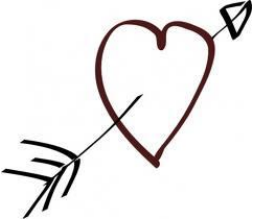


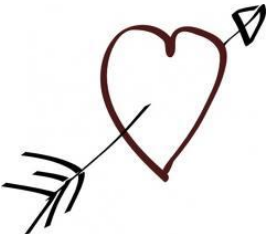


PARENT SUPPORT PROGRAM

February 2012

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
		<p>1 10:30am -12:30pm Building Self-Esteem</p> <p>-2 hours-</p> <p>6:00pm - 8:00pm The Wonderful World of Boys and Girls</p> <p>#203- 5623 Imperial St</p>	<p>2 10:30am -11:30am Family Literacy Circle (0 - 18 months) (Week #4 of 8)</p> <p>11:45am - 12:45pm Family Literacy Circle (18 months+) (Week #4 of 8)</p> <p>#203- 5623 Imperial St</p>	<p>3 10:30am -12:30pm Parent-Child Free Play Fridays!</p> <p>-2 hours-</p> <p>#6-602 7th Avenue New Westminster</p>
<p>6 10:30am -12:30pm Positive Discipline: Distraction and Redirection</p> <p>-2 hours-</p> <p>#203- 5623 Imperial St</p>	<p>7 10:30am -12:30pm Dealing with Anger in Families (Week #5 of 6)</p> <p>-2 hours-</p> <p>#203- 5623 Imperial St</p>	<p>8 10:30am -11:30am Mama Songs (All Ages)</p> <p>11:45am - 12:45pm Valentine's Day Arts and Crafts (All Ages)</p> <p>6:00pm - 8:00pm Helping Your Family Sleep Through The Night</p> <p>#203- 5623 Imperial St</p>	<p>9 10:30am -11:30am Family Literacy Circle (0 - 18 months) (Week #5 of 8)</p> <p>11:45am - 12:45pm Family Literacy Circle (18 months+) (Week #5 of 8)</p> <p>#203- 5623 Imperial St</p>	<p>10 10:30am -12:30pm Parent-Child Free Play Fridays!</p> <p>-2 hours-</p> <p>#6-602 7th Avenue New Westminster</p>
<p>13 10:30am -12:30pm Positive Discipline: Giving Choices</p> <p>-2 hours-</p> <p>#203- 5623 Imperial St</p>	<p>14 10:30am -12:30pm Dealing with Anger in Families (Week #6 of 6)</p> <p>-2 hours-</p> <p>#203- 5623 Imperial St</p>	<p>15 10:30am -12:30pm DVD Viewing: "Hold on to Your Kids"</p> <p>-2 hours-</p> <p>#203- 5623 Imperial St</p>	<p>16 10:30am -11:30am Family Literacy Circle (0 - 18 months) (Week #6 of 8)</p> <p>11:45am - 12:45pm Family Literacy Circle (18 months+) (Week #6 of 8)</p> <p>#203- 5623 Imperial St</p>	<p>17 10:30am -12:30pm Parent-Child Free Play Fridays!</p> <p>-2 hours-</p> <p>#6-602 7th Avenue New Westminster</p>
<p>20 10:30am -12:30pm Positive Discipline: Using Consequences</p> <p>-2 hours-</p> <p>#203- 5623 Imperial St</p>	<p>21</p> <p>No Groups</p> <p>Jody Away</p>	<p>22 10:30am -12:30pm Teaching Children to Take "No" for an Answer</p> <p>-2 hours-</p> <p>#203- 5623 Imperial St</p>	<p>23 10:30am -11:30am Family Literacy Circle (0 - 18 months) (Week #7 of 8)</p> <p>11:45am - 12:45pm Family Literacy Circle (18 months+) (Week #7 of 8)</p> <p>#203- 5623 Imperial St</p>	<p>24</p> <p>No Groups</p> <p>Jody Away</p>
<p>27 10:30am -12:30pm Positive Discipline: Using Time-Ins and Time-Outs</p> <p>-2 hours-</p> <p>#203- 5623 Imperial St</p>	<p>28 10:30am -11:30am Parent-Child Sing-a-Long (All Ages)</p> <p>11:45am - 12:45pm Creative Movement (18 months+)</p> <p>#203- 5623 Imperial St</p>	<p>29 10:30am -12:30pm Building Problem Solving Skills in Children</p> <p>-2 hours-</p> <p>6:00pm - 8:00pm Nutrition: How Much is Enough?</p> <p>#203- 5623 Imperial St</p>		



**Cameray Child and Family Services - Parent Support Program
Burnaby & New Westminister Parenting Groups Calendar – February 2012**

Group topic descriptions:

- **Building Problem Solving Skills in Children** – The ability to problem-solve is a key component to social intelligence and is a skill that can be taught by parents. In this group we will learn how to increase a child’s ability to think for themselves and how to problem-solve from an early age.
- **Building Self-Esteem**– Join us for this 2-hour group where you will learn how you can build your own self-esteem and help build your child’s self esteem. We will focus on understanding self-esteem, encouragement, boundaries, self-care, assertiveness and building confidence.
- **Creative Movement (18 months+)** – This fun hour allows parent and child to explore movement and dance together through music, imagination, improvisation and play. Creative movement allows parent and child to build emotional connectedness and intimacy. ★
- **Dealing with Anger in Families** – In this 6-week series parents will learn tools to help manage their own anger and stress, and recognize the signs and triggers that lead to anger.
- **DVD Viewing: “Hold on to Your Kids”** – Based on Gordon Neufeld’s best-selling book of the same name, this DVD explores the concept of holding on to parent-child attachment throughout childhood and teenage years. It also looks at the influence of peer interactions on attachment and how to prevent kids from moving from parent-focused attachment to peer-focused attachment.
- **Family Literacy Circle** - During this 8-week series, you and your child will enjoy songs, rhymes, and stories, which promote literacy and reading at home. A special incentive is that for every 10 books you read with your child at home, we will GIVE you 1 one free NEW book for you to keep (up to a maximum of 5 books for the duration of the series). Join us for this very special program. By the end of the 8 weeks, you could have 5 brand new free books for you to read at home and treasure for the years to come! ★
- **Parent-Child Free Play Fridays! (All Ages)** – Come take this opportunity to spend some quality play-time with your child. Each week we will have a multitude of play, art, singing, and reading activities for you and your child to enjoy. ★ PLEASE NOTE THAT THIS GROUP TAKES PLACE AT #6-602 7th Avenue, New Westminister.
- **Parent-Child Sing-a-Long** - Join us for a fun hour of songs and rhymes. This is a great time for social interaction for yourself and your child. ★
- **Positive Discipline: Distraction and Redirection** – This 2-hour session will explore the use of the positive discipline skills of distraction and redirection with young children in times when misbehaviour is expected and/or preventable.
- **Positive Discipline: Giving Choices** – Take this session to learn how to use the positive discipline technique of giving choices to help teach your children how to make decisions, think for themselves, and assert independence. We will learn when it is appropriate to give choices, how to state them, and different examples of which choices to give.
- **Positive Discipline: Using Time-Ins and Time-Outs** - Many parents use time-outs as a discipline technique. Some parents find it effective, others don’t. In this group we will discuss what “time-out” means, the advantages and disadvantages of time-outs, “time-ins” and the “parent time-out”.
- **Positive Discipline: Using Consequences** – This group will explore how to use the positive discipline technique of giving natural and logical consequences when teaching your child appropriate behaviours. We will learn what consequences are, how to think up logical consequences for given situations and when to use this technique with your children.
- **Teaching Children to Take “No” for an Answer** – Do you ever find it difficult to get your children to listen when you say “no”? Then this is the group for you! We will discuss how to teach your children to make requests and accept “no” as an answer. This group will also provide some activities and techniques parents can try at home to teach their children to be polite and stay calm when they don’t get it their way.
- **Valentine’s Day Arts & Crafts** – This fun hour allows parents and children to create art together. Take your creation home and let us clean up the mess! ★

After Hours: Evening Groups: *A light dinner will be provided at all evening groups.

- **Helping Your Family Sleep Through The Night** - Parents need sleep too! Come and learn strategies to help your child establish healthy sleeping patterns. We will discuss sleep training, weaning, and sleep problems for both infants and toddlers.
- **Nutrition: How Much is Enough?** - Do you ever wonder if your child is eating enough? How do you know if they are eating the right things? Is juice ok? Feeding kids can be very frustrating and stressful. Come learn about the dietary needs of your child and how to keep your expectations around food intake reasonable so meal time is enjoyable for everyone.
- **The Wonderful World of Boys and Girls** – Come and learn about some of the differences between raising boys and girls. We will discuss some basic differences between boys and girls, from biology to temperament and we’ll show you some activities that will foster boys’ uniqueness and help produce confident, self-assured sons.

IMPORTANT Info Please Read!

- To Sign up for group please e-mail pspgroupsignup@hotmail.com or call 604 436 9449 Ext. #31. Please provide the names of all adults and children attending as well as children’s ages.
- Groups are for participants of the **Parent Support Program**. Please call ahead to register in groups. **No drop-ins please.**
- Parenting groups are free of charge for Burnaby and New Westminister residents. Bus tickets are available upon request.
- Some groups are “child participation” which means your child stays with you during the group time. These are marked with a ★.
- Some groups are for parents only; however free on-site child minding is available if pre-arranged.
- If you are signed up for a group and cannot make it **PLEASE** call to cancel as we often have a waitlist for many of our groups.