



AUGUST/SEPTEMBER 2026 NEWSLETTER

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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

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NEWSLETTER



A MESSAGE FROM THE EXECUTIVE DIRECTOR

EMBRACING NEW SEASONS TOGETHER



“Transitions are a natural part of family life”

As summer begins to wind down and we look ahead to fall, many families are entering a season of change. The transition from relaxed summer routines back into school schedules, activities, and everyday responsibilities can bring a mix of excitement, challenges, and emotions for both children and caregivers.

Transitions are a natural part of family life. Whether it's a child starting a new grade, adjusting to new routines, or navigating changes at home, these moments can be opportunities for growth, connection, and learning. At the same time, they can feel overwhelming and it's okay for families to ask for support along the way.

At Parent Support Services, we believe no parent or caregiver should have to navigate these moments alone. Our programs provide opportunities to connect, share experiences, and access support from others who understand the journey.

As we welcome a new season, we are grateful to continue walking alongside parents, caregivers, and kinship families across B.C. Thank you for being part of our community and for the important role you play in supporting children and families.

With care,
Jane Bouey
Executive Director



Kwasun Cultural
Education Society

Learn & Engage with
Community Knowledge

CULTURAL CONNECTIONS CIRCLES

Free online group for **non-Indigenous** kinship
caregivers raising **Indigenous children**

Understand Culture • Build Community • Strengthen Connection

Every Thursdays
7:00pm - 8:00pm

Starting
October 1, 2026

Sign up today!

www.parentsupportbc.ca/culturalconnections/

*Registration is required

As a thank you, participants who register and
attend the first Cultural Connections Circles
session will receive a **welcome gift**.

SCAN ME



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workshops FOR PARENTS

Free,
Online,
Educational

LEARN MORE



Ready, Set, School! Creating Routines That Work Wednesday, August 19, 2026 | 7–8:30 pm

Join us to learn practical strategies for creating routines that reduce stress & increase independence. We will discuss Why routines reduce stress for children and caregivers, how to create a realistic family schedule, balancing extracurricular activities and downtime and age-appropriate responsibilities and chores.

REGISTER

SCAN ME



Advocating for Your Neurodivergent Child Wednesday, September 23, 2026 | 7–8:30 pm

Every child deserves to feel understood, included, and supported. In this workshop, we'll explore practical ways to advocate for your neurodivergent child in schools, extracurricular activities, healthcare, and community settings.

REGISTER

SCAN ME



Ready, Set, School! Supporting Your Child's Learning Thursday, September 24, 2026 | 10–11:30 am

Now that the school year is underway, discover simple ways to support learning at home, build positive relationships with teachers, and help your child develop confidence as a learner. Join us as we explore building positive communication, supporting classroom expectations at home, respectfully advocating for your child, encouraging literacy through everyday activities, and making math part of daily life.

REGISTER

SCAN ME



Watch Workshop Recordings

We know life gets busy. That's why we've made select Parenting Workshop recordings available online, so you can access support and resources when you need them: [WATCH NOW](#)



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GRANDPARENTS DAY Picnic



SEPT. 12, 2026 @ 11AM - 2PM

Slocan Park, 2750 E 29th Ave
Vancouver, BC

FREE FOOD

PICNIC GAMES

ARTS & CRAFTS

LIVE MUSIC

DOOR PRIZES

RSVP TODAY



Learn more at www.parentsupportbc.ca/grandparents-day-2026

Thank you to our sponsor, donors, community partner and volunteers.



What's New AT PSS?

One on One Parenting Support



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.

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



FAMILY RESOURCES

FOR PARENTS, CAREGIVERS, FAMILIES, & SERVICE PROVIDERS



Kusina: How to Work with a Legal Aid Lawyer (YMCA)

Are you a self-identified woman looking to access free or low-cost legal help, but not sure where to start? Join us for a plain language information session with YWCA BC on how to apply for legal aid and work effectively with your legal aid lawyer. When: Tuesday, August 25, 2026 | 12:00 p.m. – 3:00 p.m. Where: Online (Register for Link). While Kusina is rooted in Filipino values of care, community, and bayanihan, this space is open to everyone of all ethnic and cultural backgrounds. Created by Filipinos, for everyone, we welcome anyone looking for support, connection, resources, or community.

[LEARN MORE](#)



School supplies for families in Langley, BC

Each year, Gateway of Hope provides backpacks filled with essential school supplies to students in Kindergarten through Grade 12 within the Langley community. This program is available to families whose children attend school in School District 35, helping students start the school year with confidence and the tools they need to succeed. **Registration** for the program opens in **mid-July** and runs until **mid-August**.

[LEARN MORE](#)



Back to School Drive 2026 | Vancouver Region Educational Services

Help support families in our community by donating items often needed for back to school or if you need school supplies, register to pick up your school supply wish-list by filling out the registration form! Please note that, while we try our best to fulfill as many items as possible, availability is subject to change. 30-minute pick-up slots will be available by registration on August 15, 2-5 PM PST.

[LEARN MORE](#)

Get Support at Foundry | Foundry has locations all around BC

Foundry offers free and confidential mental health and wellness services for youth ages 12-24 in British Columbia and their families. You don't need a referral. Foundry is for you if you're wondering:

- Can I get free counselling?
- Does Foundry have harm reduction supplies?
- Can I get STI tests?
- Can Foundry help me find a job or training program?
- Can I talk to someone about substance use?
- Can I see a doctor?
- Can a parent or other family member get help with supporting a young person?

[LEARN MORE](#)



COMMUNITY EVENTS FOR FAMILIES IN BC

VANCOUVER ISLAND

Nanoose Bay Community Day 2026

September 12, 2026 11:00 AM – 4:00 PM | Nanoose Place Community Centre 2925 NW Bay Rd,

An afternoon of community fun with Oktoberfest and fall-themed festivities for all ages! Come celebrate everything that makes Nanoose Bay such a special community. Bring your friends, family, and your fall spirit. Beer garden, live music, Touch-a-Truck, antique cars, hot dog & bratwurst barbecue, food trucks, market vendors, kids activities, displays by Nanoose Place user groups.

Grandparents' Day, Open House & Fall Plant Sale

September 13, 2026 Time: 11:00 am - 4:00 pm | Abkhazi Garden, 1964 Fairfield Road, Victoria, BC

Celebrate fall at the "Garden that Love Built"! Enjoy time with your grandchildren, play lawn games, and browse our Fall Plant Sale featuring bulbs, plants, and hand-carved wooden bowls. Meet our head gardener, Jacqui, for expert tips, pick up a free Abkhazi Garden Kid's Activity Book, and enter our 'Afternoon Tea for Two' draw before you go.

PRINCE GEORGE

Summer Send Off Youthfest

Sat, Sep 12 2026, 10am - 8pm | Masich Place Stadium

Summer Send-off YouthFest is a FREE youth festival to celebrate the end of summer and get ready for another school year. It's a night of great music, games, food, and the gospel in a space for any and all youth in Grades 8-12 to come and enjoy.

Foodie Fridays

Fri, Aug 28 2026, 11am - 3pm | Canada Games Plaza

Leave the leftovers at home and come have a delicious lunch from one of the many food trucks in attendance. Stay tuned for announcement of which vendors will be there for each date.

LOWER MAINLAND

Culture Days 2026 Events Across BC

Sept. 18, 2026 - Oct. 4, 2026 | Across BC

The next national Culture Days will take place September 18th through October 4th, 2026 for a multi-week celebration of colour, creativity, and community. Select your province or territory from the Regions menu above to learn more about Culture Days in your province.

Festivibe

September 19, 2026 Shipbuilder's Square, 19 Wallace Mews, North Vancouver

Join us for Festivibe, a vibrant one-day multicultural festival set on the stunning waterfront of The Shipyards in North Vancouver. This free, family-friendly event celebrates the richness of global cultures through music, dance, food, art, and community connection.

OKANAGAN

Lillooetfest 2026

Friday Sept. 11 @ 4:00 pm - Saturday Sept. 12 @ 10:00 pm | 930 Main Street, Lillooet, BC,

Save the date! Join the Lillooet Friendship Centre and communities near and far for 2-days of games, crafts, fun, food and live music in this family-friendly, alcohol-free festival. The whole event is totally free, including bouncy castles, games, pie throwing, camel racing, local arts and crafts, great food and live music... and much more!

Summerland Fall Fair

Sept. 12, 2026 10am-4pm | Museum and Arts Centre Park, Ryga Centre

You do not want to miss this year's Summerland Fall Fair - come on down to take part in the exhibitions, music, zucchini races, panel discussion, pioneer workshop, cooking demonstrations, petting zoo, vendor booths, and more!



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 may still be on summer break, while others are now meeting and welcoming new members again.

Contact us to confirm which groups are still on break!

SCAN ME



bit.ly/pssreferralform



Parenting Support Group

Korean Parenting

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

JOIN THIS GROUP TODAY



Parenting Support Group

Parenting Children with ADHD

WEDNESDAYS (BI-WEEKLY) | 7:00 PM | ONLINE

JOIN THIS GROUP TODAY



Parenting Support Group

Cantonese Parenting

FRIDAYS (WEEKLY) | 7:30 PM | ONLINE

JOIN THIS GROUP TODAY



Parenting Support Group

Parenting Teens (13+)

THURSDAYS | 7:30PM | 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.

Learn more at www.parentsupportbc.ca/support-groups

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 

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 

SATURDAY

10:00 AM KOREAN 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 may still be on summer break, while others are now meeting and welcoming new members again.

Contact us to confirm which groups are still on break!

QUESTIONS? REACH US AT:
parentsupportbc.ca
1-877-345-9777 (Toll-Free)
office@parentsupportbc.ca

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



Parent Support Services
Society of BC

Volunteer Facilitators Needed for



Spanish Parenting Support Group | In-person New Westminster

We are looking for an empathetic, active listener with strong communication skills to create a safe space where parents feel heard, supported and empowered.

Requirements include (but are not limited to):

- Fluent in Spanish
- Basic understanding of child development & parenting issues
- Trauma Informed (make sure members feel safe, secure, and supported)
- Strong organizational & communication skills
- Commitment to a minimum of 1 year, 3-5 hours a week
- Able to participate in an interview process

SCAN TO APPLY!



**Training provided online to all volunteers:
Self-paced and 3 live Zoom sessions.**

Apply Now

<https://bttr.im/cuksf> ↗

More information: office@parentsupportbc.ca



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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](#)



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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