




Cameray Child and Family Services
PARENTING SUPPORT PROGRAM

March 2010

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p>1 10:30am -12:30pm Pamper the Parents</p> <p>-2 hours-</p> <p>5623 Imperial St</p>	<p>2 10:30am – 11:30am Parent-Child Mother Goose Program® 0 – 18 Months (Week #8 of 10)</p> <p>11:45am – 12:45pm Parent-Child Mother Goose Program® 18 Months – 5 Years (Week #8 of 10)</p> <p>5623 Imperial St</p>	<p>3 10:30am -11:30am Parent-Child Songs and Stories (0-18 months)</p> <p>11:45am - 12:45pm Parent-Child Songs and Stories (18 months+)</p> <p>5623 Imperial St</p>	<p>4 10:30am -11:30am Guest Speaker: Teaching Your Children Proper Dental Hygiene</p> <p>11:45am - 12:45pm Positive Discipline: How to use Time-Outs and Time-Ins With Children</p> <p>5623 Imperial St</p>	<p>5 10:30am -11:30am Parent-Child Free Play</p> <p>11:45am - 12:45pm Creative Movement (2 Years+)</p> <p>65 East 6th Avenue, New West (Centennial Comm.Centre)</p>
<p>8 10:30am -11:30am Toddler Yoga Series Week #1 of 4 (2 years+)</p> <p>11:45am - 12:45pm How Birth Order Affects Your Child's Personality</p> <p>5623 Imperial St</p>	<p>9 10:30am – 11:30am Parent-Child Mother Goose Program® 0 – 18 Months (Week #9 of 10)</p> <p>11:45am – 12:45pm Parent-Child Mother Goose Program® 18 Months – 5 Years (Week #9 of 10)</p> <p>5623 Imperial St</p>	<p>10 10:30am -12:30pm Positive Discipline: Giving Choices</p> <p>-2 hours-</p> <p>5623 Imperial St</p>	<p>11 10:30am -11:30am Clothing and Toy Swap</p> <p>11:45am - 12:45pm Helping Children Develop Good Eating Habits</p> <p>5623 Imperial St</p>	<p>12 10:30am -11:30am Parent-Child Circle Time</p> <p>11:45am - 12:45pm Parent-Child Music Time</p> <p>65 East 6th Avenue, New West (Centennial Comm.Centre)</p>
<p>15 10:30am -11:30am Toddler Yoga Series Week #2 of 4 (2 years+)</p> <p>11:45am – 12:45pm Parent-Child St. Patrick's Day Arts and Crafts</p> <p>5623 Imperial St</p>	<p>16 10:30am – 11:30am Parent-Child Mother Goose Program® 0 – 18 Months (Week #10 of 10)</p> <p>11:45am – 12:45pm Parent-Child Mother Goose Program® 18 Months – 5 Years (Week #10 of 10)</p> <p>5623 Imperial St</p>	<p>17 10:30am -12:30pm Mom's Art Time</p> <p>-2 hours-</p> <p>5623 Imperial St</p>	<p>18 10:30am -11:30am Toilet Training</p> <p>11:45am – 12:45pm Positive Discipline: How to Use Consequences With Children</p> <p>5623 Imperial St</p>	<p>19 10:30am -11:30am Parent-Child Arts and Crafts</p> <p>11:45am - 12:45pm Creative Movement (2 Years+)</p> <p>65 East 6th Avenue, New West (Centennial Comm.Centre)</p>
<p>22 10:30am -11:30am Toddler Yoga Series Week #3 of 4 (2 years+)</p> <p>11:45am – 12:45pm Helping Children Learn the Art of Happiness</p> <p>5623 Imperial St</p>	<p>23 10:30am -12:30pm Adlerian Series: Learning to Parent in a Mutually Respectful, Responsible and Positive Way (Week #1 of 8)</p> <p>-2 hours-</p> <p>5623 Imperial St</p>	<p>24 10:30am -11:30am Parent-Child Free Play</p> <p>11:45am – 12:45pm Helping Children Deal With Temper Tantrums</p> <p>5623 Imperial St</p>	<p>25 10:30am -12:30pm Pamper the Parents</p> <p>-2 hours-</p> <p>5623 Imperial St</p>	<p>26 10:30am -11:30am Parent-Child Songs and Stories</p> <p>11:45am - 12:45pm Parent-Child Music Time</p> <p>65 East 6th Avenue, New West (Centennial Comm.Centre)</p>
<p>29 10:30am -11:30am Toddler Yoga Series Week #4 of 4 (2 years+)</p> <p>11:45am – 12:45pm Indoor Sports and Games Day (18 months+)</p> <p>5623 Imperial St</p>	<p>30 10:30am -12:30pm Adlerian Series: Learning to Parent in a Mutually Respectful, Responsible and Positive Way (Week #2 of 8)</p> <p>-2 hours-</p> <p>5623 Imperial St</p>	<p>31 10:30am -12:30pm DVD Viewing: Building Attachment with Your Children</p> <p>-2 hours-</p> <p>5623 Imperial St</p>		



Cameray Child and Family Services - Parent Support Program Burnaby & New Westminster Parenting Groups Calendar – March 2010

Group topic descriptions:

- **Adlerian Series: Learning to Parent in a Mutually Respectful, Responsible, and Positive Way** – Practicum students from the Adler School of Professional Psychology: Master's Program come to facilitate an 8-week respectful, responsible, and positive parenting series. This series is based on Adlerian Psychology and includes learning about communication, positive discipline, sibling rivalry, family meetings, encouragement and much more.
- **Community Kitchen** - This group is lead by Pat and Minoo where you can learn to cook low cost, nutritious meals. A bonus is that you get to take the meals home; **please bring 4 containers** to take the food home. Please **CONTACT PAT** at 604 764 1358.
- **Clothing and Toy Swap** - Bring in your gently used clothes and toys and ** trade them for goods from other Cameray families. Cameray will be laying out items previously donated as well, and you will be welcome to take what you need free of charge. Take your unwanted items, or leave them behind and Jody will donate them to the Gather and Gave Society for other families in need. Tea and snacks provided. **no guarantee there will be items you want to take for your donated items.
- **Creative Movement (2 years +)** - This fun hour allows parents and children to explore movement and dance together through music, imagination, improvisation and play. Creative movement allows parent and child to build emotional connectedness and intimacy. ★
- **DVD Viewing: Building Attachment With Your Children** – Join us for a viewing and discussion on infant and toddler attachment to parents. DVD topics include: comforting children, ending the cycle of hurt, and helping children cope with emotions. Discussion topics will focus on building a trusting relationship between parents and children.
- **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.
- **Helping Children Develop Good Eating Habits** – Helping children learn to eat well and to enjoy healthy food is one of the earliest challenges of parenting. In this group we will discuss tips for establishing good eating habits, how to deal with children who are fussy eaters and how to deal with dinner table problems.
- **Helping Children Learn the Art of Happiness** – All parents say that they want their children to grow up and be happy, but how do we actually teach this to our children? In this group we will discuss how to teach children to think positively, become encouraged, and to be optimistic.
- **How Birth Order Affects Your Child's Personality** - Have you ever wondered if it makes a difference whether you were the eldest child in your family, the youngest or the only child? Come and learn interesting information about birth order and how this could influence your own growing family.
- **How To Deal With Temper Tantrums** - Temper Tantrums can be trying and difficult to deal with, especially when they occur in public places. This group addresses how to approach our children when they are having a temper tantrum (depending on where we are at the time) how to help them calm down, and how to more effectively prevent them from occurring the next time.
- **Indoor Sports and Games Day (18 months+)** - This fun hour allows parent and child to team up for a variety of fun-filled physical activities. ★
- **Mom's Art Time** - This is the perfect opportunity to focus on yourself and express your emotions in a calm, supportive and creative atmosphere. No art talent required; children will be in the childminding room.
- **Pamper the Parents!** - Parents can enjoy some quiet time or engage in fun activities over a cup of tea while children play in the playroom.
- **Parent-Child Arts and Crafts** – This fun hour allows parent and child to create art together. Take your creation home and let us clean up the mess! ★
- **Parent-Child St. Patrick's Day Art Time (2 years+)** – This fun hour allows parent and child to create St. Patrick's Day themed art together. Take your creation home and let us clean up the mess! ★
- **Parent-Child Circle Time** - We will start each circle time with songs and stories. The rest of the time is reserved for questions and answers selected by parents. Come share your parenting experiences in a social and relaxed environment. ★
- **Parent-Child Free Play** – Come take this opportunity to spend some quality play-time with your child. ★
- **Parent-Child Mother Goose Program® (0 - 18 months)** - The Parent-Child Mother Goose Program® is an 10-week group experience for parents and their babies and young children which focuses on the pleasure and power of using rhymes, songs, and stories together. Parents gain skills and confidence, which can enable them to create positive family patterns during their children's crucial early years, and give their children healthy early experiences with language and communication. ★
- **Parent-Child Mother Goose Program® (18 months – 5 years)** - The Parent-Child Mother Goose Program® is an 10-week group experience for parents and their babies and young children which focuses on the pleasure and power of using rhymes, songs, and stories together. Parents gain skills and confidence, which can enable them to create positive family patterns during their children's crucial early years, and give their children healthy early experiences with language and communication. ★
- **Parent-Child Music Time** - Whether you are 4 or 40, you are sure to enjoy this music group that will include instruments, singing, and dancing. Come and learn the basics of musical rhythm and how it can help your child's language and speech development. ★
- **Parent-Child Songs & Stories**- Join us for a fun hour of songs, rhymes and stories. This is a great time for social interaction for yourself and your child. ★
- **Positive Discipline: Giving Choices** – Take this hour 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: How to use Time-Outs and Time-Ins With Children** - 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-in" and the "parent time-out".
- **Positive Discipline: How to Use Consequences With Children** - Take this hour to learn 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.
- **Toddler Yoga Series (2 years+)** – This 4-week series allows parents to learn a wonderful set of yoga routines for young children that bring fun and creativity into meditation and exercise. We will lead you through some breathing exercises, yoga asanas and games. Please bring a large towel for a mat. ★
- **Toilet Training** - In this group, we will learn the step-by-step approach to successfully toilet training your child.

IMPORTANT Info Please Read!

- To Sign up for group please e-mail pspgroupsignup@hotmail.com or call 604 436 9449.
- Registration will be taken MONDAY to THURSDAY; we will get back to you within 2 working days to confirm your registration.
- 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 Westminster 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.