



FAMILY LIFE EDUCATION PROGRAMS (July – September 2020)

This is the English translation of the attached Family Life Education pamphlet (in summary format) for your reference. If you have any questions, please feel free to contact our intake worker at 604.408.7266.

FAMILY LIFE EDUCATION WORKSHOPS

“CHANGEWAYS” PROGRAM

Objectives:

- To develop a positive attitude to face different life events
- To learn ways of coping with **depression and anxiety** as well as strategies for reducing stress in life
- To learn how to face challenges and crises in life

Target Population:

Cantonese and Mandarin-speaking **Richmond** residents who experience symptoms of depression, adjustment difficulties and/or other major life stressors

Format:

7-week Program:

Self-Referral or Referral from Family Physician/ Psychologist /Psychiatrist/ Community Service Agencies are welcome

Participants need to have an interview with our facilitator to determine the eligibility to attend the group.

Participants are required to commit to all sessions and practice the learned exercises at home.

(Group will only be run when 8 participants are recruited.)

7-week Program

Language: **Mandarin**
Date: TBD
Venue: TBD
Time: TBD
Fees: Free

Language: **Cantonese**
Date: TBD
Venue: TBD
Time: TBD
Fees: Free

Enquiry : Ginny Yang (604.408.7274 ext. 2087) or email to family.youth@success.bc.ca

SUPPORT GROUPS

Parenting Club (SUPPORT GROUP for PARENTS of CHILDREN from BIRTH to AGE 6)

This is a bi-weekly group for parents to discuss parenting issues, learn about early childhood services in the Burnaby and Tri-Cities areas and build one's social and support network.

Burnaby Group

Venue: Online
Fees: Free

Language: **Mandarin**
Date: 1st and 3rd Thursday of each month
Time: 10:30 am - 11:30 am
Enquiry/registration: Teresa Hsieh (604.318.2731 or teresa.hsieh@success.bc.ca)

Language: **Korean**
Date: 2nd and 4th Thursday of each month (*subject to change due to COVID-19*)
Time: 10:30 am - 11:30 am (*subject to change due to COVID-19*)
Enquiry/registration: Monica Lim (604-330-8068 or monica.lim@success.bc.ca)

Tri-Cities Groups

Venue: Online
Fees: Free

Language: **Cantonese**
Date: Every Tuesdays of each month
Time: 2:00 pm – 3:00 pm
Enquiry/registration: Ada Sin (604-330-8061 or ada.sin@success.bc.ca)

Language: **Mandarin**
Date: 1st and 3rd Thursday of each month
Time: 10:30 am - 11:30 am
Enquiry/registration: Susan Wu (604-330-8065 or susan.wu@success.bc.ca)

Language: **Korean**
Date: Every Thursday of each month
Time: 11:00 am - 12:00 am
Enquiry/registration: Eunju Kim (604-330-8062 or eunju.kim@success.bc.ca)

Language: **Farsi**
Date: Every Other Thursday of each month
Time: 10:30 am - 11:00 am
Enquiry/registration: Fatemeh Zakeri (604-330-8064 or fatemeh.zakeri@success.bc.ca)

Mandarin/Cantonese Parent Support Group for Parents of Teens (for Parents of Children Age 12 and Above)

This is a group for parents with children age 12 and above. This group provides a safe environment for parents to share and discuss parenting challenges with the facilitation of a professional counsellor.

Date: TBD
 Time: TBD
 Venue: Online
 Language: **Mandarin and Cantonese**
 Fees: \$10 for half a year
 Enquiry/registration: Emily Wong 604.408.7274 ext. 2089 emily.wong@success.bc.ca

Iranian Parent Support Group (for Parents of Children Age 7 to 19)

This is a group for parents with children age 7 to 19. This group provides education to families in a safe environment for parents to share and discuss their parenting challenges with a professional counsellor.

Date: (starts on Sept 9) Every Other Wednesday
 Time: 10:30 am – 12:00 noon
 Venue: Online
 Language: **Farsi**
 Fees: Free
 Enquiry/registration: Azin Kalantari 604-468-6000 ext. 1124
 604-468-6100 ext. 1
azin.kalantari@success.bc.ca

**PARENT SUPPORT CIRCLE (for parents of elementary school age children)
 (Program operated by Parent Support Services Society of B.C. and sponsored by S.U.C.C.E.S.S.)**

The Parent Support Circle is for parents with elementary school age children. Parents can share and learn in a safe and caring environment. With the support of other parents, members can learn about the developmental stages of children, appropriate parenting techniques, east meets west parenting styles and community resources.

Parents can attend groups held either in Vancouver or Burnaby. They can also choose between the Cantonese and Mandarin support groups. Please note that parents need to register before attending the groups. **Complimentary childminding service is available.**

Vancouver East Mandarin Circle

Date: Every 2nd & 4th Saturday
 Time: 1:00 pm – 3:00 pm
 Enquiry: Shinda 778-317-3292
 Venue: Location information will be provided upon registration

Vancouver WEST Mandarin Circle

Date: Every 1st and 3rd Thursday
 Time: 11:30 – 1:30 pm
 Enquiry: Helen 778-683-8998 or Anyan 778-858-0477
 Venue: Location information will be provided upon registration

Vancouver Cantonese Circle

Date: Every 2nd and 4th Friday
 Time: 6:30 pm – 8:30 pm
 Enquiry: Alice 778-855-0976
 Venue: Location information will be provided upon registration

Coquitlam Mandarin Circle

Date: Every 2nd & 4th Friday
 Time: 10:00 am – 12:00 pm
 Enquiry: 604.669.1616 (English) pssmandarin@gmail.com
 Venue: Location information will be provided upon registration

Burnaby Mandarin Circle

Date: Every Saturday
 Time: 4:30 pm – 6:30 pm
 Enquiry: Helen 604-349-4198
 Venue: Location information will be provided upon registration

PARENT GROUPS

PARENT-CHILD MOTHER-GOOSE PROGRAM

Target population: 0.5 – 5 Years old children and their parents
 Fees: Free

Tri-Cities Groups

Venue: Online
 Date: Jul 15 – Aug 19 (Every Wednesday)
 Time: 10:00 am – 10:30 am
 Language: Mandarin
 Enquiry/registration: Susan Wu 604-330-8065 susan.wu@success.bc.ca

Venue: *Online*
 Date: Jul 21 – Aug 25 (Every Tuesday)
 Time: 11:00 am – 12:00 noon
 Language: Korean
 Enquiry/registration: Eunju Kim 604-330-8062 eunju.kim@success.bc.ca

NOBODY’S PERFECT PARENTING PROGRAM

This is a series of 6 sessions intended for parents with children 6 years old and younger. This program aims at discussing parenting issues to ensure the healthy development of children in various aspects.

Vancouver Group

Venue: Online

Date: Jul 14 – Aug 18 (Every Tuesday)

Time: 10:30 am – 12:00 noon

Language: Cantonese

Fees: Free

Enquiry/registration: Teresa Hsieh 604.318.2731 teresa.hsieh@success.bc.ca

OTHER PROGRAMS

S.U.C.C.E.S.S. CHINESE HELP LINES

S.U.C.C.E.S.S. Chinese Help Lines provide sincere emotional support services to the Chinese Community in Mandarin and Cantonese. We also provide information about community resources. The service is free of charge.

Date: Monday to Sunday (7 days a week)
 Time: 10:00 am – 10:00 pm (*subject to change due to COVID-19*)
 Language: Cantonese and Mandarin
 Fees: Free
 Chinese Help Lines phone no.: 604.270.8222 (Mandarin)
 604.270.8233 (Cantonese)
 Volunteer Recruitment Line: 604.270.8611

GAMBLING SUPPORT WITH S.U.C.C.E.S.S.

S.U.C.C.E.S.S. has officially launched Gambling Support with S.U.C.C.E.S.S. in October 2012. We are committed to serving the Chinese and Korean population in the Lower Mainland who struggle with problem gambling concerns. Problem gamblers and family members affected by problem gambling are welcome to use this service.

Referral line

- **Cantonese and Mandarin** services: 1-855-756-7256 or 604.408.7256
 Fees: FREE
 Website: <http://problemgambling.successbc.ca/>
- **Korean** service: 604-468-6005 ext. 2
 Fees: FREE

CLINICAL COUNSELLING PROGRAM

Website: <http://www.counselling.successbc.ca>

S.U.C.C.E.S.S. Clinical Counselling Program promotes and empowers the strengths of individual and families. Services include individual, couple and family counselling, working on issues related to loss and grief, trauma, abuse, self-identity, adjustment, marital conflicts, parent and child relationship. We provide counselling in Cantonese, Mandarin, English and Korean from two offices located in Chinatown and Coquitlam. Farsi speaking counseling service is also available at the Coquitlam office. Fees will be charged on a sliding fee scale depending on household income. **For referrals, please call the following phone numbers** to speak with our intake worker on weekdays from 9 am – 5 pm.

For **Chinese** service, please call: 604-408-7266

For **Korean** service, please call: 604-468-6005 ext. 2

For **Farsi** service, please call: 604-468-6100 ext. 1

Some of the programs are funded by:

