





## PARENT SUPPORT PROGRAM GROUP CALENDAR

March 2017

Mon	Tue	Wed	Thu	Fri
<p><b>*Please Note:</b> All of our groups require pre-registration. No drops-ins</p>		<p>1</p> <p><b>NO GROUPS</b></p> 	<p>2</p> <p>9:45am -11:45am <b>Family Literacy Circle★</b> &amp; Parent Q&amp;A Drop-In (Week #9 of 10)</p> <p><i>NLC Qayqayt Elementary School 85 Merrivale St, New Westminster</i></p>	<p>3</p> <p>10:00am -12:00pm <b>Nobody's Perfect Parenting Program</b> (Week 2 of 6)</p> <p>#203- 5623 Imperial St</p>
<p>6</p> <p><b>NO GROUPS</b></p> 	<p>7</p> <p><b>NO GROUPS</b></p> 	<p>8</p> <p>10:30am -11:30am <b>Parent-Child Songs and Stories★</b> (all ages)</p> <p>11:45am -12:45pm <b>Parent-Child Free Play★</b> (all ages)</p> <p>#203- 5623 Imperial St</p>	<p>9</p> <p>9:45am -11:45am <b>Family Literacy Circle★</b> Parent Q&amp;A Drop-In (Week #10 of 10)</p> <p><i>NLC Qayqayt Elementary School 85 Merrivale St, New Westminster</i></p>	<p>10</p> <p>10:00am -12:00pm <b>Nobody's Perfect Parenting Program</b> (Week 3 of 6)</p> <p>#203- 5623 Imperial St</p>
<p>13</p> <p><b>NO GROUPS</b></p> 	<p>14</p> <p><b>4:30pm – 6:30pm</b> <b>What is Self-Compassion and How do we Practice it?</b></p> <p><b>-2 hours-</b></p> <p>#203- 5623 Imperial St</p>	<p>15</p> <p>10:30am -12:30pm <b>Connect and Redirect: Integrating the Left &amp; Right Brain</b></p> <p><b>-2 hour-</b></p> <p>#203- 5623 Imperial St</p>	<p>16</p> <p>10:30am -12:30pm <b>Stroller Walk &amp; Park Time</b></p> <p><b>-2 hours-</b></p> <p><b>Central Park Burnaby</b></p>	<p>17</p> <p>10:00am -12:00pm <b>Nobody's Perfect Parenting Program</b> (Week 4 of 6)</p> <p>#203- 5623 Imperial St</p>
<p>20</p> <p>10:30am -11:30am <b>Movement and Music★</b> (0 - 2 yrs)</p> <p>11:45am – 12:45pm <b>Creative Movement★</b> (2-5 years)</p> <p>#203- 5623 Imperial St</p>	<p>21</p> <p>10:30am -12:30pm <b>Expressive Arts for Adults</b></p> <p><b>-2 hour-</b></p> <p>#203- 5623 Imperial St</p>	<p>22</p> <p>10:30am -11:30am <b>Parent-Child Songs and Stories★</b> (all ages)</p> <p>11:45am -12:45pm <b>Expressive Arts★</b> (18 months +)</p> <p>#203- 5623 Imperial St</p>	<p>23</p> <p>10:30am -11:30am <b>Spring Has Sprung Craftivity★</b></p> <p>11:45am -12:45pm <b>Mama Talk Time</b></p> <p>#203- 5623 Imperial St</p>	<p>24</p> <p>10:00am -12:00pm <b>Nobody's Perfect Parenting Program</b> (Week 5 of 6)</p> <p>#203- 5623 Imperial St</p>
<p>27</p> <p><b>NO GROUPS:</b> <b>For program relocation to main floor</b></p>	<p>28</p> <p>10:00am -12:00pm <b>Building Resiliency in Children</b> (Week #1 of 6)</p> <p><i>Contract Group: Priority given to Residents of New Westminster</i></p> <p>Centennial Comm. Centre 65 E Sixth Avenue, New Westminster</p>	<p>29</p> <p><b>NO GROUPS:</b> <b>For program relocation to main floor</b></p>	<p>30</p> <p><b>NO GROUPS:</b> <b>For program relocation to main floor</b></p>	<p>31</p> <p>10:00am -12:00pm <b>Nobody's Perfect Parenting Program</b> (Week 6 of 6)</p> <p>#203- 5623 Imperial St</p>

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

**★Interactive Groups★**

- **Building Resiliency in Children** – Separate flyer attached to monthly calendar email regarding this special contract group. **Please note that priority registration for this group will be given to New Westminster residents.**
- **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.
- **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 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.
- **Spring Has Sprung: Craftivity** – Join us for this interactive group where children will have the opportunity to create artwork to celebrate the arrival of Spring!
- **Stroller/Wagon Walk & Park Time** - We will meet between 10:15-10:30 at the head of the trail near Kingsway @ Boundary (map to be provided, parking lot off Kingsway just east of pedestrian bridge) and spend the first hour stretching our legs on a gentle/flat 1.9 km loop trail through Central Park. We will arrive back at the Variety Park Playground near our starting point at 11:30. The second hour will be spent playing on the playground. Come for the walk or meet us on the playground at 11:30. Rain or Shine. Don't forget a drink; we'll bring the snack.

**Psycho-Educational Groups (2 hour)**

- **Connect and Redirect: Integrating the Left & Right Brain** - Brain development research tells us that young children are unable to problem-solve when they are emotionally flooded, which can be incredibly challenging during moments of distress and intense emotionality. Based on the best-selling work of author Dan Siegel M.D., this group will focus on how to calm your emotional child through connection, and redirect by problem-solving once your child is calm.
- **Expressive Arts for Adults** - Expressive art is not only for children! Come join us in this two hour group where we will use art to encourage self-expression and exercise our creative being. No prior art experience is necessary!
- **Mama Talk Time (1 hour)** – Being a parent is a challenging job. Come out and share your joys and frustrations with other parents. The facilitator will lead you through some relaxing and fun exercises.
- **Nobody's Perfect** – Separate flyer attached to monthly calendar email regarding this special contract group.

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

- **What is Self Compassion and How Do We Practice it?** - As adults we are often very good at having compassion for others; the challenge is providing compassion for ourselves. Come join us for this educational group where we will explore what self compassion means and how can we practice it in our daily lives.

**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.