Parent Support Services Society of BC



OCTOBER/NOVEMBER 2026 NEWSLETTER

IN THIS ISSUE

1 Introduction
2 National Day for Truth and Reconciliation
3 Cultural Connections Circles
4 Parenting Workshops 1
5 Parenting Workshops 2
6 Welcoming Our New Board Member
7 Family Resources
8 Community Events for families in BC
9 Spotlight Support Groups
10 Support Group Schedule
11 Volunteer Facilitators Needed
12 Volunteer with PSS
13 Contact us



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

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



A MESSAGE FROM THE EXECUTIVE DIRECTOR

NATIONAL DAY FOR TRUTH AND RECONCILIATION 2026



Although the National Day for Truth and Reconciliation was observed on September 30, the importance of truth, reflection and reconciliation extends far beyond a single day. Reconciliation is an ongoing commitment that calls for continued learning, accountability and action throughout the year.

On the National Day for Truth and Reconciliation, we honoured the strength, knowledge and cultures of First Nations, Inuit and Métis peoples, families and communities. We also recognized that reconciliation requires truth.

For generations, Indigenous children were forcibly separated from their families, communities, cultures and languages through the residential school system. We remember the children who never came home, and we honour Survivors, their families and communities.

The legacy of residential schools did not end when the schools closed. The separation of Indigenous children from their families, kin and cultures continued through the Sixties Scoop and other child welfare policies and practices, and Indigenous children remain significantly overrepresented in the child welfare system today. The impacts of colonization have not ended.

At Parent Support Services Society of BC, we believe that families and communities hold their own knowledge and solutions. Our work is grounded in community development. We build relationships, listen, create opportunities for people to learn from one another, and support communities to identify what they need.

Our work with Indigenous families and communities continues to teach us how much kinship, culture and belonging matter to a child's well-being. It has also shown us that Indigenous knowledge, leadership and lived experience must guide change.

As we reflect on the National Day for Truth and Reconciliation, we also recognize what has endured: languages, teachings, relationships, families and communities.

Truth and reconciliation are not the work of one day. They require us to keep listening and learning, to act with humility, and to examine the systems and practices that continue to affect Indigenous children and families.

We remain committed to doing that work alongside the Indigenous people and communities with whom we have the privilege of working.

Kwasun Cultural Education Society

- Indigenous-led
- Elder-guided
- Grounded in Indigenous Knowledge

CULTURAL CONNECTIONS CIRCLES

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

Learn with Elders, Connect with Caregivers & Strengthen Cultural Connections

Every Thursday
7:00pm - 8:00pm

Starting
October 1, 2026

Last chance to register!
Registration closes Oct. 11

Sign up today!

www.parentsupportbc.ca/cultural-connections/
*Registration is required

SCAN ME

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

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workshops FOR PARENTS

Free, Online, Educational

LEARN MORE



Understanding the Middle Years: Development, Connection & Parenting

Wed., Oct. 07, 2026 | 7PM – 8:30PM

The years between early childhood and adolescence bring significant changes for children and parents. As children become more independent, develop stronger friendships, think more complexly, and form their identities, they still need the security, connection, guidance, and support of their caregivers. This workshop will explore; what children are working on developmentally, how their needs change as they grow, and how parents can support increasing independence without losing connection.

SCAN ME

REGISTER



Ready, Set, School! Healthy Bodies, Ready Minds

Wed., Oct. 14, 2026 | 10AM - 11:30AM

Part 3 of our Ready, Set, School! Workshop series. Children learn best when their physical and emotional needs are supported. Explore healthy habits that improve focus, emotional regulation, and overall well-being. This workshop will explore; healthy sleep habits, nutrition for learning and energy, physical activity and movement and creating healthy screen time habits.

SCAN ME

REGISTER



Supporting Your Eater In Training

Wed., Oct. 21, 2026 | 10AM – 11:30AM

Struggling with mealtimes? Join Registered Dietitians for a free 1.5 hour virtual workshop designed for parents/caregivers of children aged 1-6 years. This workshop will explore; understanding your role vs your child's role in feeding, supporting children to have a positive relationship with food, managing common mealtime behaviours like grazing, food refusal, and standoffs.

SCAN ME

REGISTER

See next page for more workshops! NEXT

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workshops FOR PARENTS

Free, Online, Educational

LEARN MORE



Calm in the Face of Overwhelm

Wed., Nov. 04, 2026 | 7PM – 8:30PM

Parenting can be overwhelming when big feelings take over…for children and adults alike. This workshop helps parents understand and respond to anger and anxiety in themselves and their children.
In this workshop we'll discuss; practical, screen-free strategies for calming strong emotions, building connection, and caring for your own well-being.

REGISTER

SCAN ME



Supporting Your Growing Eater

Wed., Nov. 18, 2026 | 10AM – 11:30AM

Struggling with mealtimes? Join Registered Dietitians for a free 1.5 hour virtual workshop designed for parents/caregivers of children aged 6-12. In this workshop we'll discuss, understanding your role vs your child's role in feeding, supporting children to have a positive relationship with food, managing common mealtime behaviours like food refusal, pushback, and uneaten school lunches

REGISTER

SCAN ME



Ready, Set, School! Supporting A Growth Mindset

Wed., Nov. 25, 2026 | 10AM - 11:30AM

In this workshop we'll discuss, praise that builds resilience, teaching goal-setting skills, celebrating effort instead of perfection, and supporting social skills. Help your child develop confidence, resilience, and problem-solving skills by encouraging independence while providing the support they need to succeed.

REGISTER

SCAN ME

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What's New AT PSS?



Welcoming Our New Board Member

We're delighted to welcome Alana Dhillon to the PSS Board of Directors. Alana brings more than 15 years of experience supporting children, youth, parents and caregivers across BC's social service, health and education sectors.

She currently serves as Program Advisor for Western Canada with Best Buddies Canada, working with education and community partners to expand inclusive friendship and leadership programs that connect students with and without intellectual and developmental disabilities and engage families through community inclusion initiatives.

Previously, she led province-wide education and support programs at Parkinson Society BC. Before that, she spent eight years teaching future social service workers in family systems, trauma-informed practice, case management and group facilitation.

A social worker by training (BSW, UVic), Alana's frontline roots and leadership experience will be a great asset to our work with families. Welcome, Alana!

One on One Parenting Support

SCAN ME



FREE access to a professional clinical counsellor

With Sofia Fuertes, RCC

Clinical Counsellor | Parent & education consultant | Community Development Worker

Our One-to-One Parenting Support Program provides free, confidential and non-judgmental support to **parents and kinship caregivers who are members of a PSS parenting support group, book club, Circle of Security, participants in our parenting workshops and facilitators.**

Through individual phone or video sessions with a Registered Clinical Counsellor and Parent & Education Consultant, participants can talk through parenting challenges, build on their strengths, explore strategies and access practical resources tailored to their needs. Support is available in Spanish, providing a safe and supportive space to feel heard, understood and empowered in their parenting journey.

To **book an appointment**, visit www.tinyurl.com/booksofia or
Call: 604-669-1616 ext.116 or **Email**: sofia.fuertes@parentsupportbc.ca

BOOK NOW

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FAMILY RESOURCES

FOR PARENTS, CAREGIVERS, FAMILIES, & SERVICE PROVIDERS

Senses & Me | New nonprofit nerving neurodivergent children and their families

Senses & Me is community-based nonprofit organization committed to empowering and support Spanish-speaking newcomer families in BC who have a loved one living with different abilities. They have launched all their services online. Their services include; guidance to navigate the Canadian healthcare and social support systems, access to diagnostic pathways, public funding and early intervention therapies as well as peer support coffee talks and educational workshops. Contact them today at 604-358-4720 or email info@sensesandme.org

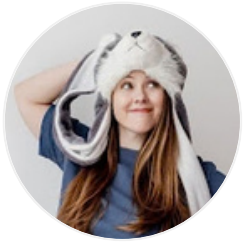
LEARN MORE



Are you a BC parent/caregiver looking for childcare? | Contact CCRR

Finding the right option can feel overwhelming, but support is available.
Child Care Resource and Referral (CCRR) centres can help families explore child care options and connect with local resources. Call Toll-free: 1 888 338-6622 or Email: CCRR@gov.bc.ca.
CCRR Program Contact Centre hours 8:30 am to 4:30 pm, Monday to Friday

LEARN MORE



How to ADHD | Have ADHD? Know someone with ADHD? Watch these Youtube videos!

This YouTube channel shares tips, strategies, and insights into the ADHD brain. Hosted by Jessica McCabe, *How to ADHD* is her personal ADHD toolbox, featuring strategies for navigating life with ADHD. It has also grown into a supportive community where people share experiences, learn from one another, and help each other thrive. Anyone interested in learning more about ADHD is welcome!

LEARN MORE



The pixelation of poverty | Maytree

The Pixelation of Poverty, an article from Maytree, explores how poverty is often viewed in fragments rather than as a broader systemic issue. It highlights the importance of looking beyond individual circumstances to understand the underlying causes of poverty, including inadequate income and gaps in social supports. The article invites readers to consider how a more complete understanding of poverty can help inform meaningful change.

READ MORE



COMMUNITY EVENTS FOR FAMILIES IN BC

📍 VANCOUVER ISLAND

Kid's Scavenger Hunt

Wednesday, October 28th, 2026
11:00 AM to 5:00 PM | 1230 Merridale Road, Cobble Hill

Everyday from September 27 to October 31 celebrate the magic of autumn with Merridale's Kids Harvest Scavenger Hunt! This free family-friendly activity invites young explorers to discover the orchard, solve harvest-themed clues, and learn about the apples that become our award-winning cider. Free Event. Fun for children of all ages

Fall Family Barn Dance | Buy Tickets

October 9, 2026 7:00 PM 9:00 PM | Cedar Community Hall 2388 Cedar Road, Nanaimo BC

These events are Family-Friendly and we welcome everyone. No prior dance experience is needed. Trish Horrocks is an experienced dance caller who teaches all the moves and then .... we all get dancing to live fiddle music!. Please note that these dances are very popular and have historically been sold-out events. We offer limited advance ticket sales and also reserve some tickets for sale at the door.

📍 PRINCE GEORGE

LEGO® | Disney Stitch

Saturday, October 24 • 10 AM - 12 PM | 1600 15th Avenue (Staples Prince George store 100)

Build your own mini LEGO® I Disney Stitch and take it home for FREE! Build, Create & Take Home Your Own LEGO® | Disney Stitch! Get ready for a fun-filled LEGO building experience! Kids can build their very own mini LEGO® | Disney Stitch, bring their creation to life, and take it home FREE!

Parent and Tot - Kin 2

Tue, Oct 13 2026, 11am - 12pm | 2181 Ospika Boulevard (Kin Centre Arenas)

Parent and tot skate runs from October to March (start and end dates subject to change) at Kin 2. The program is aimed at preschool-aged children and guardians. Programs run by YMCA BC.

📍 LOWER MAINLAND

Family Day @ Place des Arts

Sunday, November 22, 12 PM - 2 PM | 1120 Brunette Avenue, Coquitlam, BC

Gather your crew and head to Place des Arts to immerse yourself in art! 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.

Halloween Activities | Metro Vancouver

October 2026 | Healthyfamilyliving.com

Whether you have little ones experiencing their first Halloween or bigger kids who love a good scare, we've rounded up all the fun Halloween & Day of the Dead activities around Metro Vancouver, the Sea-to-Sky Corridor, the Fraser Valley, and Vancouver Island.

📍 OKANAGAN

Kelowna Drop-in Programs

October - December | Kelowna, BC

Looking for free or low-cost activities to enjoy with your little ones? Okanagan Family Fun has compiled a list of drop-in programs in Kelowna, including StrongStart, library storytimes, family playgroups, arts and crafts, and swimming. With options for babies, toddlers, preschoolers and families, it's a helpful resource for finding opportunities for children to play, learn and connect with others.

Family Maker Lab

Third Saturday of the month 2-3 pm |The Penticton Museum 785 Main St, Penticton, BC

One Saturday afternoon per month spend time with your family making things at the museum. Activities designed for 5 years to adults. All materials supplied. By donation. Pre-registration recommended.

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SPOTLIGHTING SPECIFIC SUPPORT GROUPS

SCAN ME

bit.ly/pssreferralform

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!









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

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Parent Support Services Society of BC

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**

SCAN ME

bit.ly/pssreferralform

Online Via ZOOM Group =
In-Person Group = In-Person

MONDAY

- 10:00 AM KINSHIP CARE GROUP
- 6:00 PM SPANISH SPEAKING FATHERS
- 7:00 PM SPANISH GROUP
- 8:30 PM KOREAN GROUP

TUESDAY

- 2:00 PM FAMILY UNITY (INDIGENOUS, HADIH HOUSE) | PRINCE GEORGE, BC In-Person
- 7:30 PM KINSHIP CARE GROUP

WEDNESDAY

- NEW! 6:00 PM SPANISH PARENTING GROUP | LANGFORD In-Person
- 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 In-Person
- 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 In-Person
- 7:30 PM CANTONESE PARENTING SUPPORT GROUP

SATURDAY

- 10:00 AM KOREAN PARENTING SUPPORT GROUP | BURNABY In-Person
- 6:00 PM MANDARIN PARENTING SUPPORT GROUP| UBC In-Person

SUNDAY

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

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!

Funded by the Government of Canada's New Horizons for Seniors Program | Canada

We acknowledge the financial support of: **The Province of British Columbia**

SOOKE SCHOOLS 62 Shaping Tomorrow Today

Parent Support Services Society of BC



Volunteer Facilitators Needed for

Kinship Caregiver Support Group | In-person Langley

We are looking for mature, empathetic, active listeners with strong communication skills to create a safe space where kinship caregivers (grandparents and others raising the child of a relative) feel heard, supported and empowered.

Requirements include (but are not limited to):

- 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 our interview and training process

SCAN TO APPLY!

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

Apply Now
https://bttr.im/cuksf

Got questions?
Contact us at: 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

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CONTACT US
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Kinship Care Help Line | Greater Vancouver
604-558-4740

Kinship Care Help Line Email
kinshipcare@parentsupportbc.ca



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