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## Cell Phones in BC Schools SURVEY

GIVEAWAY



Share your thoughts about the impact of cell phones in BC schools by filling out this short survey.

**Participants can enter a draw to win a PSS Gift Package!**  
Click below to start the survey now.

[GET STARTED →](#)

### QUICK LINKS





## A MESSAGE FROM THE EXECUTIVE DIRECTOR

# REBUILDING THE VILLAGE: HOW VOLUNTEERS ARE BRINGING PARENTING BACK TO COMMUNITY



**“...parenting was never meant to be a solo job.”**

In today’s world, parenting can feel more isolating than ever. Technology, busy schedules, and families living far apart have made it harder to find the support we all need. But parenting was never meant to be a solo job. It has always been a shared experience, shaped by friends, neighbors, family and community.

That’s why the work our volunteers do is so important. By leading support groups, offering guidance, and simply showing up, you are helping rebuild the village that every parent and caregiver deserves. You remind families that they are not alone, that asking for help is a strength, and that together, we can make parenting a connected, supported, and positive experience again.

Thank you for being part of this movement—your dedication is changing lives.

With gratitude,

Jane Bouey  
Executive Director



*“We have a great group of parents who have been able to connect over a lot of struggles and support one another.” – Volunteer Facilitator*





# Heartfelt Moments: Stories from Our Volunteers



Over the years, our support group volunteer facilitators have been asked to share their most heartfelt moments, here's what they've had to say:

*"I enjoy being a volunteer facilitator. I get to talk to people who live in other places besides Victoria and pick up information related to their town/city re: available services." – Susan*



*"My heartfelt moment came from outside of PSS as a direct result of the training I received through the program. I am grateful that PSS offers training that is practical and helpful for us in other positions in my life. I have had some fantastic experiences with my doula families as a result of learning how to guide others to a solution instead of trying to fix it for them."*

*"Had a member come consistently for several meetings and then told us they were in a much better place and didn't need us anymore :)." – Charli*

## Celebrating Our Incredible Volunteers!

This month, we're shining a light on the dedicated volunteers who make our support groups possible. With 20+ active groups meeting online and in-person across the province, our facilitators bring together parents from all walks of life, creating safe spaces for connection and support.

Leading these groups isn't always easy—bringing people together never is. But our volunteers show up, listen, and persevere, making a real difference in the lives of caregivers. Their dedication is truly admirable.

In their own words, here are some of their most heartfelt moments.



Join Us in Strengthening the Village!

Whether you're interested in volunteering, donating, or simply spreading the word, your support helps keep these vital groups running.

**[Click here to Become a Volunteer](#)**  
**[Click here to Donate](#)**  
**[Follow us on Facebook & Instagram](#)**

*"Walking alongside a single mom who has a child with special needs. Supporting her since 2018. Now, she is just waiting for her certification as an ECEA. She believes that her experience with her own child and her school training will make her a better and stronger advocate for children especially those with special needs." – Hazel*



*"The friendship and closeness among participants and staff." – Vicky*

*"Each circle is a blessing of love and shared encouragement. It is a deep privilege to witness the group members asking about one another's well being and the well being and successes of the children, There is a particular recognition of the solid foundation of security that the caregivers offer." – Esaine*





# Cell Phones in BC Schools

We've heard a lot of discussion around the topic of cellphones in schools, especially in elementary and high school classrooms. While these devices offer an easy way for parents and caregivers to stay connected with their children, some might say, they can also be a significant distraction to learning.

**In 2020, Statistics Canada reported that 96% of Canadians aged 15 to 44 owned a smartphone, and the age of first-time phone users keeps getting younger (2020).**

With BC's new policy restricting cellphone use in K-12 classrooms, many are wondering: How will this impact learning, social interactions, and the overall well-being of students?



Since these policies are still new and vary widely across Canada, it's important to keep the conversation going. What are the benefits? What challenges might arise? And how can we ensure that any changes support the best interests of children and families? We're what we've heard from community so far...

On one hand, folks are saying that cellphones provide students with quick access to information, learning tools, and a way to stay in touch with family and caregivers throughout the day.

For example, students with parents who work long hours or are co-parenting across households often use video calls to check in before class, during breaks, or while waiting for pickup. For some families, cellphones are essential for maintaining a sense of connection and security.

On the other hand, educators are also raising concerns about the impact of phone use on classroom focus, social interaction, and overall student well-being. **Studies suggest that frequent phone use in class can lead to reduced attention, lower academic performance, and increased social pressures related to texting and social media (2024).**

The challenge now is finding the right balance between ensuring that students can stay connected while also keeping classrooms as spaces for focused learning.

**What do you think?** How do you feel about cellphone use in schools? Should cellphone restrictions be more flexible, or do you believe that firm guidelines are necessary?

**We want to hear from you!** Share your thoughts by completing our survey below. Your input is valuable in shaping this important conversation.



**Share your thoughts about the impact of cell phones in BC schools by filling out this short survey.**

**Participants can enter a draw to win a PSS Gift Package!** Click the button to start the survey now.



\*No purchase necessary. Open to BC residents. One entry per person. Winner will be drawn on April 16, 2025.







# Parenting Workshops

Register for a workshop at [www.parentsupportbc.ca/workshops](http://www.parentsupportbc.ca/workshops)

Follow us @parentsupportbc



## Free, Online, Educational Workshops



### Let's Talk: Fostering Language Development and Narrative Storytelling

WEDNESDAY, MAY 7, 2025 | 10 AM - 11:30 AM

Building on *Let's Talk: How Babies Learn Language*, this session focuses on fostering narrative storytelling in children as their language develops from one-to-two-word phrases to full sentences. We'll explore strategies to encourage rich storytelling and discuss typical conversational patterns to expect during this exciting stage of linguistic growth.

Register



In partnership with:



### A Night to Remember: Substance Use at Proms, Parties & Social Gatherings

WEDNESDAY, MAY 14, 2025 | 10 AM - 11:30 AM

This workshop explores the substance use challenges teens may encounter at events like prom, weekend parties, and other social gatherings. It provides practical tips to encourage meaningful family conversations and ensure teens celebrate safely and responsibly.

Register



In partnership with:



### Children & Sibling Rivalry

WEDNESDAY, MAY 21, 2025 | 7 PM - 8:30 PM

During this workshop, we'll discuss various factors that influence the dynamics between siblings and effective ways to minimize rivalry, so that parents and caregivers can nurture healthier relationships among the children in their care.

Register



In partnership with:



### Keeping Seniors Safe Online | Presented by Merlyn Horton

WEDNESDAY, MAY 28, 2025 | 10 AM - 11:30 AM

This workshop will touch on:

- Understanding Online Threats
- Recognizing Online Scams
- Safe Browsing and Email Practices
- Social Media and Privacy
- Mobile Device Security

Register



APRIL 2025

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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# KINSHIP CARE KINSHIP CARE UPDATES & RESOURCES



## Real Testimonials from Callers of the Kinship Help Line | PSS

*"Don't hesitate to call! These people empower, and I ought to know. They have been on the other end of the phone, patient and calm. After I talked to them, I knew exactly what my heart was telling me was the best for my grands."*

*"Just a shout out to the Kinship Care help line. Very knowledgeable, compassionate and patient staff. I had a terrific conversation this afternoon that helped a lot and made me feel better. Thanks!" The Kinship Care Help Line provides **support, advocacy and resource information** to grandparents and other relatives raising a family member's child as well as to service providers and allies.*

[Speak to an advocate today!](#) | [Book an Appointment](#)



## FCSSBC Youth Education Bursary | A career in the social services

This bursary supports young people (30 & under) currently in care or are former youth in care in the province of BC, pursuing careers in human and social services. It helps cover tuition, books, and supplies, with up to \$2,000 per academic year available.

- Open to students in post-secondary education, training, or upgrading
- \$325,425 awarded to 241 students since 2009
- Eligible students can apply annually for continued support

Please read eligibility criteria carefully or call the Kinship Care Help Line (1-855-474-9777) to identifying whether you are eligible or not.

[Read the terms & Apply Now](#)



## Question For A Federal Election Candidates Forum | Your Voice Matters!

With the upcoming federal election, it's important for parents and caregivers to ask candidates about policies that impact families—especially kinship caregivers who are raising grandchildren.

Sharon Whiting has put forward an important question regarding Canada Pension Plan (CPP) dependent benefits:

Currently, CPP child benefits are only available for contributors receiving CPP Disability or for children who have lost a parent under the Survivor's Benefit. There is no CPP support for Canadian seniors who are legally responsible for raising their grandchildren. This is a national issue that affects many kinship caregivers.

Adding a new category of CPP child benefits for seniors aged 60+ who are raising children would provide much-needed financial support for those offering loving, stable homes outside the foster care system.

If you're attending a Federal Election Candidates Forum, consider asking:

**"Will your party commit to expanding CPP child benefits to include seniors raising their grandchildren?"**

Let's keep this conversation going—your voices matter!







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

### FAMILY RESOURCES



#### Family Law Information Sessions | West Coast Family Centre

Separation & Divorce Support Sessions for Parents (Free)

Join our interactive, lawyer-led sessions designed to help parents navigate separation and divorce. Topics include legal rights, parental responsibilities, child/spousal support, property division, and more.

Monthly on Tuesdays: Apr. 1 | May 6 | Jun. 3 | Sept. 9 | Oct. 7, 2025 6:00 PM – 7:30 PM  
Online via Zoom & Facilitated by a licensed lawyer & supported by Westcoast Family Centres staff.  
**[Click here to register!](#)**



#### The Intercultural Youth Microgrants Service Corps (IYMSCorps) team presents the FREE Micro-Grants Youth Volunteering program.

Intercultural Youth Microgrants Service Corps (IYMSCorps) is a federally funded, needs skills enhancement and volunteer program for youth aged 15-30 years serving participants across BC. The program adopts an all-encompassing approach to empower youth throughout BC, offering diverse, enriching activities, including team-based community engagement projects, job search training & support, and a chance to design their youth-led project.

##### Benefits of registering:

- Receive a Micro-Grant for either \$1000, \$2500, or \$3000
- Design your own youth-led and youth-driven community-based projects
- Transportation Support
- Gain a minimum of 120 volunteering hours.
- Reference Letter and Certificate of Completion

**[Click here to apply!](#)**



#### All Aboard for Kindergarten | Booklist

**Get your little one ready for kindergarten with these best 100 books!**

Get your little one excited and prepared for kindergarten with this must-read list of 100 fantastic books! From learning ABCs and counting to making friends and navigating big emotions, these stories will help build confidence, curiosity, and a love of learning. Perfect for kids (and parents) ready to take on this exciting new chapter!

**[Click here to view full list.](#)**



#### Where You Are Podcast | Kelty Mental Health Resource Centre

Join the fabulous hosts in conversations with parents and caregivers, youth and health professionals. Each podcast episode they:

- Challenge some of the myths, stereotypes, and stigma that surround mental health
- Empower families by providing reliable mental health and substance use information in a way that is understandable and relatable

Walk away from episodes with practical tips and strategies that you can use to promote you and your family's mental health and wellness. Never miss an episode!

**[Click here to listen!](#)**



## COMMUNITY EVENTS

# COMMUNITY EVENTS FOR FAMILIES IN BC



### Vancouver Island

#### Picnic and Play | Errington, BC 📍

- Friday, April 25th, 2025 from 5:00 PM to 7:00 PM
- Location: [Errington Community Park](#) 1390 Errington Rd, Errington
- Bring your family and a picnic and come join us at Errington Community Park for a fun-filled night of games and activities provided by our leaders. In partnership with Arrowsmith Community Recreation Association.
- FREE Family Friendly

#### Kidovate - A Youth Entrepreneurship Market 📍

- Saturday, April 5, 2025 from 10am to 4pm
- Bay Centre 1150 Douglas St., Victoria, British Columbia
- Come support this youth market where middle school and high school youth sell goods or services that they make, re-purpose, or re-sell!
- [Click here for more information on the event and how to register your child for the next one.](#)



### Prince George

#### 2025 BC Northern Children's Festival 📍

- Fri, May 30 2025, 10am - 5pm
- Location: Lheidli T'enneh Memorial Park
- FREE Entry Family Friendly
- With free entertainment, engaging games, and tasty food options (some costs may apply), there's something for everyone.

#### Dad and Me Story Time 📍

- Saturday, March 8 & April 12, 2025 from 10:15 - 10:45 am
- Bob Harkins Branch, downtown
- Ages 0 - 5 | Free drop in
- Calling all Dads, Grandpas, and Uncles! Join us for a half hour of stories, songs, and movement for young ones and their caregivers.



### Lower Mainland

#### Vancouver International Children's Festival 📍

- May 26th - June 1st 2025 (various times)
- Arts festival for children & families
- Granville Island, Vancouver BC
- Family Friendly
- Tickets start at: Child or Senior – \$13.50 & Adult – \$23

#### Healthy Living Metro Vancouver | April 2025 Family Events In Metro Vancouver 📍

- If you're looking for family-friendly events across Metro Vancouver, the Sea to Sky Corridor, Fraser Valley, & the Sunshine Coast this month, Healthy Living Metro Vancouver has got you covered from Whistler - Chilliwack + everything in between. From festivals to concerts + seasonal celebrations, they've got the inside scoop on the fun, active outings happening this month!
- [Visit www.healthyfamilyliving.com/family-events-vancouver/](http://www.healthyfamilyliving.com/family-events-vancouver/)



### Okanagan

#### Stories Around The World - Kelowna 📍

- April 26th, 2025 from 11:00 am - 3:00 pm
- Downtown Kelowna Library - 1380 Ellis Street, Kelowna
- FREE Family Friendly
- A cultural storytelling festival for the whole family! Including crafts, songs, and tasty treats!

#### Okanagan Family Fun | April 2025 Calendar 📍

- Discover upcoming family-friendly events, activities, and things to do in the Okanagan. Check back often as they update their events calendar frequently. Okanagan Family Fun will make every effort to provide accurate information on upcoming events, please check the event website before attending.







## 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.

SCAN ME



[bit.ly/pssreferralform](https://bit.ly/pssreferralform)

Join to be part of a supportive community!

Parenting Support Group

**Spanish Fathering**  
MONDAYS | 6:00PM | ONLINE

JOIN THIS GROUP TODAY

Parenting Support Group

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

JOIN THIS GROUP TODAY

Parenting Support Group

**Parents of Young Children (Ages 2-10)**  
WEDNESDAYS | 7:30PM | ONLINE

JOIN THIS GROUP TODAY

Parenting Support Group

**Filipino Parenting**  
SATURDAYS (WEEKLY) | 1:30PM | BURNABY

JOIN THIS GROUP TODAY

Check out the full list of active Parenting Support Groups at [www.parentsupportbc.ca/support-groups](https://www.parentsupportbc.ca/support-groups)











[bit.ly/pssreferralform](https://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 

## 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 
- 12:30 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](mailto:sandi.halvorson@parentsupportbc.ca)





## VOLUNTEERING AT PSS VOLUNTEER OPPORTUNITIES & UPDATES



### **Volunteer Facilitators needed for Mandarin Parenting Support Group**

We're looking for facilitators for our in-person, parent support group for Mandarin-speaking parents and caregivers, raising children. Apply to help empower families, build new skills and give back to community! The group meets in-person, bi-weekly on Fridays 12 pm to 1:30 pm near UBC.

[APPLY NOW](#)



### **Volunteer Facilitators needed for Spanish Parenting Support Group**

We're looking for facilitators for this in-person, parent support group for Spanish-speaking parents and caregivers, raising children. Apply to help empower families, build new skills and give back to community! The group meetings in-person, weekly on Fridays at 12 pm in New Westminster, BC.

[APPLY NOW](#)



### **Volunteer Facilitators needed for Parenting Teens Support Group**

We're looking for facilitators for this online, parent support group for those raising teenagers. Apply to help empower families, build new skills and give back to community! The group meets online, weekly on Thursdays at 7:30 pm.

[APPLY NOW](#)



### **Volunteer Facilitators needed for Single Parenting Support Group**

We're looking for facilitators for this online, parent support group for single parents/caregivers. Apply to help empower families, build new skills, and give back to community! The group meets online, weekly on Fridays at 8:30 pm.

[APPLY NOW](#)



### **Volunteer Facilitators needed for Parenting Youth with Anxiety & Depression 13+ Support Group**

Applicants must have professional or lived experience working with or parenting youth with anxiety or depression. Apply to help empower families, build new skills and give back to community! The group meets online, weekly on Sundays at 7:00 pm.

[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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APRIL 2025

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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