


## PARENT SUPPORT PROGRAM GROUP CALENDAR

February 2020				
Mon	Tue	Wed	Thu	Fri
<b>3</b> 10:30am -12:30pm <b>Mindful Mommas: The Art of Being Present</b>  - 2 Hours -  #102- 5623 Imperial St	<b>4</b> 10:30am -11:30am <b>Parent-Child Mother Goose ★ MOVERS &amp; SHAKERS (Week #1 of 8)</b>  11:45am -12:45pm <b>Parent-Child Mother Goose ★ TOGETHER (Week #1 of 8)</b>  #102- 5623 Imperial St	<b>5</b> <b>10:00am -12:00pm</b> <b>Parent-Child Free Play: Things That Go! ★</b>  - 2 Hours -  6:00pm – 8:00pm <b>Giving Children Feedback</b>  <b>*DROP-INS WELCOME*</b>  - 2 Hours -  #102- 5623 Imperial St	<b>6</b> 9:45am -11:45am <b>Family Literacy Circle &amp; Parent Q&amp;A Helping Kids Develop Executive Functioning (Week #5 of 10) ★</b>  - 2 Hours -  NLC Qayqayt 85 Merrivale St, New Westminster	<b>7</b> 10:30am – 12:30pm <b>Circle of Security™ Parenting Program (Week #3 of 6)</b>  - 2 Hours -  #102- 5623 Imperial St
<b>10</b> <b>10:00am -12:00pm</b> <b>Building Children’s Communication and Language Skills</b>  - 2 Hours -  #102- 5623 Imperial St	<b>11</b> 10:30am -11:30am <b>Parent-Child Mother Goose ★ MOVERS &amp; SHAKERS (Week #2 of 8)</b>  11:45am -12:45pm <b>Parent-Child Mother Goose ★ TOGETHER (Week #2 of 8)</b>  #102- 5623 Imperial St	<b>12</b> <b>10:00am -12:00pm</b> <b>People Safety Skills For Young Children</b>  - 2 Hours -  #102- 5623 Imperial St	<b>13</b> 9:45am -11:45am <b>Family Literacy Circle &amp; Parent Q&amp;A with Child Development Specialist Guest Speaker (Week #6 of 10) ★</b>  NLC Qayqayt 85 Merrivale St, New Westminster  <b>10:00am -12:00pm</b> <b>Valentine’s Free Play★</b>  - 2 Hours -  #102- 5623 Imperial St	<b>14</b> 10:30am – 12:30pm <b>Circle of Security™ Parenting Program (Week #4 of 6)</b>  - 2 Hours -  #102- 5623 Imperial St
<b>17</b> NO GROUPS  	<b>18</b> 10:30am -11:30am <b>Parent-Child Mother Goose ★ MOVERS &amp; SHAKERS (Week #3 of 8)</b>  11:45am -12:45pm <b>Parent-Child Mother Goose ★ TOGETHER (Week #3 of 8)</b>  #102- 5623 Imperial St	<b>19</b> No Morning Groups  ----- 6:00pm – 8:00pm <b>Artistic Self-Care</b>  <b>*DROP-INS WELCOME*</b>  - 2 Hours -  #102- 5623 Imperial St	<b>20</b> 9:45am -11:45am <b>Family Literacy Circle &amp; Parent Q&amp;A A Brief Look at Emotion Coaching for Kids (Week #7 of 10) ★</b>  - 2 Hours -  NLC Qayqayt 85 Merrivale St, New Westminster	<b>21</b> 10:30am – 12:30pm <b>Circle of Security™ Parenting Program (Week #5 of 6)</b>  - 2 Hours -  #102- 5623 Imperial St
<b>24</b> <b>10:00am -12:00pm</b> <b>Planning Ahead With Your Kids</b>  - 2 Hours -  #102- 5623 Imperial St	<b>25</b> 10:30am -11:30am <b>Parent-Child Mother Goose ★ MOVERS &amp; SHAKERS (Week #4 of 8)</b>  11:45am -12:45pm <b>Parent-Child Mother Goose ★ TOGETHER (Week #4 of 8)</b>  #102- 5623 Imperial St	<b>26</b> <b>10:00am -12:00pm</b> <b>How We Love Our Kids: The 5 Love Styles of Parenting</b>  - 2 Hours -  #102- 5623 Imperial St	<b>27</b> 9:45am -11:45am <b>Family Literacy Circle &amp; Parent Q&amp;A (Week #8 of 10) ★</b>  - 2 Hours -  NLC Qayqayt 85 Merrivale St, New Westminster	<b>28</b> 10:30am – 12:30pm <b>Circle of Security™ Parenting Program (Week #6 of 6)</b>  - 2 Hours -  #102- 5623 Imperial St

**Parent Support Program  
Burnaby & New Westminster Parenting Groups Descriptions – February 2020**

★ **Interactive Groups** ★

- **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. You will also be able to earn **free** children's books simply by attending and reading to your child 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. For some groups we will focus on particular parenting topics or arrange for guest speakers. ★
- **Parent-Child Free Play: Things That Go! (all ages)** – Come take this opportunity to spend some quality playtime with your child. This group will focus on all things that move! Cars, planes, trucks, cranes and even animals too (perhaps some magical unicorns as well). ★
- **Parent-Child Mother Goose Program® MOVERS AND SHAKERS** - This is an 8-week group experience for parents and their young children that highlights the pleasure and power of using rhymes, songs, and stories together. In 'Movers and Shakers' we will focus on fun and active songs to teach kids about moving their bodies to music, with the added bonus of helping to get out all of their energy. Parents will 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. ★
- **Parent-Child Mother Goose Program® TOGETHER** - This series is an 8-week group experience for parents and their babies that highlights the pleasure and power of using rhymes, songs, and stories together. In "Together" we will focus on calm and playful songs and rhymes to grab the interest and excitement of little ones who are not yet active or walking. Parents will 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. ★
- **Valentine's Free Play** - This group will focus on all things Valentine's Day. Come and make valentines cards for special friends and loved ones as well as explore play that helps increase attachment and bonding. ★

**Educational Groups (2 hours).**

- **Building Children's Communication and Language Skills** - Come and learn how to encourage communication and language development in young children. This group will discuss how to motivate children how to use language and how to enhance communication skills using everyday fun activities.
- **Circle of Security™ Parenting Program** - Sometimes it's hard to tell what your child needs, what his/her behaviors mean and if you're doing right by her/him. Imagine what it might feel like if you could make sense of what your child is really asking from you. Circle of Security Parenting™ is a 6-week group where you'll learn to: Strengthen your relationship with your child; Be present with your child during the best and toughest of times; Recognize your child's needs and make sense of his or her behaviour; Meet your child's needs by being bigger, stronger, wiser and kind.
- **How We Love Our Kids: The 5 Love Styles of Parenting** – Join us for this informative group where we will discuss the 5 love styles of parenting and how they affect our children. You will have an opportunity to discover which of the 5 love styles you have and explore some of the dynamics that shape your parenting.
- **Mindful Mommas: The Art of Being Present** - Living in the present moment is the most wonderful gift you can give to yourself and to your family, and often the most challenging practice to master. In this group you will learn how to slow the mind in the most chaotic situations, and techniques, such as intention, mindfulness and compassion, to bring yourself back to the present.
- **People Safety Skills for Young Children** - Teach your children how to be emotionally and physically safe from a young age so that they will be aware, calm and confident. Learn which skills to teach and practice with your children. We'll be discussing topics such as: "What is a stranger?", "Getting help in emergencies", "What to do if you are Lost", "Safety rules about touching", etc. (Based on work by Kidpower).
- **Planning Ahead With Your Kids** - Parents can reduce or eliminate a lot of negative behaviour by planning ahead for times when their child is likely to misbehave (restaurants, grocery stores, while their on the phone). Learning to plan together can reduce arguments, strengthen communication and teach children to self-entertain. This 2-hour group will be a great opportunity to learn new strategies and hear ideas that other families are using.

**Evening Drop-In 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!
- **Giving Children Feedback** - "Look at me! Look at me!" children call out, asking their parents to pay attention and tell them how they're doing. Parents often answer, "That's great!" or "You're terrific!" because they want their children to feel good about themselves. But there's another, easy-to-use way to build your child's self-esteem that also encourages good behaviour and independence. Join us for this 2-hour informative group to learn about "*descriptive praise*".
- **PLEASE NOTE that although our evening programming is open to drop-ins, priority for childcare spaces will go to families who register for childminding and then will be filled on a 'first come first serve' basis.**

**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.