



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.

GET STARTED →

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A MESSAGE FROM THE EXECUTIVE DIRECTOR SEASONS GREETINGS



Whether you celebrate Christmas, Diwali, Hanukkah, Kwanzaa, Lunar New Year, Ramadan, Winter Solstice, or any other festival of light, the holiday season is often a time for joy and reflection. However, it's also important to acknowledge that the holidays can be a challenging time for many families and individuals.

At Parent Support Services, support groups are at the heart of our work. These groups help break down isolation and build strong, connected communities. During the holidays, we encourage everyone to reach out and create their own circles of support—whether with fellow parents, kinship caregivers, family, friends, neighbors, or even strangers in need.

Together, we can foster understanding, compassion, equality, and a shared sense of peace. And perhaps, we can find opportunities for joy and fun along the way.

Jane Bouey
Executive Director





WHAT'S NEW IN THE COMMUNITY COMMUNITY NEWS AND UPDATES

Honouring the Life and Legacy of Crissy George

Parent Support Services joins the community in mourning the passing of Crissy George. A passionate social justice activist, Crissy was deeply committed to our vision of empowering families and creating a world where children and their families are nurtured, valued, and safe.

As an active member of the PSS Board, Crissy contributed in countless ways. She volunteered at events, attended our Provincial Training, was a monthly donor, and played a vital role in our Fundraising Committee. Together with her sister, Patsy George, Crissy co-founded The George Sisters Bursary: A Stepping Stone for Immigrant and Refugee Women to Access Higher Education and Employment.

Crissy had an extraordinary ability to connect meaningfully with everyone she met, taking a genuine interest in their lives. Her wicked sense of humour and radiant smile could light up any room.

We will miss her deeply. Parent Support Services extends our heartfelt sympathies to her family and loved ones during this difficult time.



Crissy and PSS Staff at a Grandparents Day event.





WINTER SCHEDULE



Parenting Support Groups

Dear Parents & Caregivers in Support Groups,

It's likely that most groups will not meet during the weeks of December 14 and December 30, and possibly during the early part of the week of January 6, as this marks the first day back-to-school after the break.

Facilitators will communicate directly with their group members regarding specific plans, so please keep an eye out for updates from your facilitator.

Registration for support groups will remain be open for anyone who would still like to join a Parenting Support Group and start attending in the new year. If you or someone you know could benefit from joining a Parenting Support Group, [please click here](#).

If you are in crisis while our offices are closed, please consider reaching out to the following numbers;

- Immediate danger or need urgent medical support, call 9-1-1.
- If you or someone you know is thinking about suicide, call or text 9-8-8. Support is available 24 hours a day, 7 days a week.
- If you're experiencing family or gender-based violence, [click here](#) to access a crisis line in your province or territory.

Please also note that our office will be closed from Dec 22nd to Jan 1st for the holidays. We will be back on Jan 2, 2025.

Happy Holidays! See you in the new year!

www.parentsupportbc.ca





KINSHIP CARE KINSHIP CARE UPDATES

Kinship Care Help Line Holiday Hours

Please note that the Kinship Care Help Line will NOT be in service from Dec. 25th-Jan 1st.

Despite office holiday closure, Line service will be provided on Dec. 23, 24 and Jan. 2, (no service on Jan. 3).

Wishing all of our PSS families a restful and joyful holiday season.

We look forward to seeing you all in the New Year!

-Help Line staff

[Learn more about Help Line](#)



Our friends at **Fairness for Children Raised By Relatives** are hosting an upcoming screening event to be held in Vancouver on February 19th, 2025. [Click here to register!](#)

Kinship Stories A Time To Be Heard

FEBRUARY 19TH, 2025

2:00PM | Digital Stories
3:30PM | Panel Discussion

LOCATION:
Normand Bouchard Memorial Theatre
Student Union Building
University of British Columbia
6138 Student Union Blvd #130
Vancouver, BC

RSVP



For more information, contact:
fairness4crr@gmail.com



CSSCF Centre for the Study of Services to Children and Families



Fairness for children raised by relatives

KINSHIP CARE HELP LINE

[BOOK AN APPOINTMENT TODAY](#)



Find us on Facebook



Kinship Care Help Line

Like and follow our Facebook Page for updates, resource sharing, and more!

Chat with our Kinship Care Help Line Advocate-Social Workers via Messenger as well!

[Follow Us](#)



DECEMBER 2024

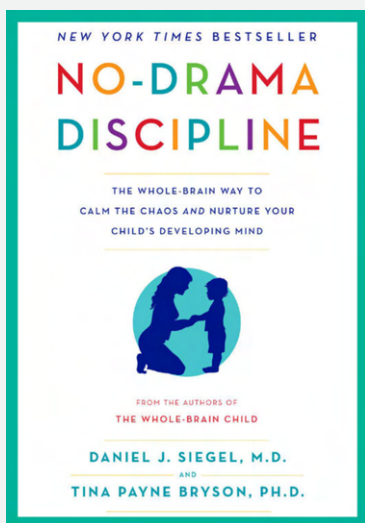
PSS of BC recognizes and respects all the Indigenous Nations, Traditional Lands and Territories upon which we Gather, Live, Work and Play

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Parenting Bookclubs are back!

January 9, 2025 - February 27, 2025






Book of Reading

No Drama Discipline

by Dr. Daniel Siegel & Dr. Tina Payne Bryson

Open to Parents and Caregivers in BC!

-  Thursdays (Weekly)
-  12 PM - 1:30 PM
-  Online via Zoom

Join us for 8 weeks to explore the science of how a child's brain is wired and how it matures.

Discuss the whole brain way to calm the chaos and nurture your child's developing mind.

SCAN ME



[Click here to Register](#)

OR email
office@parentsupportbc.ca

Register to receive the Zoom link
***Registration ends: Jan 3, 2025**



Circle of Security Parenting Program is back!

LIMITED SPACES AVAILABLE



This 8-week online program 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 January 7, 2025

Evening Session:
7pm to 8:30pm on Thursdays
Starting January 9, 2025

Where?

Online Workshop:
1.5 Hours Via Zoom

*Limited space available.


SCAN ME



Register Now

Deadline: January 3, 2025
@4PM

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

Or email us at
office@parentsupportbc.ca 



PSS NEWS AND UPDATES

A HEARTFELT THANK YOU!

We want to express our deepest gratitude to everyone who helped make Bella's retirement party on Nov, 9th, 2024 an unforgettable celebration of her incredible work here at PSS.

Thank you, **Global Women Catering** from **Flourishing Foundation: Global Women Seeking Change**. A special thanks to Shugoofa, Fireshta, Nasima, Sakina, and Samira for their delicious food and outstanding service.

Thank you to **M.O.S.A.I.C.** for providing the perfect space. A special shoutout to Marisol Nacho for her support in facilitating access and ensuring everything ran smoothly.



Thank you, **Caity Goerke**. We are so grateful for your creativity and care in crafting the beautiful guest book and dedication wall.

Maya's Cupcake Bouquets, your gorgeous cake was not only stunning to look at but absolutely delicious. It was the centerpiece of our celebration! Thank you!

Thank you to everyone else, including our volunteers; Jessica, Jenish, Miki, Camilia, Hector and Pedro for helping make this day so memorable.





RESOURCES FOR PARENTS, CAREGIVERS, FAMILIES & SERVICE PROVIDERS

FAMILY RESOURCES



YOUTH ADHD GROUP COACHING PROGRAM: 16-24 YEARS REGISTER FOR SPRING 2024

In this dynamic and engaging program, youth will get to learn more about ADHD and the impact it can have on their life, but will also gain tools and techniques to set themselves up for success and learn how to grow from past experiences so they can achieve their goals.

The program addresses...

- Living with ADHD
- Managing emotions, time, and money
- Self-advocacy
- Making your own personal goal plan

[Click here to learn more & register.](#)



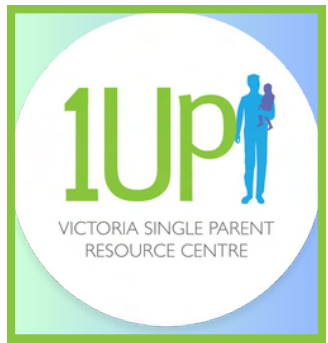
ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD) PROGRAM WITH VANCOUVER COASTAL HEALTH

The ADHD Program helps develop positive parenting practices and behavioural management strategies for parents who have children diagnosed with Attention Deficit Hyperactivity Disorder (ADHD).

Eligibility: Children aged 3 to 15 with a primary diagnosis of ADHD & Living in Vancouver

A referral is required: Health professionals, school counsellors, social workers and families can refer directly by phone or email. Phone: (604)-519-3178 Email: cindy.mardyn@vch.ca

[For more information click here](#) or [contact adhd@vch.ca](mailto:adhd@vch.ca) Call: (236)-332-6826



1UP SINGLE PARENT RESOURCE CENTRE | VICTORIA, BC

Single parents in Victoria, BC, have you heard of the 1Up Single Parent Resource Centre? This centre offers a variety of services to single parents, including

- **Free counselling services;** either a 50 minute one-on-one sessions (possible wait list) or coaching sessions to help single parents reach their parenting goals.
- **Member access to clothing and goods room,** stocked with a variety of new and gently used clothing in all sizes a small assortment of toiletries.
- **Education & Classes** such as; Mindful Parenting, Understanding Anger & Stress, Healthy Boundaries, Dads with Dads (a support group for single Dads).

[For more information click here.](#)



FAMILIES COUNT 2024 | VANIER INSTITUTE'S NEW RESOURCE EXPLORES THREE DECADES OF CHANGE, CONTINUITY, AND COMPLEXITY AMONG FAMILIES IN CANADA.

Released during the International Year of the Family's 30th anniversary, Families Count 2024 provides statistical portraits of families in Canada, highlights trends over time, and offers insights on what it all means for families and family life.

[To read this report, 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!



FOLLOW US FOR UPDATES:





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 ME



bit.ly/pssreferralform



PARENTING ADHD SUPPORT GROUP

Date: Sundays (Weekly)
Time: 10:00 AM
Location: Online via Zoom

[JOIN NOW](#)



KINSHIP CARE PARENTING SUPPORT GROUP

Date: Tuesdays (Weekly)
Time: 7:30 PM
Location: Online via Zoom

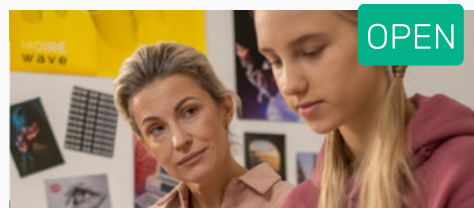
[JOIN NOW](#)



KOREAN PARENTING SUPPORT GROUP

Date: Saturday (Bi-weekly)
Time: 10:00 AM
Location: In-Person, Burnaby

[JOIN NOW](#)



PARENTING TEENS (13+) GROUP

Date: Thursday (Weekly)
Time: 8:00 PM
Location: Online via Zoom

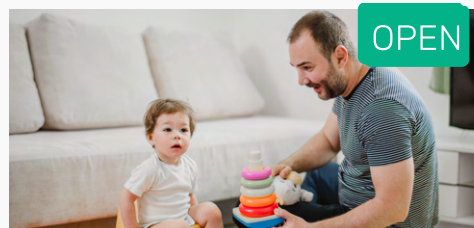
[JOIN NOW](#)



FOR PARENTING ANXIETY/DEPRESSION (13+) GROUP

Date: Sunday (Weekly)
Time: 7:30 PM
Location: Online via Zoom

[JOIN NOW](#)



FATHERING PARENTING GROUP

Date: Wednesday (Bi-weekly)
Time: 7:30 PM
Location: Online via Zoom

[JOIN NOW](#)











bit.ly/pssreferralform

PARENTING SUPPORT GROUP SCHEDULE

Free, confidential, and supportive parenting groups—online or in-person—led by trained volunteer facilitators to help you share and grow. These groups provide a space for parents and caregivers 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 

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 Family Education & Program Development Lead, Sandi Halvorson

Call: 604-669-1616 ext. 114
Email: sandi.halvorson@parentsupportbc.ca



VOLUNTEERING AT PSS VOLUNTEER OPPORTUNITIES



Spanish Speaking Volunteer Facilitators needed for **Parenting Support Groups**

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! **Must be fluent in Spanish.

[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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Interior and Northern BC Community Board



DECEMBER 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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