




PARENT SUPPORT PROGRAM GROUP CALENDAR

February 2017

Mon	Tue	Wed	Thu	Fri
<p>*Please Note: All of our groups require pre-registration. No drops-ins</p>		<p>1</p> <p>10:30am -11:30am Parent-Child Songs and Stories ★ (all ages)</p> <p>11:45am -12:45pm “Pete the Cat & The Missing Cupcakes” Story Time & Craft (18 months +) ★</p> <p>#203- 5623 Imperial St</p>	<p>2</p> <p>9:45am -11:45am Family Literacy Circle ★ & Parent Q&A Drop-In (Week #5 of 10)</p> <p><i>NLC Qayqayt Elementary School 85 Merrivale St, New Westminster</i></p>	<p>3</p> <p>10:00am -12:00pm Family Literacy Fridays ★ & Parent Q&A (Week #4 of 6)</p> <p>*NEW* North Burnaby Neighbourhood House 4908 Hastings Street</p>
<p>6</p> <p>10:30am -11:30am Movement and Music ★ (0 - 2 yrs)</p> <p>11:45am -12:45pm Parent-Child Play & Learn: Colours/Patterns ★ (18 months +)</p> <hr/> <p>4:00pm – 6:00pm Parenting from the Inside Out</p> <p>-2 hours-</p> <p>#203- 5623 Imperial St</p>	<p>7</p> <p>10:00am -12:00pm Let’s All Learn About FEELINGS: Sad, Lonely (Week #4 of 6)</p> <p><i>Contract Group: Priority given to Residence of New Westminster</i></p> <p>Centennial Comm. Centre 65 E Sixth Avenue, New Westminster</p>	<p>8</p> <p>10:30am -11:30am Mom’s Art Time: Making Valentine’s Day Cards</p> <p>-1 hour-</p> <p>#203- 5623 Imperial St</p>	<p>9</p> <p>9:45am -11:45am Family Literacy Circle ★ Parent Q&A Drop-In (Week #6 of 10)</p> <p><i>NLC Qayqayt Elementary School 85 Merrivale St, New Westminster</i></p>	<p>10</p> <p>10:00am -12:00pm Family Literacy Fridays ★ & Parent Q&A (Week #5 of 6)</p> <p>*NEW* North Burnaby Neighbourhood House 4908 Hastings Street</p>
<p>13</p> <p>NO GROUPS FAMILY DAY STAT</p> 	<p>14</p> <p>10:00am -12:00pm Let’s All Learn About FEELINGS: Embarrassed (Week #5 of 6)</p> <p><i>Contract Group: Priority given to Residence of New Westminster</i></p> <p>Centennial Comm. Centre 65 E Sixth Avenue, New Westminster</p>	<p>15</p> <p>10:30am -11:30pm The Importance of Routines</p> <p>-1 hour-</p> <p>#203- 5623 Imperial St</p>	<p>16</p> <p>9:45am -11:45am Family Literacy Circle ★ Parent Q&A Drop-In (Week #7 of 10)</p> <p><i>NLC Qayqayt Elementary School 85 Merrivale St, New Westminster</i></p>	<p>17</p> <p>10:00am -12:00pm Family Literacy Fridays ★ & Parent Q&A (Week #6 of 6)</p> <p>*NEW* North Burnaby Neighbourhood House 4908 Hastings Street</p>
<p>20</p> <p>10:30am -11:30am Parent-Child Songs and Stories ★ (all ages)</p> <p>11:45am -12:45pm Expressive Arts ★ (18 months +)</p> <p>#203- 5623 Imperial St</p>	<p>21</p> <p>10:00am -12:00pm Let’s All Learn About FEELINGS: Jealous (Week #6 of 6)</p> <p><i>Contract Group: Priority given to Residence of New Westminster</i></p> <p>Centennial Comm. Centre 65 E Sixth Avenue, New Westminster</p>	<p>22</p> <p>NO GROUPS</p> 	<p>23</p> <p>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>24</p> <p>10:00am -12:00pm Nobody’s Perfect Parenting Program (Week 1 of 6)</p> <p>#203- 5623 Imperial St</p>
<p>27</p> <p>10:30am -11:30pm Creative Movement ★ (2-5 years)</p> <p>11:45am -12:45pm Parent-Child Free Play ★ (all ages)</p> <hr/> <p>6:00pm – 8:00pm DVD and Discuss: Raising an Emotionally Intelligent Child</p> <p>-2 hours-</p> <p>#203- 5623 Imperial St</p>	<p>28</p> <p>NO GROUPS</p> 			

**Parent Support Program
Burnaby & New Westminster Parenting Groups Descriptions – February 2017**

★ Interactive Groups ★

- **Creative Movement (2 - 5 yrs)** - 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 parents 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 Westminster residents.**
- **Family Literacy Fridays and Parent Q&A (North Burnaby Neighbourhood House)** - During this 6-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 parents have to opportunity to socialize with each other and/or ask questions to our facilitator about parenting, child development, and community resources.
- **Let's All Lean About Feelings** - Separate flyer attached to monthly calendar email regarding this special contract group.
- **Movement and Music (0 – 2 yrs)** - The fun hour allows you and your little one to explore movement together through music. There will be age appropriate props and activities to help you introduce music to your child. This class will allow you to build emotional connectedness between you and your child while having fun!
- **Parent-Child Free Play (All Ages)** - Come take this opportunity to spend some quality play-time with your child.
- **Parent-Child Play and Learn: Letters, Numbers, Colours/Patterns, & Shapes (18 months +)** - 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 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.
- **Pete the Cat and the Missing Cupcakes' Story Time and Craft (18 months +)** - Join us for this one hour story and craft activity where we will learn about finding the good in life and learning to see experiences from a positive perspective.

Psycho-Educational Groups (1 hour)

- **Mom's Art Time** – During this group, moms will have the opportunity to create their own gift cards. This is the perfect opportunity to focus on yourself and express your emotions in a calm, supportive, and creative atmosphere. No art talent required, and children will be in the childminding room.
- **Nobody's Perfect (2 hours)** – Separate flyer attached to monthly calendar email regarding this special contract group.
- **The Importance of Routines** – With all of the things parents have to balance in life, it can be hard to implement a routine in your child's life. Come and learn about the importance of creating routines and how to start using them in your day-to-day life.

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

- **DVD and Discuss: Raising an Emotionally Intelligent Child** - Come join us as we view and discuss this informative DVD workshop led by John Gottman, PhD, one of North America's foremost researchers on marriage and relationships. This group will discuss how successful parents use 'emotion coaching' as a means to raise children with the exceptional social and emotional skills necessary to succeed in school and life.
- **Parenting from the Inside Out** - Our childhood experiences influence us in many ways. Join us for an informative group where we will discuss how a deeper self-understanding can help us raise children who thrive!

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 and city of residence (Burnaby or New West).**
- 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 Westminster 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 or email to cancel as we often have waitlists for our groups.