











PARENT SUPPORT PROGRAM GROUP CALENDAR

December 2019				
Mon	Tue	Wed	Thu	Fri
<p>2 10:30am -12:30pm Toilet Training Setbacks: Bedwetting, Regression, and Refusal</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>3 10:30am -12:30pm Nobody's Perfect Parenting Program™ (Week #4 of 6)</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>4 10:30am -12:30pm Positive Parenting Tools for Everyday Life</p> <hr/> <p>6:00pm – 8:00pm Teaching Children How to Problem Solve</p> <p>#102- 5623 Imperial St</p>	<p>5 10:30am -12:30pm Burnout: Ending the Cycle of Stress</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>6 10:30am -12:30pm How to Motivate Your Children to Do Their Best</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>
<p>9 10:00am -12:00pm How Family Values Influence Your Children</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>10 10:30am -12:30pm Nobody's Perfect Parenting Program™ (Week #5 of 6)</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>11 10:30am -11:30am Parenting a Strong-Willed Child</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>12 10:30am -12:30pm The Surprising Purpose of Anger: Learning to Become Less Emotionally Reactive</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>13 10:30am -12:30pm *Dental Group*</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>
<p>16 10:30am -12:30pm Nobody's Perfect Parenting Program™ (Week #6 of 6)</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>17 NO GROUPS</p> 	<p>18 No Morning Groups</p> <hr/> <p>6:00pm – 8:00pm Artistic Self-Care</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>19 10:30am -12:30pm CAMERAY HOLIDAY PARTY! ★</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>20 10:30am -12:30pm Expressive Arts for Parents</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>
<p>23 10:00am -12:00pm Managing Transitions With Your Child</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>24 NO GROUPS</p> 	<p>25 NO GROUPS</p> 	<p>26 NO GROUPS</p> 	<p>27 NO GROUPS</p> 
<p>30 NO GROUPS</p> 	<p>31 NO GROUPS</p> 			

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

★ **Interactive Groups** ★

- **Cameray Holiday Party** – Join us for our annual winter party where your kids can play and you can relax and connect with other families. We'll have food and some fun activities for the kids. ★

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**
- **Burnout: Ending the Cycle of Stress** – Mental and physical exhaustion from the chronic stress of parenting is real and differs from other forms of burnout in key ways. This workshop will look at ways you can minimize stress, manage emotions and live a more joy filled life.
- **Dental Group** – The Fraser Health dental team will be coming in to provide screening, fluoride varnish, and information on dental health for children 0-36 months.
- **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!
- **How Family Values Influence Your Children:** This 2-hour group will address how to identify your family's current values and the values parents grew up with, as well as how those values influence your children's thoughts and behaviours.
- **How to Motivate Your Children to Do Their Best** – Why do some children work diligently to succeed at new challenges while others give up quickly? How do we encourage our children to do difficult things and set them up for success to pursue their dreams? Join us as we explore what motivates children, why some children get discouraged and how we can inspire them to do their best.
- **Managing Transitions with your Child:** Have you every wondered why children have such a difficult time transiting from one activity to the next? Come and learn why children find it difficult to transition and find some ideas to help them build the skills to finish one activity and start another without becoming overwhelmed.
- **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.
- **Parenting a Strong-Willed Child** – Strong willed children can be a challenge to parent! Join us for this informative group where we will discuss characteristics of a strong willed child and parenting strategies to help with setting limits and boundaries with them.
- **Positive Parenting Tools for Everyday Life** – Join us for this fun and interactive group where we will explore practical parenting strategies to use in everyday life situations.
- **Teaching Children How to Problem Solve** - The ability to problem solve is a key component to social intelligence, and it is a skill that can be taught by parents. In this group, we will learn how to increase a child's ability to think for themselves and how to problem solve. **A light dinner will be served for this evening group**
- **The Surprising Purpose of Anger: Learning to Become Less Emotionally Reactive** – 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.
- **Toilet Training Setbacks: Bedwetting, Regression, and Refusal** – Has your child been trying to toilet train for a long time? Does it seem like they were toilet trained and then started going backwards? If you've been having difficulty starting and/or maintaining toilet training then this is the group for you! We will discuss some reasons why children have a hard time learning to use the potty and continuing to use it. We will also learn some tips and techniques to help with toilet training success.

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.