



Celebrating
50
YEARS
of
EMPOWERING
FAMILIES

IN THIS ISSUE

1. [Introduction](#)
2. [Bella Salazar Cenezero Legacy Fund](#)
3. [Parenting Workshops](#)
4. [Provincial Training Workshop](#)
5. [Kinship Care Events](#)
6. [Spotlight Parenting Support Groups](#)
7. [Parenting Support Group Schedule](#)
8. [Volunteer Opportunities](#)
9. [Looking for a Family Doctor?](#)
10. [Community Resources](#)
11. [Get Involved](#)
12. [Contact us](#)

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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[DONATE](#)

[VOLUNTEER](#)

[RESOURCES](#)





WHAT'S NEW AT PSS? PSS NEWS AND UPDATES

Introducing the Bella Salazar Cenezero Legacy Fund



About the Fund

We are thrilled to announce the establishment of the Bella Salazar Cenezero Legacy Fund in honor of Bella's extraordinary contributions to the community. This fund is dedicated to supporting community-based activities and initiatives that engage PSS volunteers and support group members, creating spaces for meaningful community conversations, learning, and action.

The Bella Salazar Cenezero Legacy Fund will empower and enable various projects that reflect Bella's passion for fostering strong and connected communities through community development.

The funding is internal for PSS volunteers and group members that can apply annually for a funds of up to \$1000+. The selection committee includes the Board, with representation from one staff member. **Donations to this fund can be made here.**

Apply For Funding

Applications can be made throughout the calendar year. The selection committee will review applications from January 1, 2025 with the winner announced on Family Day 2025.



Eligibility Criteria

Applicants must demonstrate dedication, experience, and active involvement required to be considered for the funding.

- The applicant must be a volunteer or support group member with the organization.
- The applicant must have been a PSS volunteer or support group member for at least one year.
- The applicant must currently be facilitating or attending a support group.

To learn more and apply, click here!



Parenting Workshops

FREE, ONLINE, EDUCATIONAL WORKSHOPS

FREE



ALL WORKSHOPS
ARE RUNNING
ONLINE



PARENTS AND GRANDPARENTS: FINDING THE COMMON GROUND

WEDNESDAY, NOVEMBER 13, 2024 | 7 PM - 8:30 PM

Each generation has its own parenting style, shaped by social changes, values, and communication.

This workshop helps families understand these shifts and find common ground.

In partnership with:



Register 



HELPING KIDS FEEL GOOD ABOUT FOOD, EATING AND THEIR BODIES,

WEDNESDAY, NOVEMBER 20, 2024 | 10 AM - 11:30 AM

This workshop will explore:

- How messages about food can affect kids' eating behaviours and body satisfaction
- Ways to promote a positive relationship with food
- Ways to promote a positive body image
- Helping kids find their strengths.

In partnership with:



Register 



FAMILY RELATIONSHIPS: HEALTHY BOUNDARIES

WEDNESDAY, NOVEMBER 27, 2024 | 7 PM - 8:30 PM

Each generation has its own parenting style, shaped by social changes, values, and communication.

This workshop supports families by exploring expectations and boundaries.

In partnership with:



Register 





WHAT'S NEW AT PSS? PSS NEWS AND UPDATES

Provincial Training Workshop – Nov 9, 2024

This is a reminder about our upcoming Provincial Training Workshop on **Saturday, November 9, 2024**, from **11:00 AM - 3:30 PM**.

Join us in-person at MOSAIC, **5575 Boundary Rd., Vancouver, BC**

or **Online via ZOOM**. Link will be emailed.

It will be a valuable **4-hour session** filled with personal development, consultation, skill enhancement, networking, and learning opportunities! If you are a PSS volunteer facilitator, volunteer childminder or steering committee member, please register today.

Attention PSS Facilitators, Childminders & Steering Committee Members

**November 9, 2024
11:00AM - 3:30PM**

www.tinyurl.com/pssptw

Theme of Workshop

The themes for this workshop are **Conscious Parenting and Preventing Gender-Based Violence Through Attitude Development for Attaining Gender Equality (ADAGE)**.

Registration here!



What to expect

- Gain new knowledge through the workshops
- Celebrate achievements with a volunteer recognition
- Connect and share insights through roundtable discussions





Kinship Caregivers Ask an Advocate

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

Register



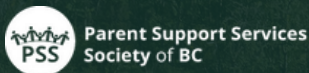
First Wednesday Every Month
Online via Zoom
12 pm - 1 pm

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

Book Cassandra Today!





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



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

FILIPINO PARENTING SUPPORT GROUP

Date: Saturdays (Weekly)
Time: 1:30 PM
Location: In person, Burnaby
Got questions? Contact Hazel: 604-715-8580

[▶ JOIN NOW](#)



OPEN

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](#)



OPEN

KOREAN PARENTING SUPPORT GROUP

Date: Mondays (Bi-weekly)
Time: 8:00 PM
Location: Online via Zoom
Got questions? Contact Kate: [778-986-7974](tel:778-986-7974) or Sung Hee: [604-719-4360](tel:604-719-4360)

[▶ 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 
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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 	6:30 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





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](#)





Looking for a Family Doctor?



All BC residents can now register for a family doctor or nurse practitioner in their community through BC’s Health Connect Registry. When you register, you are added to a centralized registry of primary care providers across your community.

Registration takes less than 10 minutes. You need to provide:

- Personal Health Number (PHN), found on your BC Services Card
- Home address
- Email address and phone number



How to register in other languages

Call [8-1-1](tel:8-1-1) to register for the Health Connect Registry in languages other than English. Translation services are available in over 130 languages.

After dialing [8-1-1](tel:8-1-1), you will be connected with an English-speaking health service navigator. For service in another language, simply state the language (for example, say “Punjabi”), and an interpreter who speaks that language will join the call.

List of Fraser Health Urgent and Primary Care Centres to receive timely care for urgent, non-life-threatening illnesses and injuries.



[Abbotsford Urgent and Primary Care Centre](#)
#100-2692 Clearbrook Road, Abbotsford

[Ridge Meadows Urgent and Primary Care Centre, #121-](#)
[11900 Haney Place, Maple Ridge](#)

[Edmonds Urgent and Primary Care Centre](#)
#201-7315 Edmonds Street, Burnaby

[Mission Urgent and Primary Care Centre](#)
#304-32555 London Avenue, Mission

[Metrotown Urgent and Primary Care Centre](#)
102 - 4555 Kingsway, Burnaby

[Port Moody Urgent and Primary Care Centre](#)
3105 Murray Street, Port Moody

[Chilliwack Urgent and Primary Care Centre](#)
#104 - 7955 Evans Road, Chilliwack

[Surrey-Newton Urgent and Primary Care Centre, 6830 King](#)
[George Boulevard, Surrey](#)

[Langley Urgent and Primary Care Centre](#)
101-20651 56 Avenue, Langley

[Surrey-Whalley Urgent and Primary Care Centre, Unit G2](#)
[9639 137A Street, Surrey](#)





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



FREE GROCERY HAMPERS EVERY SATURDAY AT FOUR LOCATIONS IN BURNABY & NEW WESTMINSTER

This program is for anyone in New Westminster and Burnaby who needs food support. Effective October 5, 2024, the following rules will be in place at all DGH locations:

- Burnaby residents can only visit the Burnaby-Edmonds food program.
- New Westminster residents can only visit 1 of the 3 New Westminster locations per week.
- Only those living in Burnaby and New Westminster will be served at any DGH locations



VISIT THE COMOX VALLEY SPORTSPLEX FOR FREE INTERNATIONAL FAMILY RECREATION SKATE OCT. 21, 2024 6:15 PM – 9:00 PM!

The Immigrant Welcome Centre invites all families located in the Comox Valley to this event. The Comox Valley Regional District (CVRD) has generously offered the use of the rink for the evening to skate and make social connections. Helmets, skates and adaptive skating equipment will all be available on a first come first serve basis. Please note all skaters must wear helmets. This skating series is FREE but space is limited – registration is required.

Register here! Refreshments and snacks will be provided afterwards!



CITIZENS' COUNSELLING CENTRE PSYCHOEDUCATIONAL GROUP SESSIONS-AUTUMN 2024

The Greater Victoria Citizens' Counselling Centre provides quality and accessible counselling services. Their psychoeducational groups can be a very effective and affordable way to find the kind of information and support that you may need to make positive changes in your life. The Fall Groups include: Exploring Anger & A Crash Course in Self Esteem. **To REGISTER:** Call 250-384-9934 10 am - 3 pm Monday to Friday. Fees are \$5.00, \$10.00, \$15.00 or \$20.00 per session and are based on family income. A \$15 deposit is required to secure your spot in the group. Citizens' Counselling Centre also offers individual and couples counselling.



SCHOLARSHIPS AND BURSARIES FOR ADOPTEES AND FORMER YOUTH IN CARE

Many scholarships and bursaries are designed specifically for adoptees and former youth in care. There are also post-secondary institutions in British Columbia that offer free or reduced tuition for former youth in care. Check out this list curated by the The Belonging Network for scholarships and bursaries today!

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:





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



Interior and Northern BC Community Board



OCTOBER 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