



# FEBRUARY/MARCH 2026 NEWSLETTER IN THIS ISSUE

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## WE'VE Moved!

Parent Support Services  
Society of BC has moved  
into a new office location.

Our new address is:  
**330-3665 Kingsway**  
**Vancouver, BC**  
**V5R 5W2**

### QUICK LINKS



RESOURCES

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VOLUNTEER

NEWSLETTER





## A MESSAGE FROM THE EXECUTIVE DIRECTOR

# STEADY HEARTS IN UNCERTAIN TIMES



**“We are not  
meant to do this  
alone.”**

In times that can feel heavy or uncertain, I want to gently remind you of the steady, powerful role you play in your children’s lives. While the world around us may feel overwhelming, our greatest work, and our greatest impact, happens close to home: caring for, nurturing, and loving our children to the very best of our abilities.

It’s okay to set boundaries. It’s okay to limit your exposure to difficult news. It’s okay to take breaks. Protecting your mental and emotional space is not avoidance, it’s wisdom. Reach out to friends, family, and your community for support. We are not meant to do this alone.

When we are grounded, rested, and well, we are better able to offer our children the calm, reassurance, and connection they need. Small, steady acts of love matter more than ever. Please take good care of yourselves, because when you are supported, your children are too.

With care,

Jane Bouey  
Executive Director





# How to Help Children Cope With Trauma



- ✓ **Make your child feel safe.**  
Offer extra affection and physical reassurance, which helps children of all ages feel secure after a frightening event.
- ✓ **Act calm.**  
Children look to adults for cues, so manage your anxiety and speak in a steady, reassuring tone.
- ✓ **Maintain routines.**  
Keep regular meals, bedtimes, and family rules to provide stability, even if you must create new routines.
- ✓ **Encourage play and activities.**  
Fun and social time help restore a sense of normalcy and provide healthy distraction.
- ✓ **Share simple, honest information.**  
Explain what happened briefly and truthfully and invite questions without assuming what they're worried about.
- ✓ **Choose good moments to talk.**  
Use natural opportunities when your child seems ready to open up.
- ✓ **Limit news exposure.**  
Repeated media coverage can make events feel ongoing, especially for younger children.
- ✓ **Respect different coping styles.**  
Some children seek company while others prefer solitude; reassure them that all feelings are normal.
- ✓ **Listen without lecturing.**  
Focus on understanding their perspective and let them know they can share their feelings anytime.
- ✓ **Practice calming breathing.**  
Teach slow, deep belly breathing to help reduce anxiety and promote relaxation.
- ✓ **Acknowledge their feelings.**  
Validate worries or sadness without dismissing them.
- ✓ **It's okay to say "I don't know."**  
Being present, honest, and supportive matters more than having all the answers.



Source: [How to Help Children Cope With Trauma - Child Mind Institute](#)

For guides on how to support children in different languages: [Multilingual Trauma Resources - Child Mind Institute](#)



# One on One Parenting Support



**FREE**  
access to a  
professional  
clinical  
counsellor



## With Sofia Fuertes, RCC

Clinical Counsellor | Parent & education  
consultant | Community Development Worker

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](http://www.tinyurl.com/booksofia)



Contact Sofia Today!

Call: 604-669-1616 ext.116

Email: [sofia.fuertes@parentsupportbc.ca](mailto:sofia.fuertes@parentsupportbc.ca)





# PARENTING workshops

# Free, Online, Educational

[LEARN MORE](#)



## Becoming A More Emotionally Mature Parent

Wednesday, March 11, 2026 | 7PM – 8:30PM | Online

In this workshop we'll discuss; ways to improve emotional maturity, support ourselves as parents and support 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](http://www.parentsupportbc.ca/workshops)

SCAN ME



## Let's Talk: Multilingualism | This workshop has been postponed.

**NEW DATE** New date to be announced soon!

**This workshop will explore:**  
How children learn language when growing up in a multilingual environment. We'll also share simple, practical tips you can use at home and in your community to support children's language development—whether you speak one language or several.

[REGISTER](#) [www.parentsupportbc.ca/workshops](http://www.parentsupportbc.ca/workshops)

SCAN ME



[Click here to join our Parenting Workshop mailing list](#) for exclusive access to past workshop recordings!

**Screen-Time Survival for Parents**

Parenting Workshop  
[www.parentsupportbc.ca](http://www.parentsupportbc.ca)

**Supporting Your Teen's Healthy Relationship to Food and Body**

Parenting Workshop  
[www.parentsupportbc.ca](http://www.parentsupportbc.ca)

**Guiding your Kids through Back to School Challenges**

Parenting Workshop  
[www.parentsupportbc.ca](http://www.parentsupportbc.ca)



# KINSHIP CARE UPDATES & RESOURCES

## More support coming for children and youth with disabilities

The Government of British Columbia has announced a significant investment in a new B.C. Children and Youth Disability Benefit and Disability Supplement, expanding financial supports to more families across the province.

We are genuinely pleased for the many families who will benefit from this new approach. Increased access to funding and services can make a meaningful difference in the daily lives of children and youth with disabilities.

At the same time, we recognize that transitions of this scale can create uncertainty. Some families – including those whose children may not meet federal Disability Tax Credit eligibility, those with emerging or less formally diagnosed needs, or families whose income places them outside the supplement thresholds – may continue to face challenges accessing supports. We encourage ongoing dialogue to ensure the evolving system works well for as many families as possible.

We remain committed to supporting all families as they navigate these changes and to working collaboratively toward inclusive, accessible supports for every child.

While in general this is a positive initiative, we have shared a significant concern regarding **kinship care families** with Minister Wickens. As many of you are aware, a large proportion of kinship caregivers in BC (e.g., classifications such as 54.1 and 54.01) cannot claim the children they are raising on their income tax returns. Because eligibility for the new **Disability Supplement** is tied to entitlement to the federal Disability Tax Credit and administered through family tax benefits, this raises two key issues for kinship families:

- 1. Income testing and eligibility for the Supplement:** Without the ability to claim children as dependants for tax purposes, many kinship households may be inaccurately assessed or excluded from eligibility for the Disability Supplement, even though their financial needs are often comparable to other families with children with support needs.
- 2. Lack of access to other tax-linked benefits:** These families similarly do not receive the **Canada Child Benefit**, which creates further barriers to qualifying for provincial top-ups and integrated income-tested supports.

We also remain concerned about systemic barriers related to the **Federal Disability Tax Credit** process, including significant delays in processing and the fees charged by medical practitioners to complete the required forms. These factors disproportionately impact low-income and kinship care families and may further limit access to both federal and provincial benefits.

We also want to acknowledge the **years of collaborative, community-based engagement** that informed these new programs. We celebrate this progress and share the government's commitment to ensuring that no child is left behind.

[Learn More](#)

# FAMILY RESOURCES

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



**Free phone or virtual counselling & resources for post-secondary students in BC**  
Post-secondary life can be exciting – and overwhelming. Here2Talk provides all registered B.C. post-secondary students (domestic and international) with free, confidential mental health counselling and referrals, available 24/7 by app, phone, or web. Visit [www.here2talk.ca](http://www.here2talk.ca) or call Canada-wide toll free 1-877-857-3397 or direct 604-642-5212 for support anytime.

[LEARN MORE](#)



### **Foundry: Free & Confidential Mental Health & Wellness Support for BC Youth and Families**

Foundry offers free and confidential mental health and wellness services for youth ages 12-24 in British Columbia and their families. All services are free and confidential. No referrals required. Foundry - Free counselling, Physical & sexual health care, Peer support, Workshops & groups, Work & education support.

[LEARN MORE](#)



### **Bullying stops here! A guide for parents to help their children**

This guide for parents and caregivers outlines how they can work with schools to ensure their child is part of a safe and respectful school community. This guide offers advice for parents whose child is the target of bullying, as well as for parents of a child who have witnessed bullying or who have bullied others. It also gives parents tools to talk about bullying with their child, and how to take action to seek a positive solution.

[READ NOW](#)



### **Westcoast Family Centres Presents, Positive Parenting Solutions | Free Online Sessions every Thursdays! Feb. 19 - Mar. 12**

Improve your parenting skills and build a stronger relationship with your child with research-backed best practices, practical parenting tools and therapeutic processing and discussion.

[LEARN MORE](#)

# COMMUNITY EVENTS FOR FAMILIES IN BC

## VANCOUVER ISLAND

### Pacific Rim Whale Festival

March 14 - 21, 2026 | Tofino, Various Locations

The Pacific Rim Whale Festival is a week-long, family-friendly celebration of the annual grey whale migration along the West Coast. Held in Tofino, Ucluelet, and the Pacific Rim National Park Reserve, the festival features a colourful parade, kids' activities, educational talks, chowder tastings, and opportunities for whale watching. A fun way to explore marine life, local culture, and coastal conservation together. Buy Tickets today!

## PRINCE GEORGE

### ANNUAL SPRING JAMBOREE

March 27-29, 2026 | Knox Performance Centre

The Annual Spring Jamboree (March 27 – 29, 2026) in Prince George is a three-day community music and dance event hosted by the local BC Old Time Fiddlers' Association.

It's focused on old-time fiddle and acoustic music, with workshops for instruments like fiddle, guitar and mandolin, a Friday night dance and concert, and instructional sessions throughout the weekend – welcoming musicians and music lovers of all ages to learn, play, dance, and celebrate traditional music together.

## LOWER MAINLAND

### Robert Munsch Party

Friday, March 27, 2026 11:00 am – 12:00 pm | Vancouver

Celebrate everyone's favourite author with fun crafts and games inspired by Robert Munsch's books! Drop-in.

### Uke Can Do It! | FREE Ukulele Play-Along Series

On-going until Mar 28 2026 | Lynn Valley Library, North Vancouver

Come join us for a bit of music making with fellow ukulele enthusiasts. Just bring your ukulele, if you have one, and singing voice. If you don't have a ukulele, there will be a few available on a first-come, first-served basis. Chord charts and song sheets will be provided.

## OKANAGAN

### Freckleface Strawberry The Musical

March 21 - March 22, March 28 - March 29 | The Balsam School 604 Cawston Ave, Kelowna

Freckleface Strawberry tries to hide her freckles—but learns that the most beautiful colours shine brightest when you let them show. With music, laughter, and a heart full of courage, she reminds us that every dot of colour makes us who we are. Buy tickets today!

### Girls in STEAM

Mar 7th, 2026 6:00 pm | Vernon Science Centre, Vernon

A fun, hands-on event at the Okanagan Science Centre celebrating science, technology, engineering, art and math for girls (ages ~5–12). Explore interactive STEAM activity stations, science demos, planetarium shows, gyro chair rides and meet community partners who share real-world STEAM experience. All youth receive a take-home STEAM box.



## SPOTLIGHTING SPECIFIC SUPPORT GROUPS

SCAN ME



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!

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

**NEW!**



Parenting Support Group

**Grandparenting: Connecting Across Generations**

DATE & TIME TBA | ONLINE

**JOIN THIS GROUP TODAY**



Parenting Support Group

**Kinship Care**

MONDAYS (WEEKLY) | 10:00AM | ONLINE

**JOIN THIS GROUP TODAY**



Parenting Support Group

**Fathering Group**

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

**JOIN THIS GROUP TODAY**



Parenting Support Group

**Parenting Youth (12+) with Anxiety & Depression**

SUNDAYS | 7:30PM | ONLINE

**JOIN THIS GROUP TODAY**

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







Learn more at [www.parentsupportbc.ca/support-groups](http://www.parentsupportbc.ca/support-groups)

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




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   
10:00 AM SPANISH SPEAKING PARENTING SUPPORT 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 PARENTING SUPPORT GROUP | 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 PARENTING SUPPORT GROUP  7:30 PM CANTONESE PARENTING SUPPORT GROUP   
12:00 PM SPANISH PARENTING SUPPORT GROUP | NEW WESTMINSTER  8:30 PM SINGLE PARENTS GROUP 

## SATURDAY

10:00 AM KOREAN PARENTING SUPPORT GROUP | BURNABY  6:00 PM MANDARIN PARENTING SUPPORT GROUP | UBC   
1:30 PM FILIPINO PARENTING SUPPORT GROUP | BURNABY 

## SUNDAY

10:00 AM PARENTING CHILDREN WITH ADHD  6:30 PM MANDARIN PARENTING SUPPORT GROUP | PORT COQUITLAM   
7:30 PM PARENTING YOUTH WITH ANXIETY/DEPRESSION (12+) 

Don't see a group that meets your needs? Email us!

Office: [office@parentsupportbc.ca](mailto:office@parentsupportbc.ca)

Azucena: [azucena.martinez@parentsupportbc.ca](mailto:azucena.martinez@parentsupportbc.ca)

Sandi: [sandi.halvorson@parentsupportbc.ca](mailto:sandi.halvorson@parentsupportbc.ca)

Sofia: [sofia.fuertes@parentsupportbc.ca](mailto:sofia.fuertes@parentsupportbc.ca)

### QUESTIONS? REACH US HERE:

[parentsupportbc.ca](http://parentsupportbc.ca)

1-877-345-9777 (Toll-Free)

[office@parentsupportbc.ca](mailto:office@parentsupportbc.ca)

# 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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