





PARENT SUPPORT PROGRAM

January 2012

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p>2</p> <p>Stat Holiday -No Groups-</p> 	<p>3</p> <p>11:30am-12:30pm Bubbles and Parachutes</p> <p>#203- 5623 Imperial St</p>	<p>4</p> <p>10:30am -12:30pm Encouraging Positive Thinking</p> <p>6:00pm - 8:00pm Using Encouragement with Young Children</p> <p>#203- 5623 Imperial St</p>	<p>5</p> <p>10:30am -12:30pm Pamper the Moms!!</p> <p>-2 hours-</p> <p>#203- 5623 Imperial St</p>	<p>6</p> <p>10:30am -12:30pm Parent-Child Free Play Fridays!</p> <p>-2 hours-</p> <p>#6-602 7th Avenue New Westminster</p>
<p>9</p> <p>10:30am -11:30am Indoor Sports Day (18 months+)</p> <p>11:45am - 12:45pm Parent-Child Arts and Crafts (18 months+)</p> <p>#203- 5623 Imperial St</p>	<p>10</p> <p>10:30am -12:30pm Dealing with Anger in Families (Week #1 of 6)</p> <p>-2 hours-</p> <p>#203- 5623 Imperial St</p>	<p>11</p> <p>10:30am -12:30pm Setting Limits and Boundaries with Your Child</p> <p>6:00pm - 8:00pm How to be a Playful Parent in a Busy World</p> <p>#203- 5623 Imperial St</p>	<p>12</p> <p>10:30am -11:30am Family Literacy Circle (0 - 18 months) (Week #1 of 8)</p> <p>11:45am - 12:45pm Family Literacy Circle (18 months+) (Week #1 of 8)</p> <p>#203- 5623 Imperial St</p>	<p>13</p> <p>10:30am -12:30pm Parent-Child Free Play Fridays!</p> <p>-2 hours-</p> <p>#6-602 7th Avenue New Westminster</p>
<p>16</p> <p>10:30am -11:30am Learning About Numbers (18 months +)</p> <p>11:45am - 12:45pm Building Time Management Skills</p> <p>#203- 5623 Imperial St</p>	<p>17</p> <p>10:30am -12:30pm Dealing with Anger in Families (Week #2 of 6)</p> <p>-2 hours-</p> <p>#203- 5623 Imperial St</p>	<p>18</p> <p>10:30am -12:30pm Guest Speaker: Teaching Children Proper Dental Hygiene (and Fluoride Treatment)</p> <p>-2 hours-</p> <p>#203- 5623 Imperial St</p>	<p>19</p> <p>10:30am -11:30am Family Literacy Circle (0 - 18 months) (Week #2 of 8)</p> <p>11:45am - 12:45pm Family Literacy Circle (18 months+) (Week #2 of 8)</p> <p>#203- 5623 Imperial St</p>	<p>20</p> <p>10:30am -12:30pm Parent-Child Free Play Fridays!</p> <p>-2 hours-</p> <p>#6-602 7th Avenue New Westminster</p>
<p>23</p> <p>10:30am -12:30pm Introduction to Positive Discipline</p> <p>-2 hours-</p> <p>#203- 5623 Imperial St</p>	<p>24</p> <p>10:30am -12:30pm Dealing with Anger in Families (Week #3 of 6)</p> <p>-2 hours-</p> <p>#203- 5623 Imperial St</p>	<p>25</p> <p>10:30am -11:30am Mama Songs (All Ages)</p> <p>11:45am - 12:45pm Parent-Child Arts and Crafts (All Ages)</p> <p>6:00pm - 8:00pm Building Attachment Relationships in Families</p> <p>#203- 5623 Imperial St</p>	<p>26</p> <p>10:30am -11:30am Family Literacy Circle (0 - 18 months) (Week #3 of 8)</p> <p>11:45am - 12:45pm Family Literacy Circle (18 months+) (Week #3 of 8)</p> <p>#203- 5623 Imperial St</p>	<p>27</p> <p>10:30am -12:30pm Parent-Child Free Play Fridays!</p> <p>-2 hours-</p> <p>#6-602 7th Avenue New Westminster</p>
<p>30</p> <p>10:30am -12:30pm Positive Discipline: Calming Yourself and Your Child</p> <p>-2 hours-</p> <p>#203- 5623 Imperial St</p>	<p>31</p> <p>10:30am -12:30pm Dealing with Anger in Families (Week #4 of 6)</p> <p>-2 hours-</p> <p>#203- 5623 Imperial St</p>			



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

Group topic descriptions:

- **Bubbles and Parachutes** - Bubbles and Parachutes is a chance to enjoy some interactive play with your child. As the title suggests, there will be bubbles, a parachute and a whole bunch of fun. ★
- **Building Time Management Skills** – “There is never enough time!” This is a common concern for parents of young children. During this group hour, we will learn some great time management strategies such as prioritizing, making lists, and using a family calendar.
- **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.
- **Encouraging Positive Thinking** – This groups focuses on learning how our thoughts affect our moods and behaviours and ways to encourage more positive thinking in ourselves and our children.
- **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! ★
- **Guest Speaker: Teaching Your Children Proper Dental Hygiene** – In this group, a dental hygienist will come to teach parents about proper dental hygiene for their children and how to teach children about dental hygiene. **If you attended the last fluoride treatment please bring your copy of your dental “passport.”**
- **Indoor Sports Day (18 months +)** – This fun hour allows parent and child to team up for a variety of fun-filled physical activities. ★
- **Introduction to Positive Discipline** – Positive discipline is a style of discipline that is used as an alternative to punishment. It focuses on teaching children appropriate behaviours and promotes healthy social and emotional development. Come and learn more about the theory of positive discipline and how to use positive discipline techniques to help guide your child’s behaviour.
- **Learning About Numbers** – Join us for a fun-filled hour all about learning numbers. We will play different games and activities that help teach young children their numbers. We will also provide parents with ideas that they can use at home to help encourage their child’s learning. ★
- **Mama Songs** - Join us for a fun hour of songs and rhymes. This is a great time for social interaction for yourself and your child. ★
- **Pamper the Moms!** – Moms can enjoy some quiet time over a cup of tea, or participate in a group activity, while children play in the playroom.
- **Parent-Child Arts & Crafts** – This fun hour allows parents and children to create art together. Take your creation home and let us clean up the mess! ★
- **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.
- **Positive Discipline: Calming Yourself and Your Child** – One of the first steps in using any positive discipline technique is learning to calm yourself down and assisting your child in calming down. Before we can teach children how to replace inappropriate behaviours we must first teach them to self-soothe and get them to an emotional state where they can take in information and have the capacity to learn. This group will teach self-soothing techniques for both parents and children, and will focus on learning how to manage your child’s intense emotions.
- **Setting Limits and Boundaries with Your Child** – Learn how to implement rules and limits so that your children will learn to follow them.

After Hours: Evening Groups:

- **Building Attachment Relationships in Families** – Often parents can feel less bonded with one child than another for a variety of reasons. In this group we will explore what bonding is, how it is shown, and how we can improve it with our children.
- **How to be a Playful Parent in a Busy World** - Often times parents are too busy to be playful with our children. Come learn why playful parenting is important and how to join our kids in their world.
- **Using Encouragement with Young Children**- Come out and learn how you can help your child become more confident and build your child's self-esteem by using encouragement.

IMPORTANT Info Please Read!

- To Sign up for group please e-mail pspgroupsignup@hotmail.com or call 604 436 9449 Ext. #31.
- 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.