






PARENT SUPPORT PROGRAM GROUP CALENDAR

July 2019

Mon	Tue	Wed	Thu	Fri
<p>1 NO GROUPS</p> 	<p>2 10:30am -12:30pm Expressive Arts for Parents</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>3 10:30am -12:30pm Summer Safety</p> <hr/> <p>6:00pm – 8:00pm Preventing & Reducing Childhood Stress</p> <p>#102- 5623 Imperial St</p>	<p>4 10:30am -12:30pm Family Literacy Circle & Parent Q&A Drop-In (Week #1 of 8) ★</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>5 NO GROUPS</p> 
<p>8 10:00am -12:00pm Stroller Walk & Park Time★ (all ages) (Meeting location & parking details in description)</p> <p><i>Variety Park Playground & Central Park Trail 3805 Kingsway, Burnaby</i></p> <p>6:00pm – 8:00pm Finding Pleasure in Your Everyday</p> <p>#102- 5623 Imperial St</p>	<p>9 10:30am -12:30pm Goals of (Mis)Behaviour</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>10 10:30am -12:30pm Stroller Walk & Park Time★ (all ages) (Meeting location & parking details in description)</p> <p>- 2 Hours -</p> <p><i>Variety Park Playground & Central Park Trail 3805 Kingsway, Burnaby</i></p>	<p>11 10:30am -12:30pm Family Literacy Circle & Parent Q&A Drop-In (Week #2 of 8) ★</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>12 NO GROUPS</p> 
<p>15 10:30am -12:30pm Raising Your Highly Sensitive Child</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>16 NO GROUPS</p> 	<p>17 10:30am -12:30pm Guest Speaker: Your Child's Transition into Preschool/ Kindergarten</p> <hr/> <p>6:00pm – 8:00pm Helping our Children Become Responsible Consumers</p> <p>#102- 5623 Imperial St</p>	<p>18 10:30am -12:30pm Family Literacy Circle & Parent Q&A Drop-In (Week #3 of 8) ★</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>19 10:30am -12:30pm Yoga for Self-Regulation</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>
<p>22 10:00am -12:00pm Do-It-Yourself Games★ (18 months+)</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>23 10:30am -12:30pm Encouraging Positive Thinking</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>24 10:30am -12:30pm Stroller Walk & Park Time★ (all ages) (Meeting location & parking details in description)</p> <p><i>Variety Park Playground & Central Park Trail 3805 Kingsway, Burnaby</i></p>	<p>25 10:30am -12:30pm Family Literacy Circle & Parent Q&A Drop-In (Week #4 of 8) ★</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>26 10:30am -12:30pm Why Don't Kids Listen?!</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>
<p>29 10:30am -12:30pm Preventing Bullying: Starting from the Early Years</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>30 NO GROUPS</p> 	<p>31 10:30am -12:30pm Expressive Arts for Parents</p> <hr/> <p>6:00pm – 8:00pm Handy Phrases for Parents</p> <p>#102- 5623 Imperial St</p>		

**Parent Support Program
Burnaby & New Westminster Parenting Groups Descriptions – July 2019**

★ **Interactive Groups** ★

- **Do-it-Yourself Games:** Come and join us for this interactive group where you and your child will have fun creating new games that encourages their motor development, creativity, and teamwork. Leave the “artistic mess” at Cameray! ★
- **Family Literacy Circle and Parent Q&A** - During this 8-week series, you and your child will enjoy songs, rhymes, and stories, which promote literacy and reading at home. During the second half of this group we will provide children time to play and enjoy literacy activities, while parents have to opportunity to socialize and ask questions about parenting. ★
- **Stroller Walk & Park Time** - We will meet at the head of the trail near Kingsway @ Boundary (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 sunscreen, and a drink; we'll bring the snack! ★

Educational Groups (2 hours).

- **Encouraging Positive Thinking** – This group focuses on learning how our thoughts affect our moods and behaviours and ways to encourage more positive thinking in ourselves and our children.
- **Expressive Arts for Parents** - 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!
- **Finding Pleasure in Your Everyday** – Learn simple and effective ways to bring fun, pleasure, and joy into your everyday tasks and way of being. You will learn strategies to appreciate, absorb, and be present in your everyday parenting experiences. **A light dinner will be served for this evening group**
- **Goals of (mis)Behaviour** – This group will help you understand the goals and purposes of your children's behaviour. Included are children's misbehaviours, parent's feelings and responses to these behaviours and how to respond to various behaviours.
- **Guest Speaker: Your Child's Transition Into Preschool/Kindergarten** - Please join us for information regarding Your Child's Transition to Preschool or Kindergarten. A YMCA Child Care Resource & Referral Consultant will be available to discuss finding quality child care for your preschool or school age child, and will provide families with personalized child care referral lists to match your needs. Information will also be provided on applying for government initiatives that can help lower the cost of child care, such as the Affordable Child Care Benefit.
- **Handy Phrases for Parents:** Do you ever think of what you wish you'd said to your child ... after the moment's gone by? Join us for this group discussion to learn a few good lines that could come in handy for parents and other caregivers. These phrases give children a model of how to clearly assert one's position in a respectful way. At the same time, they encourage the development of problem-solving skills and build self-esteem. Best of all, they are words you won't mind hearing when your child uses them back to you! **A light dinner will be served for this evening group**
- **Helping Our Children Become Responsible Consumers** - Being a responsible consumer is about preserving the planet's resources for the next generation, so it makes sense to start showing children how to make good choices when they're young. During this 2-hour group, we will discuss ways that parents can model the three familiar R's for their children: Reduce, Reuse and Recycle, and add three more R's: Refuse, Rethink rewards, and Repair. **A light dinner will be served for this evening group**
- **Raising Your Highly Sensitive Child** – Is your child sensitive to clothes, tastes smells, noises, changes in routine? Does your child react to scary dreams, movies and is fearful in new situations? Is your child prone to hurt feelings, upset by criticism, and eager to do thing 'just right'? Then join us for this 2-hour group based on Elaine Aron's book “*The Highly Sensitive Child*,” which focuses on identifying if our children are highly sensitive and what we can do to help support them and help them adapt to the world around them.
- **Preventing Bullying: Starting from the Early Years** – Join us for this informative group where we will discuss preventative measures you can take as a parent now to help your child foster healthy relationships with peers in the later years.
- **Preventing and Reducing Childhood Stress** - Rates of childhood are on the rise. During this 2-hour session, parents can come and learn some ways of preventing childhood stress and anxiety in young children. We will also discuss how to teach children to manage their stress and anxiety in healthy ways. **A light dinner will be served for this evening group**
- **Summer Safety** - Let's talk about how to keep our kids healthy and safe this summer as we spend more time outdoors enjoying the warm weather.
- **Why Don't Kids Listen?!** - It can be so frustrating when we have to ask our children repeatedly to do something. We may wonder, “Why can't you just do what I say the first time I say it?” Often we find ourselves feeling increasingly frustrated and in the middle of a power struggle with our children. Join us as we discuss why this is happening, how to prevent it and how to shift out of the power struggle when we are in the middle of it.
- **Yoga for Self-Regulation (for Parents)** - Parenting can be challenging. Often we feel stressed and overwhelmed. Although we know the importance of being able to support our children with their emotions, we often find ourselves triggered right at the moments when our children need us to be calm. Join us for this gentle class where you will learn gentle yoga practices designed to help us regulate our nervous systems so that we feel better prepared to take on the day. *Suitable for all fitness levels. No previous yoga experience required. Yoga mats will be provided!*

IMPORTANT Info. Please Read!

- **To sign up:** e-mail pspgroupsignup@cameray.ca 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.