



OCTOBER/NOVEMBER 2025 NEWSLETTER

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Feedback!

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newsletter by filling out our
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A MESSAGE FROM THE
EXECUTIVE DIRECTOR

WORLD MENTAL HEALTH DAY OCTOBER 10



October 10 is World Mental Health Day. A reminder that our well-being matters just as much as the care we give our families. This year, the Province has reaffirmed its commitment to providing low- or no-cost counselling services for adults experiencing mental-health challenges, making sure support is available when it's needed most. (news.gov.bc.ca).

There is a particular focus on Northern and rural communities, where access to mental health and addiction counselling is more limited. As part of this, the Province is investing \$6.7 million to support those low- and no-cost counselling services. This funding will go to several local organizations in these more remote/rural areas.

The supports include both in-person counselling and virtual options, plus outreach support by community organizations. This ensures that people who may not be able to travel or who are isolated still have access. The services help address issues like trauma, grief, isolation, economic hardship, among others.

Parenting brings so much joy, but it can also be overwhelming and isolating at times. If you've been feeling stressed, anxious, or simply run down, please know that help is available. Reaching out is not a sign of weakness, it's a powerful step toward resilience.

This month, I encourage you to:

- Explore counselling supports in your community. Many are free or low-cost.
- Take time for yourself, even in small ways.
- Connect with other parents and caregivers for encouragement and support.
- Use online tools or hotlines if in-person services feel out of reach.

Let's use World Mental Health Day as a moment to check in with ourselves and with each other. Taking care of your mental health is one of the best gifts you can give your family.

Jane Bouey

Executive Director

Parent Support Services Society of BC





Parent Support Services
Society of BC

One on One Parenting Support



With Sofia Fuertes, RCC

Clinical Counsellor | Parent & education
consultant | Community Development Worker



FREE
access to a
professional
clinical
counsellor

We're excited to introduce Sofia Fuertes, a Clinical Counsellor, Parent & Education Consultant, and Community Development Worker, who is offering personalized, one-on-one support for parents and caregivers already involved in our support groups.

What makes this new service different from regular support groups?

While group sessions are a wonderful way to connect with others, sometimes, a parent might want to talk one-on-one at their own pace, go deeper, or focus on something personal that's hard to bring up in a group.

What kind of support can parents expect?

Sofia will listen, help parents reflect, and guide them with finding strategies that work for their family. Sessions can be by phone or video, and are also offered in Spanish.

One on One Sessions are:

- ✓ Confidential & judgment-free
- ✓ Flexible remote sessions
- ✓ Personalized guidance for your family's needs

Interested in this service? Call Sofia at 604-669-1616 ext.116 or speak to your support group facilitator to learn if one-on-one coaching is right for you.

Not part of a group yet? No problem—[click here](#) to find a support group near you or online.



Must be a registered Parenting Support Group member to participate

Book an appointment

www.tinyurl.com/booksofia



Contact Sofia Today!

Call: 604-669-1616 ext.116

Email: sofia.fuertes@parentsupportbc.ca



OCTOBER/NOVEMBER 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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PARENTING workshops

Free,
Online,
Educational

LEARN MORE



Calm the
Conflict
Counseling

In partnership

Exploring Different Parenting Styles: Finding Common Ground When Styles Collide

Wednesday, October 15, 2025 | 7:00 PM – 8:30 PM | Online

This workshop will explore: how parenting has changed, when parenting styles collide, and how to find common ground.

REGISTER www.parentsupportbc.ca/workshops

SCAN ME



Cameray
Child & Family Services

In partnership

Building Your Child's Resilience

Wednesday, October 22, 2025 | 7:00 PM – 8:30 PM | Online

This workshop will explore: nurturing strategies that will help your child cope with adversity and set them up with healthy coping skills for the future.

REGISTER www.parentsupportbc.ca/workshops

SCAN ME



Cameray
Child & Family Services

In partnership

Parent Intuition: One of Your Greatest Parenting Tools

Wednesday, November 5, 2025 | 7:00 PM – 8:30 PM | Online

This workshop will explore: Why intuition is one of your greatest parenting tools, and how to combine your intuition with facts and logic to do what's best for your children.

REGISTER www.parentsupportbc.ca/workshops

SCAN ME



SFU
let's talk
CHILD RESEARCH GROUP

In partnership

Let's Talk: How Babies Learn Language

Wednesday, November 19, 2025 | 10:00 AM – 11:30 AM | Online

This workshop provides: valuable insights into infant language learning. Parents and caregivers can learn practical, evidence-based techniques to foster your child's language skills during these pivotal early years. Recommended for caregivers of children aged 0-2.

REGISTER www.parentsupportbc.ca/workshops

SCAN ME



Cameray
Child & Family Services

In partnership

Becoming a More Emotionally Mature Parent

Wednesday, November 26, 2025 | 7:00 PM – 8:30 PM | Online

This workshop explores: ways to improve emotional maturity, supporting ourselves as parents and supporting our children in a way that allows them to grow and gives them the space to be their true selves.

REGISTER www.parentsupportbc.ca/workshops

SCAN ME



KINSHIP CARE UPDATES & RESOURCES

Sign the petition asking the Government of Canada to add a Canada Pension Plan benefit for seniors 60+ who are raising children or grandchildren.

Petition e-6646 asks the Government of Canada to create a new category of Canada Pension Plan (CPP) benefits for seniors aged 60 and older who are raising children, including grandchildren, because the current CPP rules don't allow such caregivers to claim dependent-child benefits.



Fairness for Children Raised by Relatives Society argues that kinship caregivers are filling an essential role: preventing children from entering the foster care system and helping them stay connected to family, culture, and community. By signing and sharing their petition, it seeks to address the financial unfairness and instability that many kinship caregivers face under the current system.

SIGN THIS PETITION

WORKSHOP FOR FOSTER CAREGIVERS AND KINSHIP/OUT-OF-CARE CAREGIVERS



This workshop will address:

- Kinship Care vs. Foster Care, Key considerations for permanency, Legal arrangement considerations
- Permanency legislation CFCSA/An Act Respecting First Nations, Inuit, Metis Children,
- Youth & Families, the Adoptions Act and the Family Law Act Government supports for caregivers

Wednesday, Oct. 7, 2025

11:00 AM – 12:30 PM

Online via Zoom

REGISTER NOW

After a short presentation, the advocates will respond to questions, comments, and deeper discussion.

Questions can be pre-submitted to CFS Coordinator Sandra at cicoord@fpsss.com or asked at the workshop as time allows.

Facilitated by:

Cassandra Strain, BSW, Indigenous Kinship Care Lead, and Kinship Care Help Line Advocate

Christina Campbell, MSW, Child Welfare & Program Development Lead, and Kinship Care Help Line Advocate



FAMILY RESOURCES

FOR PARENTS, CAREGIVERS, FAMILIES, & SERVICE PROVIDERS



Ongoing support, services benefit adults with mental-health issues

Adults living with mental-health challenges will continue to have access to low- or no-cost counselling services to help them get well.

[READ MORE](#)

Caregivers and the Court Process: Preparation, Testifying, and Documentation

Wednesday, October 22nd, 6:30pm to 8:30pm Facilitated by MCFD Lawyers. Join this interactive workshop on how caregivers can prepare for attending court and testifying, if requested to support the legal process for children and youth in care. Additionally, learn how to properly document so you can be prepared if you need to go to court. In this session, caregivers will be provided with up-to-date legal information and be able to ask questions of two MCFD lawyers about how to best prepare for the court process.

[REGISTER](#)

Parent Education Program at Cameray Child & Family Services

Cameray's Parent Education Program specializes in topics regarding middle childhood and adolescence development, and offers information, practical learning, and resources for parents and caregivers who have school-age children. Group topics include: My Tween and Me™ Parenting Program, Parenting Strategies for Newcomers, Attachment and Bonding, Family Literacy Circle, Social and Emotional Development Positive Guidance and Discipline Managing Anxiety and Stress... and many more!

[LEARN MORE](#)

Vaping in Schools: A Health Promotion and Prevention Lens

Vaping in schools is an increasing concern as it may affect both individual health and the school climate. Hear from panelists Priscila Nabuco, Art Steinmann and Dr. Laura Struik to learn more about vaping, including its effects on health and learning, why youth vape, how to support students who are vaping, and how schools can address vaping that may be happening at school.

[WATCH NOW](#)

COMMUNITY EVENTS FOR FAMILIES IN BC

VANCOUVER ISLAND

Free Indoor Family Movie at the Saanich Fairgrounds

Friday, October 24, 2025 | Saanich Fairgrounds, 1528 Stellys Cross Road

Join Us for a Fun Movie Night! Come to the Cedar Room at the Saanich Fairgrounds for a Free Family Indoor Family Movie event. Grab your loved ones, put on your jammies, bring your chairs and blankets and enjoy a movie night in a cozy indoor setting. Food, drinks and snacks to buy or bring your own!

Thanksgiving Weekend Studio Tour

October 11–12, 2025 | 10-5pm | 3784 Mallard Place Parksville, BC

Thanksgiving Tour – Invite your friends and family to celebrate the season with warm colours and inspiring works. Discover the Creative Soul of Nanoose Bay. Join us for our beloved annual Thanksgiving Art Tour, where 21+ local artists open their doors across 13 unique studio locations. Studio #5 is closed for this year unfortunately!

PRINCE GEORGE

2025 Festival of Trees | Buy Tickets

November 26-30, 2025 | 9am - 5pm | CN Centre, 2187 Ospika Blvd S

day dedicated to celebrating the seniors in our community! Join us for a festive stroll through the beautifully decorated trees, enjoy holiday entertainment, and take in the magic of the season with friends old and new. It's a special time to create memories and soak in the spirit of Christmas. (9am to 9pm)

LOWER MAINLAND





Family Day @ Place des Arts

Sunday, November 30, 2025 | 1 PM – 3 PM | T1120 Brunette Avenue Coquitlam, BC V3K 1G2

Looking for something creative to do with the family? Join us for an art-filled afternoon with hands-on activities for all ages led by talented artists. At this free event, explore our current exhibitions, experiment with art mediums and discover the performing arts! Take home any creations made during the event. Pre-registration is encouraged.

Trans-Kids, Trans-Families - support group

Multiple dates | 207 6th Street New Westminster

Beginning September 16, a monthly drop-in support group for parents, caregivers and allies     of Trans-Kids. Connect, share stories, ask questions and find helpful resources from local professionals. Learn how to navigate the unique paths travelled by your unique rainbow kid.

OKANAGAN

Make & Take: Playful World of Puppets

Wednesday, October 15 · 6 - 8pm | 2949 Pandosy Street #201 Kelowna

In this hands-on workshop Educators will craft their own puppets to support storytelling, emotional expression and playful learning.

Youth Employment Summit - Kelowna

Thursday, November 20 · 1 - 7pm | Ramada by Wyndham Kelowna Hotel & Conference Center

One-day summits in BC connecting youth with disabilities to employers, schools & supports to explore careers & build their future.



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

Fathering Group

WEDNESDAYS (BI-WEEKLY) | 7:30PM | ONLINE

JOIN THIS GROUP TODAY



Parenting Support Group

Kinship Care

MONDAYS (WEEKLY) | 10:00AM | ONLINE

JOIN THIS GROUP TODAY



Parenting Support Group

Parenting Youth (12+) with Anxiety & Depression

SUNDAYS | 7:30PM | ONLINE

JOIN THIS GROUP TODAY



Parenting Support Group

Single Parents

FRIDAYS (BI-WEEKLY) | 8:30PM | ONLINE

JOIN THIS GROUP TODAY

Check out the full list of active Parenting Support Groups at
parentsupportbc.ca/support-groups





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

10:00 AM SPANISH PARENTING SUPPORT GROUP	7:30 PM KINSHIP CARE GROUP
2:00 PM FAMILY UNITY (INDIGENOUS, HADIH HOUSE) PRINCE GEORGE, BC	

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	New! 1:00 PM SPANISH PARENTING AUTISM SUPPORT GROUP
1:30 PM FILIPINO PARENTING SUPPORT GROUP BURNABY	

SUNDAY

10:00 AM PARENTING CHILDREN WITH ADHD	3:00 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



volunteer WITH PSS

EMPOWER FAMILIES
BUILD NEW SKILLS
GIVE BACK TO
THE COMMUNITY

VOLUNTEER FACILITATORS NEEDED

Become a Volunteer Group Facilitator and support caregivers in building healthier families and stronger communities. Facilitate safe spaces for discussions, networking, skill-building, and emotional support. Enjoy free virtual training with self-paced modules and live sessions, plus ongoing professional development.



We're looking for Volunteer Facilitators to join us for the following groups

Arabic Parenting Support Group I
Thursdays | 12pm | In-Person | Burnaby, BC

Filipino Parenting Support Group
Saturdays | 1:30pm | In-person | Burnaby, BC

Spanish Parenting Support Group
Fridays | 12pm | In-Person | Burnaby, BC

Mandarin Parenting Support Group I
Sundays | 3pm | In-Person | Port Coquitlam, BC

Mandarin Parenting Support Group III
Fridays | 10am | In-Person | Burnaby, BC

**Parenting Support Group | Heartwood
Centre for Women**
Date TBD | Time TBD | In-Person

[LEARN MORE](#)

[APPLY NOW](#)



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volunteer WITH PSS

EMPOWER FAMILIES
BUILD NEW SKILLS
GIVE BACK TO
THE COMMUNITY



BOARD MEMBER AT LARGE

Join our diverse team of Volunteer Board Members as a Member at Large and help support children and families across BC! Commit to a minimum 3-year term, attend virtual board meetings, and contribute to a Committee and the Annual General Meeting to drive our vision forward.

[APPLY NOW](#)



STEERING COMMITTEE MEMBER

Make a meaningful impact in the Lower Mainland! If you're part of the Hispanic/Spanish, Chinese, Filipino, Korean, Arabic, Portuguese, or South Asian communities, volunteer as a Steering Committee Member at PSS. Help shape our Group Programs, share invaluable knowledge, and connect with local communities.

[APPLY NOW](#)



Other Volunteer Opportunities

We offer a wide range of volunteer opportunities across our programs and services. These include, but are not limited to:

- Childminder
- Book Club Facilitator
- Special Events Volunteer
- Guest Speaker
- Curriculum Developer
- ASL Interpreter

[LEARN MORE](#)



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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