve problems
- Identifying benefits and services that will support the whole family.

Learn more here..

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:





VOLUNTEERING AT PSS VOLUNTEER OPPORTUNITIES



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



Steering Committee Members Needed

We're looking for Steering Committee Members to help Guide the Parenting Support Group program by providing knowledge and ideas and connecting with the local communities we serve.

APPLY NOW



Guest Speakers Needed!

We're looking for professionals to come and share their expertise on parenting or related topics via online and in-person workshops or presentations.

APPLY NOW



Book Club Facilitators Needed!

We're looking for volunteers to organize and host online book club sessions and encourage meaningful discussions on parenting topics.

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



PORTUGUESE PARENTING SUPPORT GROUP

In partnership with

Date: Thursdays (Weekly)
Time: 12:00 PM

Location: Online via Zoom

Got questions? Contact us at 604-669-1616

[JOIN NOW](#)



FILIPINO PARENTING SUPPORT GROUP

Date: Saturdays (Weekly)
Time: 1:30 PM

Location: In person, Burnaby

Got questions? Contact Hazel: 604-715-8580

[JOIN NOW](#)



PARENTS OF YOUNG CHILDREN (AGES 2-10) PARENTING SUPPORT GROUP

Date: Wednesdays (Weekly)
Time: 7:30 PM

Location: Online via Zoom

Got questions? Contact us at 604-669-1616

[JOIN NOW](#)



SPANISH SPEAKING FATHERING SUPPORT GROUP

Date: Mondays (Weekly)
Time: 6:00 PM

Location: Online via Zoom

Got questions? Contact Egribel: 778-3166-6570

[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




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 FATHERING GROUP 
- 7:30 PM PARENTS OF YOUNG CHILDREN (AGES 2-10) 




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 
- 6:30 PM PARENTING NEURODIVERGENT CHILDREN 
- 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 
- 6:30 PM MANDARIN | COQUITLAM 
- 7:30 PM PARENTING ANXIETY/DEPRESSION (13+) 

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





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



SEPTEMBER 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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