







PARENT SUPPORT PROGRAM GROUP CALENDAR

November 2016

Mon	Tue	Wed	Thu	Fri
<p>*Please Note: All of our groups require pre-registration. No drops-ins.</p> 	<p>1 10:30am -12:30pm Money \$kills Presented By: Family Services of Greater Vancouver in partnership with Vancity (Week #4 of 4)</p> <p>-2 hours-</p> <p>#203- 5623 Imperial St</p>	<p>2 10:30am -12:30pm DVD Viewing: Bringing Baby Home</p> <p>-2 hours-</p> <p>#203- 5623 Imperial St</p>	<p>3 9:45am -11:45am Family Literacy Circle★ Parent Q&A Drop-In (Week #8 of 10)</p> <p><i>NLC Qayqayt Elementary School 85 Merrivale St, New Westminster</i></p>	<p>4 10:30am -12:30pm How to Have Compassion for Our Children</p> <p>-2 hours-</p> <p>#203- 5623 Imperial St</p>
<p>7 10:30am -11:30am Creative Movement (18 months +)★</p> <p>11:45am -12:45pm Expressive Arts (18 months +)★</p> <p>#203- 5623 Imperial St</p>	<p>8 <u>5:30pm – 7:30pm</u> The Seven Powers for Self Control</p> <p>#203- 5623 Imperial St</p>	<p>9 10:30am -11:30am Parent-Child Songs and Stories★ (all ages)</p> <p>11:45am -12:45pm Remembrance Day Craft★ (18 months +)</p> <p>#203- 5623 Imperial St</p>	<p>10 9:45am -11:45am Family Literacy Circle★ Parent Q&A Drop-In (Week #9 of 10)</p> <p><i>NLC Qayqayt Elementary School 85 Merrivale St, New Westminster</i></p>	<p>11 NO GROUPS Remembrance Day</p> 
<p>14 NO GROUPS</p> 	<p>15 NO GROUPS</p> 	<p>16 10:30am -11:30am Telling the Time Craft-ivity★ (18 months +)</p> <p>11:45am -12:45pm Pamper the Parents!</p> <p>#203- 5623 Imperial St</p>	<p>17 9:45am -11:45am Family Literacy Circle★ Parent Q&A Drop-In (Week #10 of 10)</p> <p><i>NLC Qayqayt Elementary School 85 Merrivale St, New Westminster</i></p>	<p>18 10:30am -12:30pm Taking Care of Ourselves, So We Can Take Care of Them</p> <p>-2 hours-</p> <p>#203- 5623 Imperial St</p>
<p>21 NO GROUPS</p> 	<p>22 <u>5:30pm – 7:30pm</u> Surprising Purpose of Anger: Learning to Become Less Emotionally Reactive</p> <p>#203- 5623 Imperial St</p>	<p>23 10:30am -12:30pm Clothing & Toy Swap (childminding provided)</p> <p>-2 hours-</p> <p>#203- 5623 Imperial St</p>	<p>24 10:30am -12:30pm Mom & Dad Get Angry Too</p> <p>-2 hours-</p> <p>#203- 5623 Imperial St</p>	<p>25 NO GROUPS Cameray Annual Training</p> 
<p>28 10:30am -11:30am Parent-Child Songs and Stories★ (all ages)</p> <p>11:45am -12:45pm Parent-Child Free Play★ (all ages)</p> <p>#203- 5623 Imperial St</p>	<p>29 10:30am -12:30pm Building Traits For Success</p> <p>-2 hours-</p> <p>#203- 5623 Imperial St</p>	<p>30 10:30am -11:30am Home-Made Play Activities★ (18 months +)</p> <p>11:45am -12:45pm Parent-Child Free Play★ (all ages)</p> <p>#203- 5623 Imperial St</p>		

★ Interactive Groups ★

- **Creative Movement (18 mo +)** - This fun hour allows you and your child to explore movement and dance together through music, imagination, improvisation and play. Creative movement allows you and your child to build emotional connectedness and intimacy.
- **Expressive Arts (18 mo +)** - Join us for this group where children will have the opportunity to express themselves through artistic works.
- **Family Literacy Circle and Parent Q&A (Qayqayt Elementary School)** - During this 10-week series, you and your child will enjoy songs, rhymes, and stories, which promote literacy and reading at home. BONUS: 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 during the series). Join us for this very special program. **During the second half of this group we will provide children some time to play and enjoy literacy activities, while you have to opportunity to socialize with each other and/or ask questions to our facilitator about parenting, child development, and community resources. **Please note that priority registration for this group will be given to New Westminister residents.**
- **Home-Made Play Activities (18 months +)** - This fun hour will teach you how to make home-made sock puppets, and other inexpensive hands-on activities in your home.
- **Parent-Child Free Play (All Ages)** - Come take this opportunity to spend some quality play-time with your child.
- **Parent-Child Songs and 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.
- **Remembrance Day Craft (18 months +)** - Join us for this fun group to celebrate Remembrance Day. We will read stories, have snacks and do some Remembrance Day themed crafts. Be sure to wear as much red and white clothing as you can!!
- **Telling the Time Craft-ivity (18 months +)** - Join us for this fun-filled hour of stories and crafts about how to tell time!

Psycho-Educational Groups (1 hour)

- **Pamper the Parents!** – You can enjoy some quiet time over a cup of tea/coffee while your child(ren) plays in the playroom.

Psycho-Educational Groups (2 hours)

- **Building Traits For Success-** What does it take for a child to become successful in life? In this group we will look at how inherent intelligence and skill are not the most important factors, but certain character traits matter more. Then we will discuss how we can develop and encourage these traits, including perseverance, optimism, resilience, and troubleshooting. Based on Paul Tough's book "How Children Succeed".
- **Clothing & 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. All unwanted items must be taken home, we do not have the capacity to donate them for you. Tea and snacks provided. *No guarantee there will be items you want to trade for your donated items.
- **Mom & Dad Get Angry Too** - Anger and confrontation are an inevitable part of family life. You will learn strategies to identify your triggers, and practical tools to help manage your own anger.
- **Money Skills** – Do you what to learn to budget and take charge of your money? Perhaps you want to pay lower bank fees, build your credit, or finally deal with your debt. Maybe you have questions about opening an RESP for your child and how to access government grants. **This is the group for you!** This is also a great opportunity to learn how to teach your children about money management from a young age.
- **DVD Viewing: Bringing Baby Home** Come join us as we view and discuss Drs. John and Julie Gottman's DVD for new parents experiencing the transition to Parenthood. DVD topics include: building love maps, sharing fondness and admiration, maintaining positive perspective, and self-soothing strategies.
- **How to Have Compassion for Our Children (2 hours):** Being a parent can be exhausting and frustrating at times. When we're tired and stressed, it can be difficult to have compassion for our children. Join us as we explore what life is like for our children and the frustrations and challenges they face each day. As we gain a better understanding of their experience, it makes it easier for us to approach them more compassionately, which leads to a more pleasant experience for the whole family.
- **Taking Care of Ourselves, So We Can Take Care of Them** - Parenting is hard work. We all know that in order to be the parent we want to be and the parent we know our children need, we need to take care of ourselves. Come join us as we spend some time in a fun and relaxing setting, filling our own cups. We will do various activities that will help us see our strengths and celebrate our successes. Practicing self-care and self-compassion as adults enables us to teach our children to be kind and gentle to themselves as they grow up an face new adventures and challenges.

After Hours: Evening Groups (2 hours): *A light dinner will be provided at all evening groups.

- **The Seven Powers for Self Control** -In order to be in control of our mind, we must be aware of our thoughts and feelings. When we lose self-control we let other people and events take control of our lives. Join us for this educational group where we will discuss how to shift from using fear to using love to guide our behaviour and our children's behaviour (Based on the book, *Easy to Love, Difficult to Discipline: The 7 Basic Skills For Turning Conflict Into Cooperation* by Becky A. Bailey).
- **The Surprising Purpose of Anger: Learning to Become Less Emotionally Reactive** – This group is based in the works of Nonviolent Communication founder Marshall B. Rosenberg and will focus on discovering the purpose of your anger, learning how to get your needs met, and reducing angry outbursts without suppressing your anger.

IMPORTANT Info. Please Read!

- **To sign up:** e-mail pspgroupsignup@hotmail.com or call 604 436 9449. Please provide the names of all adults and children attending as well as children's ages.
- If you sign up for a series group (i.e. Part #1 of 2, or Week #1 of 3) this means that you are signed up for the entire series.
- Groups are for participants of the Parent Support Program. Please call or email ahead to register for 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 "interactive" which means your child stays with you during the group time. These are marked with ★.
- Some groups are for parents only; so **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.