









## PARENT SUPPORT PROGRAM GROUP CALENDAR

November 2019				
Mon	Tue	Wed	Thu	Fri
				<p><b>1</b> 10:30am -12:30pm <b>Getting Children to Listen Without Losing Our Cool</b> (Week #5 of 6)</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>
<p><b>4</b> <b>10:00am -12:00pm</b> <b>Connection is the Real Work of Parenting</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>5</b> 10:30am -12:30pm <b>Nobody's Perfect Parenting Program™</b> (Week #1 of 6)</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>6</b> 10:30am -11:30am <b>Expressive Arts★</b> <b>(18 months +)</b></p> <p>11:45am-12:45pm <b>Parent-Child Free Play★</b> <b>(all ages)</b></p> <p>#102- 5623 Imperial St</p>	<p><b>7</b> 9:45am -11:45am <b>Family Literacy Circle &amp; Parent Q&amp;A</b> (Week #10 of 10) ★</p> <p><i>NLC Qayqayt</i> 85 Merrivale St, New Westminster</p>	<p><b>8</b> NO GROUPS</p> 
<p><b>11</b> NO GROUPS</p> 	<p><b>12</b> 10:30am -12:30pm <b>Nobody's Perfect Parenting Program™</b> (Week #2 of 6)</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>13</b> 10:30am -12:30pm <b>How to Discipline When Nothing Seems to Work!</b></p> <hr/> <p>6:00pm – 8:00pm <b>Artistic Self-Care</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>14</b> 10:30am -12:30pm <b>Learning a Baby's First Language</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>15</b> 10:30am -12:30pm <b>Getting Children to Listen Without Losing Our Cool</b> (Week #6 of 6)</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>
<p><b>18</b> <b>10:00am -12:00pm</b> <b>Breaking Ineffective Patterns</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>19</b> 10:30am -12:30pm <b>Nobody's Perfect Parenting Program™</b> (Week #3 of 6)</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>20</b> NO GROUPS</p> 	<p><b>21</b> 10:30am -12:30pm <b>Parenting Highly Sensitive Children</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>22</b> 10:30am -12:30pm <b>Mommy &amp; Me★</b> <b>(0-18 months)</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>
<p><b>25</b> 10:30am -12:30pm <b>Help! I'm a First Time Parent</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>26</b> NO GROUPS</p> 	<p><b>27</b> 10:30am -12:30pm <b>Pamper the Parents</b></p> <hr/> <p>6:00pm – 8:00pm <b>Learning Smart Financial Habits</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>28</b> 10:30am -12:30pm <b>Guest Speaker: Sleep Consultant</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>29</b> 10:30am -12:30pm <b>Want to Raise Happier, Healthier, &amp; More Optimistic Children? Teach Them to Be Grateful!</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>

★ Interactive Groups ★

- **Expressive Arts** - Join us for this interactive group where children will have the opportunity to express themselves through artistic works. ★
- **Family Literacy Circle and Parent Q&A (EYC at 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. 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. ★
- **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. ★
- **Parent-Child Free Play (All Ages)** - Come take this opportunity to spend some quality play time with your child. ★

Educational Groups (2 hours).

- **Artistic Self-Care** - Whether it's drawing, sculpting, colouring, painting or crafts, making time for art can be excellent self-care. No matter what your ability level or amount of experience, art making has been shown to lower stress hormone levels. Bring your creativity and we'll provide the art supplies! *\*A light dinner will be served for this evening group\**
- **Breaking Ineffective Patterns** - Part of parenting is preparing children to take responsibility for themselves. Usually the process goes fairly smoothly, but sometimes parents can get stuck in patterns that undermine their effectiveness and confuse their children. This group will discuss ways to set yourself and your child for long-term success!
- **Connection is the Real Work of Parenting:** Being an effective parent depends on the connection we have with our children. Deepening our connection with our kids and keeping it strong as they grow is the real work of parenting. Join us for this informative group where we will discuss How to keep a solid connection with your child as they grow and develop.
- **Getting Children to Listen Without Losing Our Cool (6-week series)** - Our children's feelings can be intense sometimes and at times we think that our children are being incredibly "stubborn". As a parent, it can be really challenging to know what to do when our children have emotional outbursts or refuse to cooperate. Join us as we explore how brain science and brain development impact our children's behaviours and what we can do to help support our children's regulation so that they are more willing and better able to cooperate with us. This series is based on the course: "Managing Your Children's Moods and Behaviors" created by Lisa Dion, Licensed Professional Counsellor & Registered Play Therapy Supervisor.
- **Guest Speaker: Sleep Consultant** - Cameray is thrilled to be partnering with Jolan Holmes, certified sleep consultant with Good Night Sleep Site Coquitlam, to offer a workshop on infant & toddler sleep. Come learn more about healthy sleep and discuss your sleep questions with an expert in the field!
- **Help! I'm A First Time Parent** – Congratulations! You're a parent. Now what!? Join us for this group where we will explore the challenges faced by first-time parents and support you through this exciting new adventure.
- **How to Discipline When Nothing Seems to Work** – There are many theories on parenting and discipline, but let's face it, sometimes it feels like nothing will work. Join us for this informative group where we will discuss positive discipline, what techniques work best for specific situations, and what to do when you feel like there's nothing you can do.
- **Learning A Baby's First Language** - Babies come into the world ready to communicate. This workshop will help parents and caregivers understand and respond more sensitively to their child's feelings, wants and needs.
- **Learning Smart Financial Habits:** As parents, you spend a lot of time teaching your children habits that will keep them safe and healthy as they grow into adulthood. But what about your children's future financial health? Join us for this 2-hour group where we will discuss some aspects of money and budgeting that children can begin to learn while they are young. *\*A light dinner will be served for this evening group\**
- **Nobody's Perfect Parenting Program™** – This nationally recognized parenting program runs for 6 weeks. Participants choose the topics they wish to learn more about in a supportive environment where sharing is encouraged. Topics include (but are not limited to): discipline, time management/routines, managing anger, safety, etc. This program is ideal for parents who want to improve their parenting skills through discussion and activity-based learning.
- **Pamper the Parents** – Parents can enjoy some quiet time over a cup of tea while children play in the playroom.
- **Parenting Highly Sensitive Children** – Your child may be one of 15 -20% of kids who are born with a highly sensitive temperament. While their deeply reflective and creative nature can be wonderfully rewarding these kids can also be difficult to parent because of these very same sensitivities. This workshop will help you understand them and develop parenting skills that are in tune with their sensitive temperament.
- **Want to Raise Happier, Healthier, More Optimistic Children?... Then Teach Them to Be Grateful** - Research confirms that adults and children who feel grateful are more content, learn better and are less likely to get depressed. Come learn tips that we can incorporate into daily life to help our children and create an attitude of gratitude that will stay with them through adulthood. Each family will go home with their very own 'Little Book of Gratitude!'

IMPORTANT Info. Please Read!

- **To sign up:** e-mail [pspgroupsignup@cameray.ca](mailto: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.