



50 YEARS of EMPOWERING FAMILIES



IN THIS ISSUE

1. [Introduction](#)
2. [A message from the ED](#)
3. [Empower Families THIS Giving Season](#)
4. [Empower Families THIS Giving Season](#)
5. [Family Resources](#)
6. [PSS NEWS AND UPDATES](#)
7. [Kinship Care Help Line](#)
8. [Spotlight Support Groups](#)
9. [Support Groups Schedule](#)
10. [Volunteer Opportunities](#)
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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A MESSAGE FROM THE EXECUTIVE DIRECTOR
YOU ARE SEEN, SUPPORTED, AND NEVER ALONE



"Parenting takes a village—let us be part of yours."

As we move through this holiday season, I want to take a moment to acknowledge and celebrate the incredible parents and caregivers in our community. We see you—your dedication, resilience, and the love you pour into your families every single day. Thank you for trusting us to walk alongside you on your parenting journey.

For some, this season may bring unique challenges. Difficult family dynamics, feelings of isolation, or the pressures of the holidays can make this time of year particularly hard. Please know that you are not alone. Our team is here to support you in any way we can.

If you need extra resources, someone to talk to, or ideas on how we can better support you, don't hesitate to reach out. This is a season for connection, and we are honored to be part of your circle.

Warmest wishes,

Jane Bouey
Executive Director





EMPOWER FAMILIES THIS GIVING SEASON

Hello,

The holiday season is a time for giving—and a reminder of the challenges many families face in creating warmth and stability for their children.

For parents like Sonia, a busy working mom of two, the end of the year can feel overwhelming. Sonia juggles work, parenting, and the unique needs of her 6-year-old son Liam, who is neurodivergent. Her days are a whirlwind of meltdowns, school pick-ups, and bedtime battles, often leaving her completely drained. “I felt like I was failing at everything—parenting, work, and even taking care of myself,” Sonia shares.

Desperate for support, Sonia joined one of our peer-to-peer Parenting Support Groups. There, she found more than advice—she found a community. The group gave her strategies to meet Liam’s needs and the reassurance that she wasn’t alone.

“My stress level dropped. We laughed, we cried, and I realized you just have to get up and try your best each day,” Sonia says. “The group reminded me it’s okay to ask for help.”

Similarly, Maria, a 62-year-old grandmother raising her 8-year-old grandchild, faced enormous challenges. Unprepared for navigating complex legal and government systems, Maria turned to our Kinship Care Helpline.

With guidance from our Advocate-Social Workers, Maria successfully advocated for her grandchild, gaining access to financial resources she didn’t know existed.

Continued on the next page ✦





“It’s been a long road, and some days are very hard for me,” Maria shares. “But I’m grateful because, for the first time, I felt like I wasn’t doing this alone. You gave me the tools—and the courage—to keep going.”

These stories highlight how your support transforms lives. Families like Sonia’s as well as kinship caregivers like Maria, benefit from the knowledge, resources, and community that our programs provide.

This Giving Holiday, please join us in supporting our mission to help build stronger, healthier families. This year, we made a meaningful difference:

Our Impact



1 Positively impacted at least **4,000 children** across B.C. through Parenting Support Groups.



2 Connected more than **21,500 parents and caregivers** with parenting support services.



3 Engaged with more than **1670 grandparents and others** through our Kinship Care Help Line, enabling hundreds of children (who would otherwise be in government care) to live with loving relatives and reconnect with their culture



Your Support Makes a Difference

As a non-profit organization, we rely on your generosity to continue our work. Your funding helps us:

- **Expand Parenting Support Groups**, bringing more in-person groups to communities across B.C.
- **Provide childminding services for in-person groups**, ensuring accessibility.
- **Maintain and grow Canada’s only Kinship Care Helpline**, offering vital support to families.

Our Parenting Support Groups, Parenting Workshops and Kinship Care Help Line provide parents and caregivers with practical advice, practical resources, and a supportive community that reminds them they’re not alone. Donate today to help empower families across BC.



To donate by mail or email, please find the [this donation form](#).

To learn more about all our services, visit www.parentsupportbc.ca/services/

SCAN ME





RESOURCES FOR PARENTS, CAREGIVERS, FAMILIES & SERVICE PROVIDERS

FAMILY RESOURCES



FREE AUTISM EDUCATIONAL VIDEOS @ ACT

ACT Videos are presented by respected clinicians committed to sharing the latest in research and clinical experience. We videos on many diverse topics, including Toilet Training, Sleep, Mental Health, PBS, IEP's, Research, and much more. Autism Community Training (ACT) is guided by insights from the Autistic community, and provide tailored services, education, and advocacy initiatives to promote true equity and understanding. They provide quality resources and training programs that have transformed lives. [See the free video library here!](#)



LEARN ABOUT ANXIETY IN CHILDREN AT ANXIETY CANADA

What is anxiety? If your child is struggling with anxiety and you're not sure how best to help them, arming yourself with key facts and general knowledge about anxiety will be the start of creating a plan of action to offer you and your child some confidence and direction. **Anxiety Canada** is a registered charity created to raise awareness about anxiety and support access to proven resources and treatment. They have accessible online resources help people manage and cope with anxiety and related disorders, including OCD and PTSD. develop free, evidence-based self-help tailored to children, teens, parents, educators, adults, older adults, and caregivers. [Learn more here...](#)



PLAYFUL HEALING - FREE ONE-TO-ONE THERAPY FOR CHILDREN IN KELOWNA BC, TO HELP MANAGE AND COPE WITH BEHAVIOURAL CHALLENGES AND ANXIETY

Playful Healing was designed to support children who struggle in their day-to-day lives with feelings of worry, uncertainty, isolation, and unhappiness, especially those whose families cannot afford expensive therapy. Play therapy is an effective form of therapy primarily used in children. This approach to therapy builds on the communicative style of children. While it may look just like playtime to you, a trained play therapist will see it as much more than that. [Learn more and register here at childhoodconnections.ca.](#)



APPLICATIONS OPEN FOR THE CFE'S JANUARY COHORT OF PARENTAL MENTAL HEALTH SUPPORT FOR SURVIVORS!

Are you a parent or caregiver impacted by low income and lack of access to mental health support as you navigate parenting and life after surviving family violence? If so, please join their online January cohort offering a series of workshops followed by peer support meetings for six full months of healing, learning, and support alongside other survivors.

To learn more and apply, [please click 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!

[SIGN UP](#)



FOLLOW US FOR UPDATES:





PSS NEWS AND UPDATES

Provincial Training Workshop – Nov 9, 2024

Empowering Facilitators to Support Families



Thank you to everyone who joined us at the Provincial Training Workshop on November 9th, 2024! Your energy and dedication made the day a success.

Special thanks to our presenters, Sadaf Baradar and Sylvia Caberio, for their insightful sessions on **Conscious Parenting** and **Preventing Gender Based Violence Through Attitude Development for Attaining Gender Equality (ADAGE)**.

We loved celebrating our volunteers and sharing a meaningful discussion with you all. Here's to more learning, connection, and community.



HOLIDAY GATHERING

We're inviting all PSS Facilitators, Childminders, Steering Committee Members, Board Members, Staff & their Families across BC to join us. We want to show our appreciation and celebrate the amazing work we've done and the wonderful connections we've built as a team at PSS.

December 20, 2024 @6PM - 8PM

In-person: 204-5623 Imperial St. Burnaby, BC
Online: RVSP for Zoom Link

[RSVP TODAY](#)





Parent Support Services
Society of BC

Are you an aunt **raising** a relative?

Raising a relative's child can be a joy and can also bring new challenges.

To find answers, assistance, and resources, call the Kinship Care Help Line for support.

www.parentsupportbc.ca/support-line

604-558-4740 (Greater Vancouver) 1-855-474-9777 (Toll Free)



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: Monday (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: Wednesdays (Biweekly)
Time: 7:00 PM
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

KOREAN PARENTING SUPPORT GROUP

Date: Mondays (Bi-weekly)
Time: 10:00 AM
Location: In-Person
Got questions? Contact Connie: [778-927-9106](tel:778-927-9106)

[> 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 
- 7:00 PM MANDARIN | BURNABY 
- 12:00 PM NEW WESTMINSTER SPANISH GROUP 
- 8:30 PM SINGLE PARENTS GROUP 
- 7:30 PM CANTONESE GROUP 

SATURDAY

- 10:00 AM KOREAN PARENTING SUPPORT GROUP | BURNABY 
- 1:30 PM FILIPINO PARENTING SUPPORT GROUP | BURNABY 
- 10:30 AM SPANISH PARENTING SUPPORT GROUP | BURNABY 

SUNDAY

- 10:00 AM PARENTING CHILDREN WITH ADHD 
- 7:30 PM PARENTING ANXIETY/DEPRESSION (13+) 
- 6:30 PM MANDARIN | COQUITLAM 

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* **URGENT NEED**

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





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:



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



Interior and Northern BC Community Board



NOVEMBER 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