



PARENT SUPPORT SERVICES OF BC

Creating a world where children and families are nurtured,
valued and safe

PROVINCIAL SERVICES AVAILABLE DURING COVID-19

Grandparents Raising Grandchildren Support Line

Help for Grandparents and relatives raising a family member's child (kinship Caregiver)

Providing Advocacy & Emotional Support

Mon, Tues, Thurs & Fri.

10:00am - 2:00pm

Toll-free across BC

1-855-474-9777 or **1-855-GRG-9PSS**

grgline@parentsupportbc.ca

Parenting Support Line

Are you juggling home, work, at home education and possibly childcare? Are the new changes stressful and taking a toll on your emotional and mental health? Do you need space to talk it out?

Give us a call

Monday - Friday

10:00am - 4:00pm

Toll-free across BC

1-877-345-9777 or **1-855-345-9PSS**

ext. 100

WEEKLY ONLINE PROVINCIAL SUPPORT CIRCLES

Our Support Circles are here to provide a safe and confidential space for Parents and GRG/Kinship Caregivers, to share the challenges, concerns, questions and offer the support you need during COVID-19

Online GRG/Kinship Caregivers Circles

Indigenous

Monday

6pm

Monday

10am

Tuesday

7:30pm

Thursday

10am

Online Parent Circles

Indigenous

Tuesday

6pm

Monday

9pm

Wednesday

1pm

Want to join an Online Support Circle via Zoom
Call 1-877-345-9777 ext. 100 OR Register [HERE](#)

Check out our website for Parenting during COVID-19
<https://www.parentsupportbc.ca/parenting-support-during-covid19/>

PSS RECOGNIZES and RESPECTS all the INDIGENOUS NATIONS, TRADITIONAL LANDS & TERRITORIES that we GATHER, LIVE, WORK & PLAY ON across BC.

