



FAMILY LIFE EDUCATION PROGRAMS IN CHINESE (October – December 2018)

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.

PROGRAMS IN CHINESE

PARENT GROUPS

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: Franklin Community Gospel Church
690 Slocan St. N, Vancouver B.C. V5K 3M7

Date: October 11 – November 15 (Thursdays)

Time: 10 am – 12 noon

Language: Cantonese/Mandarin

Fees: Free

Enquiry/registration: Veronica Yu 604.408.7274 ext. 2086 veronica.yu@success.bc.ca
Teresa Hsieh 604.468.6024 teresa.hsieh@success.bc.ca

Tri-Cities Group

Venue: S.U.C.C.E.S.S. Tri-Cities Office, 1163 Pinetree Way, Coquitlam

Date: October 15 – November 26 (Mondays)

Time: 10 am – 12 noon

Language: Cantonese

Fees: Free

Enquiry/registration: Ada Sin 604-468-6002 ada.sin@success.bc.ca

PARENT-CHILD MOTHER-GOOSE PROGRAM in Coquitlam

Target population: 0.5 – 3 Years old children and their parents
Location: Coquitlam Public Library, City Centre Branch
1169 Pinetree Way, Coquitlam
Fees: Free, snack is provided
Language: Mandarin
Date: October 3 – November 28 (Wednesdays)
Time: 10 am – 11:30 am
Enquiry: Teresa Hsieh
604.468.6024
Teresa.hsieh@success.bc.ca

SUPPORT GROUPS

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 Tri-Cities area and build one's social and support network.

Venue: S.U.C.C.E.S.S. Tri-Cities Office
#2058 Henderson Place, 1163 Pinetree Way, Coquitlam
Fees: Free
Language: **Cantonese**
Date: 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: 1st and 3rd Tuesdays of each month
Time: 10:00 am - 11:30 am
Enquiry/registration: Teresa Hsieh (604.468.6024 or teresa.hsieh@success.bc.ca)

Mandarin/Cantonese Parent Support Group

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: S.U.C.C.E.S.S. Pender Office
 Room 110, 28 West Pender Street, Vancouver
 Language: **Mandarin and Cantonese**
 Fees: \$10 for half a year
 Enquiry/registration: April Li (604.408.7274 ext. 2083)

PARENT SUPPORT CIRCLE

(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 Group

Date: Every Saturday
 Time: 10:00 am – 12:00 noon
 Enquiry: 778.317.3292 / 778.877.6108
 Venue: Location information will be provided upon registration

West Vancouver Mandarin Group (*New Circle)

Date: Every Thursday
 Time: 12:30 pm – 2:30 pm
 Enquiry: 778.927.9970 / 778.878.5868
 Venue: Location information will be provided upon registration

Vancouver Cantonese Group

Date: 2nd and 4th Friday of each month

Time: 6:30 pm – 8:30 pm

Enquiry: 778.855.0976 / 778.389.7488

Venue: Location information will be provided upon registration

Coquitlam Mandarin Group

Date: Every Monday (except holidays)

Time: 9:30am – 11:30am

Fees: Free, childminding service is provided

Enquiry: 604.669.1616 (English)

pssmandarin@gmail.com

Venue: Location information will be provided upon registration

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

Date: 2018. 9.15 / 9.22 / 9.29 / 10.06 / 10.13 / 10.20 / 10.27 (Saturdays, 7 weeks)
 Time: 9:00 am – 12:00 noon
 Language: **Mandarin**
 Place: #302, Caring Place, 7000 Minoru Blvd., Richmond
 Fees: Free
 Enquiry: Mrs. Veronica Yu (604.408.7274 ext. 2086) or email to veronica.yu@success.bc.ca

Date: 2018. 9.15 / 9.22 / 9.29 / 10.06 / 10.13 / 10.20 / 10.27 (Saturdays, 7 weeks)
 Time: 1:00 pm – 4:00 pm
 Language: **Cantonese**
 Place: #302, Caring Place, 7000 Minoru Blvd., Richmond
 Fees: Free
 Enquiry: Mrs. Veronica Yu (604.408.7274 ext. 2086) or email to veronica.yu@success.bc.ca

ART THERAPY WORKSHOP

Managing Emotions & Self Care Workshop

Many people today find it difficult to reduce their stress in daily life.

This 6-session workshop is for **adults** who want to have a better understanding of emotional management and self-care. It provides Participants with an opportunity to learn how to manage emotions and to be able to change the ways one behaves, thinks and feels. Art making is incorporated in the workshop.

Participants will be introduced to art making as a powerful non-verbal media to enhance their self-awareness and coping skills, focusing on learning effective strategies to deal with stress and life challenges in a safe and supportive environment.

Venue: S.U.C.C.E.S.S. Social Services Building, 28 West Pender Street, Vancouver
 Date: TBD (6 sessions)
 Time: TBD
 Language: Mandarin
 Facilitator: Roxanne Chou (Canadian Professional Art Therapist)
 Fees: \$180 per person (6 sessions including material fee)
 Enquiry/registration: 604.468.6005 ext. 1

**** Art experience is NOT required. ****

Registrants will be interviewed over the phone before being accepted into the program.

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

PROBLEM GAMBLING COUNSELLING SERVICES

S.U.C.C.E.S.S. has officially launched Problem Gambling Counselling Services 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:

