



FAMILY LIFE EDUCATION PROGRAMS (October – December 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 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: **Cantonese**
Date: 2021.01.16/ 01.23/ 01.30/ 02.06/ 02.20/ 02.27/ 03.06 (Saturdays, suspended on 02.13)
Venue: Online Video Program through ZOOM
Time: 9:30 am — 12:30 pm
Fees: Free
Enquiry: Call 604.408.7274 ext. 2084 (Helen) or Email 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: 10:00 am – 12:00 pm
Enquiry/registration: Teresa Hsieh (604.318.2731 or teresa.hsieh@success.bc.ca)

Language: **Korean**
Date: 2nd and 4th Thursday of each month
Time: 10:00 am - 12:00 pm
Enquiry/registration: Monica (604.463.6064 or monica.lim@success.bc.ca)

Tri-Cities Groups

Venue: Online
Fees: Free

Language: **Cantonese**
Date: Oct –Dec 2020; every 2nd and 4th Tuesdays of each month
Time: 10:00 am - 11:30 am
Enquiry/registration: Ada Sin (604.468.6002 or ada.sin@success.bc.ca)

Language: **Mandarin**
Date: Oct and Nov 2020; 1st and 2nd Tuesdays of each month
Time: 3:30 am – 4:30 pm
Enquiry/registration: Susan Wu (604.468.6024 or susan.wu@success.bc.ca)

Language: **Korean**
Date: Oct –Dec 2020; every Thursday
Time: 11 am
Enquiry/registration: Eunju Kim (604.330.8062 or eunju.kim@success.bc.ca)

Language: **Farsi**
Date: Oct –Dec 2020; every other Thursday
Time: 10:20 am – 12:30 pm
Enquiry/registration: Fatemeh Zakeri (604.440.8064 or fatemeh.zakeri@success.bc.ca)

Other Programs at Tri-Cities Group

Language: **Farsi**
 Subject: Cook with my Kid
 Date: Oct –Dec 2020; every 2nd Tuesday of each month
 Time: 4:30 pm – 5:30 pm
 Enquiry/registration: Fatemeh Zakeri (604.440.8064 or fatemeh.zakeri@success.bc.ca)

Language: **Farsi**
 Subject: Craft Activity
 Date: Oct 31, Nov 07 Nov 15, 2020
 Time: 10:30 am – 11:30 am
 Enquiry/registration: Fatemeh Zakeri (604.440.8064 or fatemeh.zakeri@success.bc.ca)

Multicultural Family Resource Center Virtual Circle Time (online)

Date: Oct –Dec 2020; every Wednesday and Friday
 Time: 10:15 am – 11:15 am
 Enquiry/registration: Cantonese & English: Ada Sin ada.sin@success.bc.ca
 Mandarin: Susan Wu susan.wu@success.bc.ca
 Farsi: Fatemeh Zakwri fatemeh.zakeri@success.bc.ca
 Korean: Eunju Kim eunju.kim@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: 2nd and 4th Tuesdays of each month
 Time: 10:00 am – 12:30 pm
 Venue: Online
 Language: **Mandarin and Cantonese**
 Fees: **Free**
 Enquiry/registration: Emily Wong 604.408.7274 ext. 2089 emily.wong@success.bc.ca

Farsi 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: Every Other Wednesday
 Time: 10:30 am – 12:00 noon
 Venue: Online Zoom Sessions
 Language: **Farsi**
 Fees: **Free**
 Enquiry/registration: Azin Kalantari 604-468-6000 ext. 1124 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.**

*** During COIV19, all support circles are operating online**

*** To register or find out more, call toll free number 1-877-345-9777.**

Parent Support Circles:

- Indigenous Circles – 6 pm Tuesdays
- Other Parent Support Circles – Mondays 9 pm, Tuesdays 1 pm, Wednesdays 1 pm, Thursdays 6 pm

Grandparent Raising Grandchildren (Kinship Care) Circles:

- Indigenous GRG – Mondays 6 pm
- Other Grandparent and other Kinship Circles – Biweekly – Mondays 10am, Tuesdays 6pm, Wednesdays 6:30pm, Thursdays 1pm, Thursdays 6pm

BC Parenting Support Line

- Provincial parent support line **1-877-345-9777**.
- Open Monday to Friday 10 am to 4 pm.

Grandparents Raising Grandchildren/Kinship Care Support Line

- GRG Support Line grgline@parentsupportbc.ca or 604-558-4740 (Greater Vancouver) **1-855-474-9777** (call no charge, outside Greater Vancouver).
- Monday, Tuesday, Thursday, and Friday from 10am to 2pm. Outside of office hours, leave a voicemail message or send an email, which will be returned as soon as possible.

PARENT GROUPS

PARENT-CHILD MOTHER-GOOSE PROGRAM

Target population: 0.5 – 3 Years old children and their parents

Fees: Free, snack is provided

Burnaby Groups

Venue: Online

Date: Oct 27th - Dec 15th, 2020 (Every Tuesday)

Time: 10:00 am – 11:00 am

Language: Korean

Enquiry: Monica Lim 604-330-8068 monica.lim@success.bc.ca

Venue: Online

Date: Oct 6th – Dec 7th, 2020 (Every Tuesday)

Time: 10:30 am – 11:30 am

Language: Cantonese / Mandarin

Enquiry/registration: Teresa Hsieh 604-318-2731 teresa.hsieh@success.bc.ca

Venue: Online

Date: Oct 22nd – Dec 17th, 2020 (Every Thursday)

Time: 11:00 am – 12:00 noon

Language: Farsi

Enquiry/registration: Teresa Hsieh 604-318-2731 teresa.hsieh@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.

Burnaby Group

Venue: Online

Date: Nov 02, 2020 – Dec 07, 2020 (Every Monday)

Time: 10:30 am – 12:00 pm

Language: Cantonese

Fees: Free

Enquiry/registration: Teresa Hsieh 604-318-2731 teresa.hsieh@success.bc.ca

Tri-Cities Group

Venue: Online

Date: Oct 14, 2020 – Nov 18, 2020 (Every Wednesday)

Time: 1 pm – 2:15 pm

Language: Mandarin

Fees: Free

Enquiry/registration: Susan Wu 604-330-8065 susan.wu@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
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: <https://successbc.ca/counselling-crisis-support/services/counselling/>

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:



Sharon Martin
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