

PARENT SUPPORT PROGRAM GROUP CALENDAR

July 2017

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>NO GROUPS Office closed for stat</p> 	<p>4</p> <p>10:30am -12:30pm FREE PLAY ★TUESDAYS!!★</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>5</p> <p>NO GROUPS</p> 	<p>6</p> <p>NO GROUPS</p> 	<p>7</p> <p>10:30am -12:30pm Reframing Our Children's Behaviour</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>
<p>10</p> <p>10:30am -12:30pm DVD Viewing: Winning at Parenting</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>11</p> <p>10:30am -12:30pm FREE PLAY ★TUESDAYS!!★</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>12</p> <p>NO GROUPS</p> 	<p>13</p> <p>10:30am -11:30am Parent-Child Mother Goose®★ (Week #1 of 8)</p> <p>11:45am -12:45pm Family Literacy Circle★ (Week #1 of 8)</p> <p>#102- 5623 Imperial St</p>	<p>14</p> <p>10:00am -12:00pm Raising Children to Reach Their Full Potential</p> <p>-2 hour-</p> <p>North Burnaby Neighbourhood House 4908 Hastings Street</p>
<p>17</p> <p>10:30am -12:30pm The Surprising Purpose of Anger</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>18</p> <p>10:30am -12:30pm FREE PLAY ★TUESDAYS!!★</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>19</p> <p>10:30am -12:30pm Taking Care of Ourselves, So We Can Take Care of Them</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>20</p> <p>10:30am -11:30am Parent-Child Mother Goose®★ (Week #2 of 8)</p> <p>11:45am -12:45pm Family Literacy Circle★ (Week #2 of 8)</p> <p>#102- 5623 Imperial St</p>	<p>21</p> <p>10:00am -12:00pm Understanding the Preschool Brain</p> <p>-2 hour-</p> <p>North Burnaby Neighbourhood House 4908 Hastings Street</p>
<p>24</p> <p>10:30am -12:30pm DVD Viewing: 10 Brain-Based Strategies to Help Children Handle Their Emotions</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>25</p> <p>10:30am -12:30pm FREE PLAY ★TUESDAYS!!★</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>26</p> <p>10:30am -12:30pm Dealing With Your Inner Critic</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>27</p> <p>10:30am -11:30am Parent-Child Mother Goose®★ (Week #3 of 8)</p> <p>11:45am -12:45pm Family Literacy Circle★ (Week #3 of 8)</p> <p>#102- 5623 Imperial St</p>	<p>28</p> <p>10:00am -12:00pm The Importance of Preserving Play</p> <p>-2 hour-</p> <p>North Burnaby Neighbourhood House 4908 Hastings Street</p>
<p>31</p> <p>10:30am -12:30pm Developing a Positive Body Image in Children</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>				

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

★ **Interactive Groups** ★

- **Family Literacy Circle** - During this 8-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).
- **Free Play Tuesdays!! (All Ages)** - Come take this opportunity to spend some quality play-time with your child. In this group we will have play 'stations' for your child to enjoy various activities including sensory toys, water play, games, and much more! ****This group can get messy so please bring spare clothes for your children****
- **The Parent-Child Mother Goose Program®** - Mother Goose is an 8-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.

Educational Groups (2 hours)

- **Dealing With Your Inner Critic** – We all have an internal critical voice. Come and learn how to stop your critical voice and replace it with a new sound and new words.
- **Developing a Positive Body Image in Children** – This group will focus on how to create a positive body image and teach children to be comfortable with themselves. We will also discuss teaching children how to develop body control through physical development and body awareness.
- **DVD Viewing: 10 Brain-Based Strategies to Help Children Handle Their Emotions** – Based on the DVD workshop by Tina Payne Bryson as well as the book *The Whole Brain Child* by Bryson and Dan Siegel, this group will explore neuroscience and evidenced-based techniques for helping children learn to self-regulate and manage their emotions.
- **DVD Viewing: Winning at Parenting** – Designed for parents of children of all ages, Barbara Coloroso, a world renowned parenting expert, discusses the challenges and frustrations of parenting. Topics include: teaching children 'how to think', positive discipline, parenting styles, how to avoid power struggles, etc. During this group we will watch parts of her video and have a group discussion.
- **Raising Children to Reach Their Full Potential** – We all want great things for our children. Join us as we discuss what healthy development looks like and how we can support our children in the process of moving from dependence to independence. ****This group will be taking place at North Burnaby Neighbourhood House****
- **Reframing Our Children's Behaviours** – How we choose to see our children's behaviour directly impacts how we respond to our children. When we choose to assume that our children's behaviours are acts of "defiance" and "manipulation", we tend to have a harder time responding with empathy, connection and loving guidance. Join us as we discuss different ways that we can view our children's behaviour which allow us to stay connected and teach our children the lessons we are wanting them to learn.
- **The Importance of Preserving Play** – These days our children have increasingly busy schedules. As parents we can get caught up in wanting our children to experience everything and not "miss out". Or we may feel pressure to ensure that our children are "learning" as much and as quickly as possible. This can lead to us forgetting or dismissing the importance of play and the impact play has on our children's social, emotional and cognitive development. Join us as we discuss these issues and how we can add play back into our children's lives. ****This group will be taking place at North Burnaby Neighbourhood House****
- **The Surprising Purpose of Anger** – 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.
- **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 and face new adventures and challenges.
- **Understanding the Preschool Brain** – We often expect our children to behave in a calm, well-mannered and good-natured fashion. This expectation often leads to frustration and disappointment. Join us as we discuss how early brain development impacts our children's ability to behave in the ways that we would like and how we can adjust our expectations while nurturing their growth. ****This group will be taking place at North Burnaby Neighbourhood House****

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.