







PARENT SUPPORT PROGRAM GROUP CALENDAR

August 2019

Mon	Tue	Wed	Thu	Fri
			<p>1 10:30am -12:30pm Family Literacy Circle & Parent Q&A Drop-In (Week #5 of 8) ★ - 2 Hours - #102- 5623 Imperial St</p>	<p>2 10:30am -12:30pm Mommy & Me★ (0-18 months) - 2 Hours - #102- 5623 Imperial St</p>
<p>5 NO GROUPS </p>	<p>6 10:30am -12:30pm Make the Connection (0-12 months) (Week #1 of 3) ★ - 2 Hours - #102- 5623 Imperial St</p>	<p>7 10:30am -12:30pm All About Potty Training 6:00pm – 8:00pm How to Determine Your Child's Learning Style #102- 5623 Imperial St</p>	<p>8 10:30am -12:30pm Family Literacy Circle & Parent Q&A Drop-In (Week #6 of 8) ★ - 2 Hours - #102- 5623 Imperial St</p>	<p>9 10:30am -12:30pm Emotional Reactivity: Learning How to Think Before You Act - 2 Hours - #102- 5623 Imperial St</p>
<p>12 10:00am -12:00pm Extra-Curricular Activities for Young Children - 2 Hours - #102- 5623 Imperial St</p>	<p>13 10:30am -12:30pm Make the Connection (0-12 months) (Week #2 of 3) ★ - 2 Hours - #102- 5623 Imperial St</p>	<p>14 10:30am -12:30pm Expressive Arts for Parents - 2 Hours - #102- 5623 Imperial St</p>	<p>15 NO GROUPS </p>	<p>16 10:30am -12:30pm Is Yelling the New Spanking? - 2 Hours - #102- 5623 Imperial St</p>
<p>19 10:30am -12:30pm Why Doesn't My Child Sleep Through the Night? - 2 Hours - #102- 5623 Imperial St</p>	<p>20 10:30am -12:30pm Make the Connection (0-12 months) (Week #3 of 3) ★ - 2 Hours - #102- 5623 Imperial St</p>	<p>21 No Morning Groups 6:00pm – 8:00pm Why Striving to Be the "Best" Parent Is Not Always Best #102- 5623 Imperial St</p>	<p>22 10:30am -12:30pm Family Literacy Circle & Parent Q&A Drop-In (Week #7 of 8) ★ - 2 Hours - #102- 5623 Imperial St</p>	<p>23 10:30am -12:30pm "It's NOT fair!": How to Help Children Deal with Real Life - 2 Hours - #102- 5623 Imperial St</p>
<p>26 10:00am -12:00pm The Inner Critic - 2 Hours - #102- 5623 Imperial St</p>	<p>27 NO GROUPS </p>	<p>28 10:30am -12:30pm Movement & Music for Parents - 2 Hours - #102- 5623 Imperial St</p>	<p>29 10:30am -12:30pm Family Literacy Circle & Parent Q&A Drop-In (Week #8 of 8) ★ - 2 Hours - #102- 5623 Imperial St</p>	<p>30 10:30am -12:30pm Mom's Nurturing and Support Circle - 2 Hours - #102- 5623 Imperial St</p>

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

★ **Interactive Groups** ★

- **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. ★
- **Make the Connection (0-12months)** – The parent-child relationship is at the heart of healthy child development. During these sessions, parents will interact with their babies through play, songs, rhymes and exploration. The goal is to promote secure attachment, positive communication and learning opportunities. ★
- **Mommy & Me (Under 18 months)** - Mothering young children can be full of joys and challenges. Join us as we connect weekly to socialize, connect, play and learn how to support ourselves and our children during this phase of motherhood so that our parenting experience feels more peaceful, joyful and empowering. ★

Educational Groups (2 hours).

- **All About Potty Training** - In this group, we will learn some strategies, as well as tips and tricks, to successfully toilet training your child. We will tackle common questions such as, “When should I start?”, “What method should I use?”, and “How do I prepare?”
- **Emotional Reactivity: Learning How to Think Before You Act** – Have you ever found yourself getting frustrated or angry with your children and you’re not even sure why you reacted so strongly? This group will help parents learn about emotional triggers and why we react without thinking. We will also focus on ways to manage our reactivity, how to calm down, and how to repair relationships in times where we can’t control our reactions.
- **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!
- **Extra Curricular Activities for Young Children** - Most parents want their child to engage in some form of extra curricular activity. Join us for this group discussion to examine the pros and cons, which activities might be best for your child, and what age is the best age to get started in particular activities.
- **How to Determine your Child’s Learning Style** - Children receive and process information in different ways. Come out and explore the three primary learning styles and discover which one best describes your child. **A light dinner will be served for this evening group**
- **Is Yelling the New Spanking?** - If you’re yelling at your kids, you’re not alone. Why are so many dedicated, intelligent, aware parents losing control? Join us as we discuss the reasons that may be leading us to lose control and how we can bring more calm into our homes.
- **“It’s NOT fair!”: How to Help Children Deal With Real Life** - Most of us have heard our children scream and yell about things not being fair. Injustice is a hard thing to accept as a young child. Whether it’s a challenge with a sibling, not liking the limits and boundaries we are setting or not getting a turn with a toy they really want to play with, the anger is real for our children. Join us as we explore how to support our children when they feel so angry about things not being fair and how we can use this as an opportunity for connection and a teaching moment about the realities of life.
- **Mom’s Nurturing and Support Circle** - Motherhood is challenging. We love our children and want to do our best for them. When we fall short of our own expectations we can be hard on ourselves. Join us as we spend this time together learning how to accept, take care of, regulate and love ourselves so that we can give to our children from a generous place. We will learn how to ask for and receive support and allow ourselves to be nurtured so that we can be more loving of ourselves.
- **Movement & Music for Parents** - Come join us for a session where movement and music will connect you with your feelings, ultimately promoting greater self-awareness. Be ready to move! Please wear comfortable clothes.
- **The Inner Critic** - We all have an internal critical voice. Come and learn how to quiet your critical voice and replace it with more realistic and kind words.
- **Why Doesn’t My Child Sleep Through the Night?** – Joins us for this informative 2-hour group where will learn about early childhood sleep, what’s normal for sleep habits, and how to help our children sleep through the night.
- **Why Striving to be the “Best” Parent Is Not Always Best** - We often want to be perfect parents. The great news is that children don’t actually need perfect parents! They need parents who admit to making mistakes and having weaknesses, and who are committed to growing and changing. Join us for this group where we will debunk the myth of needing to be a perfect parent! **A light dinner will be served for this evening group**

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.