





Cameray Child and Family Services  
**PARENT SUPPORT PROGRAM**

**September 2010**

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
		<p><b>1</b>            10:30am -11:30am  <b>Mother Goose Program® Toddlers (18 months+)</b>            (Week #1 of 8)</p> <p>11:45am - 12:45pm  <b>Creative Movement (18 months+)</b></p> <p>#203- 5623 Imperial St</p>	<p><b>2</b>            10:30am -11:30am  <b>Learning About Co-Operation (18 months+)</b></p> <p>11:45am - 12:45pm  <b>Parent-Child Play and Learn: Letters (3 years+)</b></p> <p>#203- 5623 Imperial St</p>	<p><b>3</b>            10:30am -11:30am  <b>Centennial Playground – Social Time</b></p> <p>11:45am - 12:45pm  <b>Parent-Child Art Time: Play-Dough Making</b></p> <p>65 East 6<sup>th</sup> Avenue,            New West (Centennial Comm. Centre)</p>
	<p><b>6</b>  <b>Stat Holiday</b>  <b>-No Groups-</b></p>	<p><b>7</b>            10:30am -12:30pm  <b>Dealing with Anger and Stress in Parents Series (Week #1 of 6)</b>  <b>-2 hours-</b></p> <p>#203- 5623 Imperial St</p>	<p><b>8</b>            10:30am -11:30am  <b>Mother Goose Program® Toddlers (18 months+)</b>            (Week #2 of 8)</p> <p>11:45am - 12:45pm  <b>Mom’s Art Time</b></p> <p>#203- 5623 Imperial St</p>	<p><b>9</b>            10:30am -11:30am  <b>Building Imagination in Children (All Ages)</b></p> <p>11:45am - 12:45pm  <b>Parent-Child Play and Learn: Numbers (3 years+)</b></p> <p>#203- 5623 Imperial St</p>
<p><b>13</b>            11:00am -12:00pm  <b>Parent-Child Songs and Stories (All Ages)</b></p> <p>#203- 5623 Imperial St</p>	<p><b>14</b>            10:30am -12:30pm  <b>Dealing with Anger and Stress in Parents Series (Week #2 of 6)</b>  <b>-2 hours-</b></p> <p>#203- 5623 Imperial St</p>	<p><b>15</b>            10:30am -11:30am  <b>Mother Goose Program® Toddlers (18 months+)</b>            (Week #3 of 8)</p> <p>11:45am - 12:45pm  <b>Sibling Relationships</b></p> <p>#203- 5623 Imperial St</p>	<p><b>16</b>            10:30am -11:30am  <b>Parent-Child Songs and Stories (0-18 months)</b></p> <p>11:45am - 12:45pm  <b>Parent-Child Play and Learn: Colours/Patterns (3 years+)</b></p> <p>#203- 5623 Imperial St</p>	<p><b>17</b>            10:30am -11:30am  <b>Parent-Child Songs and Stories (All Ages)</b></p> <p>11:45am - 12:45pm  <b>Parent-Child Music Time</b></p> <p>65 East 6<sup>th</sup> Avenue,            New West (Centennial Comm. Centre)</p>
<p><b>20</b>  <b>Stefanie Away</b>  <b>-No Groups-</b></p>	<p><b>21</b>            10:30am -12:30pm  <b>Dealing with Anger and Stress in Parents Series (Week #3 of 6)</b>  <b>-2 hours-</b></p> <p>#203- 5623 Imperial St</p>	<p><b>22</b>            10:30am -11:30am  <b>Mother Goose Program® Toddlers (18 months+)</b>            (Week #4 of 8)</p> <p>11:45am - 12:45pm  <b>Parent-Child Circle Time (All Ages)</b></p> <p>6:30pm - 8:30pm  <b>Working Parents: Juggling Multiple Roles</b></p> <p>#203- 5623 Imperial St</p>	<p><b>23</b>  <b>Jody Away</b>  <b>-No Groups-</b></p>	<p><b>24</b>            10:30am -11:30am  <b>Building Parent-Child Attachment (0-18 months)</b></p> <p>11:45am - 12:45pm  <b>Parent-Child Stories and Play Time (0-18 months)</b></p> <p>65 East 6<sup>th</sup> Avenue,            New West (Centennial Comm. Centre)</p>
<p><b>27</b>            11:00am -12:00pm  <b>Parent-Child Songs and Stories (All Ages)</b></p> <p>#203- 5623 Imperial St</p>	<p><b>28</b>            10:30am -12:30pm  <b>Dealing with Anger and Stress in Parents Series (Week #4 of 6)</b>  <b>-2 hours-</b></p> <p>#203- 5623 Imperial St</p>	<p><b>29</b>            10:30am -11:30am  <b>Mother Goose Program® Toddlers (18 months+)</b>            (Week #5 of 8)</p> <p>11:45am - 12:45pm  <b>Pamper the Parents</b></p> <p>6:30pm - 8:30pm  <b>How Your Parenting Style Affects Your Child</b></p> <p>#203- 5623 Imperial St</p>	<p><b>30</b>            10:30am -11:30am  <b>Parent-Child Arts and Crafts (All Ages)</b></p> <p>11:45am - 12:45pm  <b>Parent-Child Play and Learn: Shapes (3 years+)</b></p> <p>#203- 5623 Imperial St</p>	



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

**Group topic descriptions:**

- **Building Imagination in Children (All Ages)** – Come and join us for this parent-child interactive group that focuses on activities that help build children’s imaginations. This group also gives parents an opportunity to learn new activities and techniques they can use at home to build imagination in their children. ★
- **Building Parent-Child Attachment (0-18 months)** - What is Attachment? Come and learn the importance of a strong parent-child relationship. In this group parents will learn what attachment is, the three kinds of attachment as well as how to best meet their child’s needs by building their child’s sense of trust. ★
- **Centennial Playground: Social Time** – Join us on the playground at Centennial Park for a fun hour of play time at the playground. ★
- **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.
- **Creative Movement (18 Months +)** - 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. ★
- **Dealing with Anger and Stress in Parents Series** – In this 6-week series parents will learn tools to help manage their own anger and stress, and recognize the signs that lead to anger and stress.
- **Learning About Cooperation (18 months+)** – Come and join this parent-child interactive group that focuses on teaching children co-operation skills. This group also allows parents to learn techniques they can use at home and in public to help their children learn to co-operate with others. ★
- **Mom’s Art Time** – During this group, moms will have the opportunity to create their own piece of art work. 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 over a cup of tea while children play in the playroom.
- **Parent-Child Arts and Activities** - In this interactive group, each “station” will provide a new and exciting activity to do. Make goop, paint or a craft. Come and create some fun with us!
- **Parent-Child Arts & Crafts (All Ages)** – This fun hour allows parents and children to create art together. Take your creation home and let us clean up the mess! ★
- **Parent-Child Art Time: Play-Dough Making (All Ages)** – This fun hour allows parents and children to make home-made play-dough together. Take your creation home and let us clean up the mess! ★
- **Parent-Child Circle Time (All Ages)** - 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 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 music can help your child’s language and speech development. ★
- **Parent-Child Play and Learn: Letters, Numbers, Colours/Patterns, & Shapes** – These parent-child interactive groups help with your child’s cognitive development and help get them pre-school and kindergarten ready. Parents can also learn new skills and activities that can be used at home to help foster academic development. *This is NOT a series, parents can sign up for just one or all four groups.* ★
- **Parent-Child Songs & Stories (All Ages)** - Join us for a fun hour of songs, rhymes, and stories. This is a great time for social interaction for yourself and your child. ★
- **Parent-Child Songs & Stories (0-18 Months)**- Join us for a fun hour of songs, rhymes, and stories. This is a great time for social interaction for yourself and your child. ★
- **Parent-Child Stories and Play Time (0-18 Months)** – Join us for a fun hour of stories and activities for you and your baby.
- **Queen’s Park Play Time** - We will be leaving Centennial by 11:50am and walking up to Queens Park for play. Come for the walk or meet us on the playground at 12:00pm. Rain or Shine. Don’t forget sunscreen, towel (water park), and drink; we’ll bring the snack. ★
- **Sibling Relationships** – Siblings will never get along 100% of the time! In this group, we will focus on how to deal with sibling rivalry and other unique sibling dynamics.

**After Hours: Evening Groups:**

- **How Your Parenting Style Affects Your Child** – In this group, we will learn about the three main parenting styles and how these affect our children. We will discuss how to best balance love and limits with children and explore the parenting style of our family of origin in order to understand how this relates to our parenting style today.  
\***CHILDMINDING AVAILABLE**
- **Working Parents: Juggling Multiple Roles** – Balancing work and family can be extremely challenging. In this first night-time group for the After Hours Program, come and learn how to manage daily stress so the joyful parenting moments don’t pass you by. \***CHILDMINDING AVAILABLE**

**IMPORTANT Info Please Read!**

- To Sign up for group please e-mail [pspgroupsignup@hotmail.com](mailto: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 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.