



# JUNE/JULY 2026 NEWSLETTER IN THIS ISSUE

- 1 [Introduction](#)
- 2 [Message from the Executive Director](#)
- 3 [Parent's Corner](#)
- 4 [Parenting Workshops](#)
- 5 [What's New at PSS?](#)
- 6 [Family Resources](#)
- 7 [Community Events for families in BC](#)
- 8 [Spotlight Support Groups](#)
- 9 [Support Group Schedule](#)
- 10 [Volunteer with PSS](#)
- 11 [Contact us](#)

## KINSHIP CARE HELP LINE

We'd Love to Get

**YOUR FEEDBACK**



Have you called our Kinship Care Help Line for support? We want to hear your thoughts and experiences with us.

**TAKE SURVEY**

### QUICK LINKS



**RESOURCES**

**DONATE**

**VOLUNTEER**

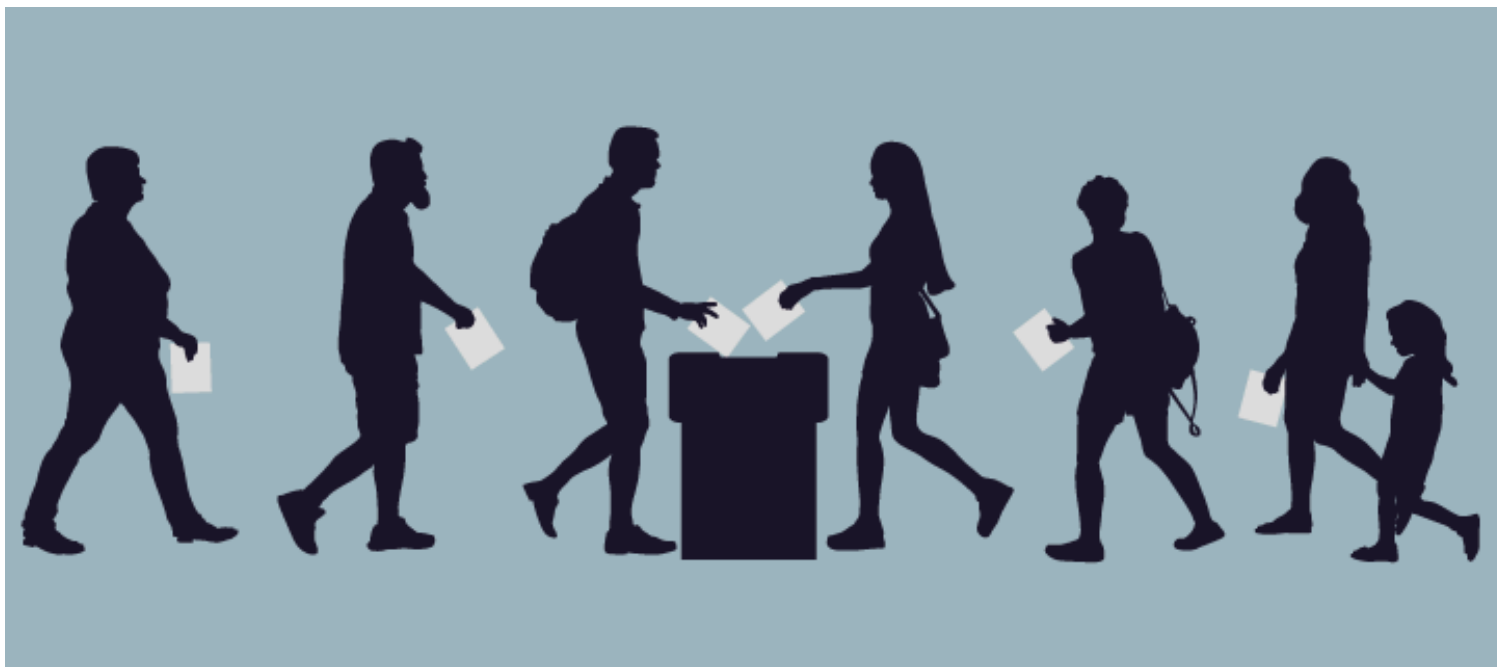
**NEWSLETTER**





## A MESSAGE FROM THE EXECUTIVE DIRECTOR

# HELP SHAPE THE CONVERSATION FOR THE 2026 LOCAL ELECTIONS



**“Your voice makes a difference.”**

At Parent Support Services Society of BC, we know that strong communities help children, youth, and families thrive. That's why we're pleased to share an opportunity from First Call BC, a trusted organization that advocates for the well-being of children and youth across our province.

**First Call BC** is gathering input to help shape its **2026 Municipal Election Toolkit**. The survey invites community members to share the issues they would like local governments to address in support of children, youth, and families.

Your voice can help inform conversations and priorities ahead of the 2026 local elections. If you'd like to participate, the survey is open until June 29.

[www.firstcallbc.org/2026-municipal-election-toolkit-survey/](http://www.firstcallbc.org/2026-municipal-election-toolkit-survey/)

Thank you for helping build stronger, more supportive communities for families across BC.

With care,

Jane Bouey  
Executive Director





# Parent's Corner\*



## Real Life, Real talk

### This Month's Question:

How do you provide for emotional and psychological support for yourself?

My go-to strategies are getting outside, hanging out with our animals, daydreaming/doodling, watching a really good show that gives me "all the feels," and calling up a friend.  
- Shirley, Northern, BC



I listen to music and my hubby and me go for walks with our dog.  
- Erin, Interior, BC



For me, I have my own preferred way of regulation. Playing some instruments, physical exercises all work well.  
- Jinghua, Lower Mainland, BC



Want to share your comments or advice next month?

→ Share your thoughts with us!

**SUBMIT YOUR RESPONSE!**

It's quick & anonymous if you prefer!



# workshops FOR PARENTS

Free,  
Online,  
Educational

LEARN MORE



## Temperament & Goodness of Fit Wednesday, June 3, 2026 | 7–8:30 pm

In this workshop, we'll discuss; how to understand your child's behaviour and support their social and emotional development. Join us as we explore ways to improve goodness of fit, being aware of our own temperament and adjusting, when needed.

REGISTER

SCAN ME



## Tricky Transitions Wednesday, June 10, 2026 | 10–11:30 am

In this workshop we'll discuss; how best to support our children through day-to-day transitions and bigger changes. Whether it's leaving the playground or adjusting to new family dynamics, all change is big for our children. We'll discuss tantrums & meltdowns, the role temperament plays, the importance of connection and viewing children's behaviour as communication.

REGISTER

SCAN ME



## Grief and Growth: Honouring What Was, Supporting What Is. Tuesday, June 16, 2026 | 10–11:30 am

This workshop invites you to explore: The many faces of grief, how it shows up differently for each of us, and how to recognize its impact in those we care about. Through reflection and practical strategies, we'll build tools to support resilience, foster compassion, and better navigate the complexities of loss.

REGISTER

SCAN ME



## Workshops on Summer Break

School's out! Our workshops will be paused from July to August. In the meantime, enjoy exclusive access to recordings of past workshops and learning opportunities here: [WATCH NOW](#)

# What's New AT PSS?



Kwasun Cultural  
Education Society

## Are you a kinship caregiver raising Indigenous children?

We want to hear from you. Please take our short survey and help shape a new Cultural Connections program which will focus on ways to support a child's connection to their Indigenous culture, community, and identity.

[Take the survey.](#)

## CULTURAL CONNECTIONS INITIATIVE INTEREST SURVEY

## One on One Parenting Support

With Sofia Fuertes, RCC

Clinical Counsellor | Parent & education  
consultant | Community Development Worker



**FREE**  
1:1 conversation  
on video call or  
phone.

**One on One Sessions are:**

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



SCAN ME

**Secure an Appointment**

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

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



JUNE/JULY 2026

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

PAGE 5

# FAMILY RESOURCES

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



### Legal Rights for Youth in BC

The website *Legal Rights for Youth* is a free educational resource created by the Justice Education Society of BC that helps young people, parents, educators, and community workers understand legal rights and responsibilities in everyday situations. It provides accessible information on topics such as online safety, social media, consent, school issues, police interactions, employment, and relationships, helping youth make informed decisions and know where to find support when legal questions arise.

[LEARN MORE](#)



### Nurturing Fathers | Chilliwack Community Services

Provides a support group for dads to learn new parenting skills and connect with other dads. Information sharing and discussion topics are at the discretion of the group. Funded by Ministry of Children and Family Development. Serving residents of Chilliwack. Located at 45938 Wellington Avenue, Chilliwack, BC 604-792-4267. Scheduled Monday - Friday 9:00 am-4:30 pm

[LEARN MORE](#)



### OneSky Community Resources Penticton, BC

All families struggle from time-to-time and may require support to help them navigate life's circumstances. OneSky Community Resources provides a variety of supports and services to children, youth and their families. Some services are offered at no cost by the people of British Columbia through the Ministry of Children and Family Development and other government partners. We also offer youth counselling services on a fee-for-service basis.

[LEARN MORE](#)



### Children & Family Programs across BC provided by Hollyburn Family Services

Hollyburn's Family Services offer a broad spectrum of publicly-funded options to address the many challenges that families face at all different stages of life. People who access their programs benefit from the integrative, collaborative approach of their highly-skilled staff who are connected to an extensive network of local professionals and resources. They have programs in North Vancouver, West Vancouver, Squamish, Bowen Island, Surrey, Delta, Langley, Nanaimo, Ladysmith, Lantzville, and Gabriola Island.

[LEARN MORE](#)



# COMMUNITY EVENTS FOR FAMILIES IN BC

## VANCOUVER ISLAND

### **PUBLIC National Indigenous Peoples Day K'ómoks**

**June 20, 2026 1-8 pm Comox Valley Exhibition Grounds  
4839 Headquarters Rd, Courtenay, BC**

A day long celebration of the contributions and unique cultures of First Nation, Inuit and Métis communities locally and from across Canada. Live music from acclaimed Indigenous artists, food and craft vendors, Elder and Youth activities, guided walks, cultural activities and knowledge sharing and more.

### **Indigenous People's Day at Maffeo Sutton Park, Nanaimo**

**June 21, 2026 at Maffeo Sutton Park, Nanaimo**

Celebrate our Métis culture including music, food, cultural jigging, vendors, traditional Metis Games etc.

## PRINCE GEORGE/WILLIAMS LAKE

### **Chief William Fathers Day Traditional Pow Wow**

**Fri. Jun. 19, 2026 - Sun. Jun. 21, 2026 | Chief William Campsite and Arbor, Williams Lake First Nation**

The annual Chief William Fathers Day Traditional Pow Wow honours fathers with competitions, dances and pageantry. Tradition is everything and keeping in step with tradition and the drum, will be the annual Chief William Fathers Day Traditional Pow Wow in Williams Lake, BC.

### **National Indigenous Peoples Day 2026 PG**

**June 21, 2026 10am-5pm in Lheidli T'enneh Memorial Park, Prince George**

The event will include a day full of Indigenous artisans, musicians, drummers, dancers, activities for all ages, bannock and other tasty food, and interactive information displays with community partners

## LOWER MAINLAND

### **VAHS Father's Day Pow Wow**

**Sunday, June 21, 2026 Britannia Community Centre Field, 1661 Napier St, Vancouver, BC**

A free, family-friendly traditional pow wow celebrating fathers, grandfathers, and sons with dancing, cultural activities, vendors, and food

### **National Indigenous Peoples Day at the SLCC**

**Sunday, June 21 Sk̓w̓x̓wú7mesh Lílwat7úl Cultural Centre (SLCC) in Whistler, BC**

Celebrate National Indigenous Peoples Day on Sunday, June 21, at the Sk̓w̓x̓wú7mesh Lílwat7úl Cultural Centre (SLCC) in Whistler. Experience immersive cultural programming, an artist market, explore artwork and keepsakes in the Gallery and Gift Shop, and enjoy cuisine at the Thunderbird Cafe.

## OKANAGAN

### **Discovery House Father's Day 2026**

**June 21, 2026 12pm-3pm | Skaha Lake Sport Courts, Penticton**

Join Discovery House for an afternoon of family fun, community connection, and celebration at our annual Father's Day Fun Day at Skaha Lake Sport Courts, Penticton. Bring the whole family and enjoy the Dunk Tank featuring local community leaders, games & activities, by-donation BBQ, street hockey, and much more. Admission is free, and all are welcome!

### **National Indigenous Peoples Day Celebration**

**June 21, 2026 10am-4pm Tkemlúps te Secwépemc Arbour 345 Powwow Trail**

Tkemlúps te Secwépemc invites the entire community to come together at the TteS Powwow Arbour on Powwow Trail to mark National Indigenous Peoples Day with a full day of celebration. The free, family-friendly event will feature live performances, drumming, dancing, food trucks, a vendor market, and activities for all ages.



# 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!

Please note that some groups are on summer break, while others are still meeting and welcoming new members. Contact us to confirm which groups are open this summer!

SCAN ME



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

**NEW!**



Parenting Support Group

**Spanish Parenting**

WEDNESDAYS | 6:00 PM | LANGFORD, BC

**JOIN THIS GROUP TODAY**



Parenting Support Group

**Kinship Care**

MONDAYS (WEEKLY) | 10:00AM | ONLINE

**JOIN THIS GROUP TODAY**



Parenting Support Group

**Parents of Young Children (Ages 2-10)**

WEDNESDAYS (WEEKLY) | 7:30PM | ONLINE

**JOIN THIS GROUP TODAY**



Parenting Support Group

**Spanish Fathering**

MONDAYS | 6:00PM | 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 






## 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

 6:00 PM SPANISH PARENTING GROUP | LANGFORD  7:00 PM PARENTING CHILDREN WITH ADHD   
7:30 PM FATHERING GROUP  7:30 PM PARENTS OF YOUNG CHILDREN (AGES 2-10) 




## THURSDAY

10:00 AM KINSHIP CARE GROUP  12:00 PM ARABIC PARENTING SUPPORT GROUP | BURNABY   
6:30 PM PARENTING NEURODIVERGENT CHILDREN  7:30 PM PARENTING TEENS (13+)   
7:00 PM GENERAL PARENTING 



## FRIDAY

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

## SATURDAY

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

## SUNDAY

10:00 AM PARENTING CHILDREN WITH ADHD   
7:30 PM PARENTING YOUTH WITH ANXIETY/DEPRESSION (12+) 

Please note that some groups are on summer break, while others are still meeting and welcoming new members.

Contact us to confirm which groups are open this summer!

**QUESTIONS? REACH US AT:**  
[parentsupportbc.ca](http://parentsupportbc.ca)  
1-877-345-9777 (Toll-Free)  
[office@parentsupportbc.ca](mailto:office@parentsupportbc.ca)

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

# 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](#)



## PARENTING SUPPORT GROUP FACILITATOR

Parenting Support Group Facilitators lead and moderate group discussions, offering support to parents and caregivers while creating a safe, welcoming space for sharing experiences.

[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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Funded by the  
Government of Canada's  
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