











PARENT SUPPORT PROGRAM GROUP CALENDAR

April 2017

Mon	Tue	Wed	Thu	Fri
3 NO GROUPS Office Move 	4 NO GROUPS Office Move 	5 NO GROUPS Office Move 	6 NO GROUPS Office Move 	7 NO GROUPS Office Move 
10 10:30am -11:30am Movement and Music ★ (0 - 2 yrs) 11:45am – 12:45pm Creative Movement ★ (2-5 years) #102- 5623 Imperial St	11 10:30am -11:30am Number Fun ★ (18 months +) 11:45am -12:45pm Expressive Arts (18 months +) ★ -2 hour- #102- 5623 Imperial St <hr/> 10:00am -12:00pm Building Resiliency in Children (Week #2 of 6) Centennial Comm. Centre 65 E Sixth Avenue, New Westminster	12 NO GROUPS Self Care Tip for the Day: “Make time for yourself, you are important.” 	13 10:30am -11:30am Parent-Child Songs and Stories ★ (all ages) 11:45am -12:45pm Easter Crafts ★ (18 months +) #102- 5623 Imperial St	14 STAT HOLIDAY No Groups 
17 STAT HOLIDAY No Groups 	18 10:30am -12:30pm Letting Go of Daily Distractions to Make Loving Connections -2 hours- #102- 5623 Imperial St <hr/> 10:00am -12:00pm Building Resiliency in Children (Week #3 of 6) Centennial Comm. Centre 65 E Sixth Avenue, New Westminster	19 NO GROUPS Self Care Tip for the Day: “Let go of what you can’t control” 	20 9:45am -11:45am Family Literacy Circle ★ & Parent Q&A Drop-In (Week #1 of 10) NLC Qayqayt Elementary School 85 Merrivale St, New Westminster	21 10:00am -12:00pm How to Raise Courageous Children -2 hour- North Burnaby Neighbourhood House 4908 Hastings Street
24 10:30am -11:30am Parent-Child Songs and Stories ★ (all ages) 11:45am -12:45pm Parent-Child Free Play ★ (all ages) #102- 5623 Imperial St	25 10:30am -12:30pm Connecting Through Conflict: Teaching Children to Take Perspectives, Attune to Others & Repair Relationships -2 hours- #102- 5623 Imperial St <hr/> 10:00am -12:00pm Building Resiliency in Children (Week #4 of 6) Centennial Comm. Centre 65 E Sixth Avenue, New Westminster	26 NO GROUPS Self Care Tip for the Day: “Interrupt anxiety with gratitude.” 	27 9:45am -11:45am Family Literacy Circle ★ & Parent Q&A Drop-In (Week #2 of 10) NLC Qayqayt Elementary School 85 Merrivale St, New Westminster	28 10:00am -12:00pm How to Encourage our Children to be Generous -2 hour- North Burnaby Neighbourhood House 4908 Hastings Street

**Parent Support Program
Burnaby & New Westminster Parenting Groups Descriptions – April 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.
- **Easter Crafts (18 mo +)** – Join us for a fun-filled hour of Easter-themed crafts!
- **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!
- **Number Fun (18 mo +)** - Join us for this fun-filled hour all about learning numbers and counting. We will sing songs and play games all focused on learning numbers. We will also provide parents with some ideas for teaching letters and reading skills at 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.

Psycho-Educational Groups (2 hour)

- **Letting Go of Daily Distractions to Make Loving Connections** - Do you find yourself wishing you had more patience with those around you, especially your children? Are you distracted and exhausted by all the tasks and expectations placed on you? Join us for this informative group where we will discuss how to bring more joy into your life by creating meaningful interactions and mindful moments with the individuals that are important to you.
- **Connecting Through Conflict: Teaching Children to Take Perspectives, Attune to Others and Repair Relationships** - Getting through conflict with family and peers can often be difficult for young children. Join us for this educational group on teaching children how to disagree with others while also empathizing, using logic, and maintaining healthy relationships.
- **How to Raise Courageous Children** – As parents, we want our children to grow up to be courageous. We want to encourage them to not allow fear to stop them from trying new things, doing what's right and following their dreams. Join us as we discuss the difference between physical courage and moral courage and how we can support both in our children.
- **How to Encourage our Children to be Generous** - We all want our children to be generous. We want our children to share their toys. We want them to show compassion. Join us as we discuss how we can encourage our children to be generous and what happens when we force our children to be generous.

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.