



IN THIS ISSUE

1. [Introduction](#)
2. [Standing Up for Kinship Caregivers](#)
3. [Celebrating Black Families](#)
4. [Child Protection Mediation Program](#)
5. [Parenting Workshops](#)
6. [Kinship Care Updates](#)
7. [Family Resources](#)
8. [Spotlight Support Groups](#)
9. [Support Groups Schedule](#)
10. [Volunteer Opportunities](#)
11. [Get Involved](#)
12. [Contact us](#)

We Need Your **FEEDBACK**

Share your thoughts about our newsletter by filling out this quick survey. Your feedback helps us improve!

Click below to start the survey now.

[GET STARTED →](#)

LIFE CAN BE HARD.
FINDING HELP
CAN BE EASY.

Dial 2-1-1 to find help for all of life's challenges.



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STANDING UP FOR KINSHIP CAREGIVERS: PROGRESS MADE, BUT MORE WORK TO DO



British Columbia ombudsperson Jay Chalke's office released a report in 2022 that found the monthly federal child disability benefit, intended to help care for disabled children, was being kept in the province's coffers instead of being passed on to those with a kinship care agreement with the province.

A recent update to the 2022 report reveals that, as of the end of April 2024, the provincial Ministry of Children and Family Development has transferred nearly \$1.2 million to 251 eligible caregivers to cover the shortfall dating back to April 2019.

We're glad to see that nearly \$1.2 million in federal child disability benefits has finally been given to 251 kinship caregivers in B.C. These funds, owed since 2019, are essential for grandparents and other family members caring for children with disabilities. This correction is an important step forward.

However, serious issues remain. Federal rules still block kinship caregivers from accessing key benefits, like the disability tax credit, which other families can claim. As B.C. Ombudsperson Jay Chalke said, "Children should not be disadvantaged because of the way their care is arranged." (CTV News)

The province has promised to push the federal government for change, but no real progress has been made. We join the call for action to fix these unfair gaps. All children and their caregivers deserve equal support, and we'll keep advocating until they get it.

Jane Bouey
Executive Director





FEBRUARY IS BLACK HISTORY MONTH

Celebrating Black Families & Supporting Black Children in Care

I still remember the evenings in our living room, when the scent of Palmer’s Hair food and hair braiding extensions filled the air. I’d sit on a cushion, on the ground, while my mom parted my hair with gentle, yet hastily hands.

“Ouch!” I’d scream, from when the comb would glide through my thick curls, sometimes catching on a stubborn knot. At times, she’d pause, rubbing my scalp with soothing fingers before continuing. Other times, she’d seemingly hold her breath as she quickly and apologetically combed through the tender part of my head. When it came time to braid down my hair in the cornrows, she always took her time, twisting, braiding, shaping my hair into something beautiful. “Your hair is your crown,” she’d say. “Wear it proud.”

As I got older, I tried everything, including relaxers, hot combs, wigs. Each style an attempt to find my identity. It took me years to understand what my mother had known all along: my natural hair is a reflection of self-love. Its a reflection of my heritage, culture, and history, and ultimately my identity.

This Black History Month, we’re honoring the incredible contributions, resilience, and diversity of Black families in British Columbia. Did you know that BC is home to over 61,000 Black individuals, with families representing a wide range of cultures, languages, and histories from around the world?

At the same time, we must also shine a light on the challenges Black children in care. In Canada, Black children are overrepresented in care, especially in Provinces like Ontario. They are often placed with non-Black foster or adoptive families who may not fully understand the cultural aspects of their upbringing, including the significance of their hair.

Why Does Hair Matter?

For Black children, it’s more than just hair. Its a key part of their identity, history, cultural expression and self-esteem. When caregivers lack the knowledge or resources to properly care for Black hair, children can feel disconnected from their culture and struggle with self-confidence.

That’s why we’re excited to host an Interactive Black Hair Care Workshop, designed for families with Black children, including, kinship, foster and adoptive parents. This workshop is a safe space to learn essential techniques, tips, and cultural context to help nurture both the hair and self image of Black children.



Wednesday, Feb. 26th, 2025
Free, Online Workshop
Stay tuned for more updates!





CHILD WELFARE INITIATIVES

Child Protection Mediation Program

Supporting Families Through Child Protection Mediation

At PSS, we understand how challenging child protection matters can be for families. That's why we want to highlight Mediate BC's, **Child Protection Mediation Program (CPMP)** as a resource for parents and guardians in our community.

Child Protection Mediation is a voluntary, confidential process that brings together parents/guardians, social workers, extended family, and others to collaboratively address a child's plan of care.

With the support of a trained and impartial mediator, families can work toward healthier communication, reduced conflict, and solutions that prioritize the child's well-being.

This program not only helps to avoid lengthy court proceedings but also empowers families to have a voice in decisions that impact their children. It's an opportunity to create legally binding agreements while strengthening relationships and fostering trust among all parties involved.

We encourage families in our community to explore this resource when navigating child protection matters.

To find a qualified mediator, refer to the Registered Roster Mediators, or contact CPMP staff through their [Staff Directory](#) for more information.

Let's continue working together to support families and prioritize the best interests of children in every situation.

[Click here to learn more](#)

Phone (BC): 604-684-1300
Toll-Free (North America): 1-877-656-1300



Child Protection Mediation is completely **free of cost** for all participants in BC.

*Any extra costs that are incurred may be covered by your social worker.

Program Benefits

- Healthy Relations
- Enables Agency & Participation in Decision-Making
- Reduces Time in Court
- Can include the Wider Community
- Improves Communication
- Reduces Volatility
- Can Create a Legally Binding Agreement
- Can Be Used At Any Point

www.mediatebc.com





Parenting Workshops

Free, Online, Educational Workshops

Parenting Workshop

Family Relationships: Healthy Boundaries

WEDNESDAY, FEB. 5, 2025 | 10AM-11:30AM | ONLINE

In partnership with 

Family Relationships: Healthy Boundaries

WEDNESDAY, FEBRUARY 5, 2025 | 10AM - 11:30 AM

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

This workshop will explore family expectations and boundaries.

Register

FREE

In partnership with:



Parenting Workshop

Food Marketing to Children and Youth

THURSDAY, MAR. 6, 2025 | 10AM-11:30AM | ONLINE

In partnership with 

Food Marketing to Children and Youth

THURSDAY, MARCH 6, 2025 | 10 AM - 11:30 AM

This workshop will explore:

- How food is being marketed to children and youth
- The impact of food marketing
- Ways to reduce the influence that food marketing has on children and youth

Register

FREE

In partnership with:





KINSHIP CARE KINSHIP CARE UPDATES

NEW



Cross Nation Knowledge Sharing on Child Welfare

A culturally safe space for First Nations, Inuit, and Metis service providers and community leaders to:

- Meet online every second Thursday 10am to 12pm
- Consult with peers on child welfare case work
- Foster collective strength for transformative systems change
- Strategize ways to amplify the voices with lived experience of the family policing system

Meeting information

SCAN ME



Date: Alternating Thursdays starting Feb. 13th, 2025

Location: Online via Zoom
Time: 10am-12pm

Zoom Details:
Meeting ID: 821 0873 3273
Passcode: 802549

Join Meeting Here
www.tinyurl.com/crossnation

Parent Support Services Society of BC holds this space with assistance from:



Cassandra Strain
Metis, Indigenous & Kinship Engagement Lead

Book Appointment



Sm Git 'Tlgoosgm Xsygiik
(Danella Angus) Tsm'syen Nation, Indigenous Community Development Lead

Book Appointment



Christina Campbell
Child Welfare & Program Development Lead

Book Appointment

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

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!**

[Register Here](#)

RSVP



For more information, contact:
fairness4crr@gmail.com



RESOURCES FOR PARENTS, CAREGIVERS, FAMILIES & SERVICE PROVIDERS

FAMILY RESOURCES



Family Resources in the Okanagan | Central Okanagan Family Hub

COFH are here to provide information, support, navigation and outreach drop off services for families. They provide **Community Resources, Parent Learning Place, Integrated Health Supports & Community Development.**

Check out their calendar of events here! <https://cofh.ca/services/calendar/>



Do you have a youth who is new to Canada and aged 13–24? Check out these community youth programs at DIVERSEcity.

DIVERSEcity youth programs provide a place to hang out, make new friends, talk, get advice and support, take leadership programs, enjoy sports and recreation activities, go on field trips, receive homework help, get job and volunteering advice and feel more confident in your life in Canada.

The two main programs are DIVERSEyouth and RISE Youth.

- DIVERSEyouth (for any newcomer youth with PR status or racialized youth aged 13–24)
- RISE Youth (for refugees or multi-barriered immigrants who need extra support and counselling in first languages)



Rolling with ADHD for Teens | A Resource for Teens with ADHD from BC Children's Kelty Mental Health Resource Centre

Is your teen feeling overwhelmed with school? If your teenager has ADHD, **Rolling with ADHD for Teens** is here to help! **Rolling with ADHD** is a resource that includes helpful tips for your teen on how to stay organized, boost focus, and crush their goals, on their terms.

Designed by ADHD specialists, both psychologists and teens, this study guide walks you through practical information, tips and strategies to help you thrive in school and beyond.

[Click here to view this resource!](#)



Child Care Resource & Referral can help you apply for the Affordable Child Care Benefit

Need Help with Child Care Costs? If your child attends childcare or preschool, you may qualify for the Affordable Child Care Benefit—a monthly payment for eligible BC families.

Call CCRR to book an appointment for assistance with the online application and documentation.

Surrey Office - 604.572.8032 | Guildford Office - 604.572.8032 | Delta Office - 604.547.3549



SPOTLIGHTING SPECIFIC SUPPORT GROUPS

Shining a spotlight on our Parenting Support Groups currently seeking new members! These groups provide a space for parents and caregivers to share the challenges, concerns, questions, skills, and information, that come with parenting.

Join to be part of a supportive community!

SCAN ME



bit.ly/pssreferralform

Parenting Support Group

Parenting Teens (13+)
THURSDAYS | 7:30PM | ONLINE

JOIN THIS GROUP TODAY

Parenting Support Group

Spanish Fathering
MONDAYS | 6:00PM | ONLINE

JOIN THIS GROUP TODAY

Parenting Support Group

Korean Parenting
MONDAYS (BI-WEEKLY) | 10:00AM | VANCOUVER

JOIN THIS GROUP TODAY

This group meets every 1st and 3rd Monday of each month at 10AM!
Got questions? Contact **Connie** at **778-927-9106**

Parenting Support Group

Korean Parenting
MONDAYS (BI-WEEKLY) | 8:30PM | ONLINE

JOIN THIS GROUP TODAY

This group meets every 2nd and 4th Monday of each month at 8:30PM!
Got questions? Contact
Kate **778-986-7974**
Sung Hee **604-719-4360**











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 	8:30 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 YOUTH WITH ANXIETY/DEPRESSION (12+) 	

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



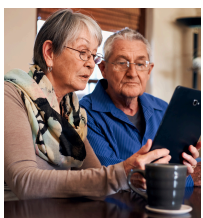
VOLUNTEERING AT PSS VOLUNTEER OPPORTUNITIES & UPDATES



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! ****Fluency in a second language 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](#)



Volunteer Initial Training

Volunteers who are participating in the Initial Training, don't miss out on the upcoming 3 Live Zoom sessions!

- February 18, 2025
- February 22, 2025
- February 27, 2025

Please note!

Volunteers in training must complete their self-paced modules prior to attending these online Zoom sessions.

[Learn more here](#)





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



FEBRUARY 2025

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

PAGE 12