

PARENT SUPPORT PROGRAM GROUP CALENDAR

MARCH 2020

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>10:00am -12:00pm Dealing With Advice You Didn't Ask For</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>3</p> <p>10:30am -11:30am Parent-Child Mother Goose ★ MOVERS & SHAKERS (Week #5 of 8)</p> <p>11:45am -12:45pm Parent-Child Mother Goose ★ TOGETHER (Week #5 of 8)</p> <p>#102- 5623 Imperial St</p>	<p>4</p> <p>10:00am -12:00pm Getting Angry Without Yelling, Spanking, or Punishing</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>5</p> <p>10:00am -12:00pm Magical Kingdom: Story Time and Crafts ★</p> <p>#102- 5623 Imperial St</p> <p>9:45am -11:45am Family Literacy Circle & Parent Q&A (Week #9 of 10) ★</p> <p>NLC Qayqayt 85 Merrivale St, New Westminster</p>	<p>6</p> <p>10:00am -12:00pm Yoga for Self-Regulation (For Parents)</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>
<p>9</p> <p>10:00am -12:00pm Growing Minds: Parenting With the Brain in Mind</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>10</p> <p>10:30am -11:30am Parent-Child Mother Goose ★ MOVERS & SHAKERS (Week #6 of 8)</p> <p>11:45am -12:45pm Parent-Child Mother Goose ★ TOGETHER (Week #6 of 8)</p> <p>#102- 5623 Imperial St</p>	<p>11</p> <p>10:00am -12:00pm Wild Child Indoor Play ★</p> <p>5:00pm – 7:00pm Parent-Child Circle Time ★</p> <p>*DROP-INS WELCOME*</p> <p>#102- 5623 Imperial St</p>	<p>12</p> <p>10:00am -12:00pm Superhero Training! ★</p> <p>#102- 5623 Imperial St</p> <p>9:45am -11:45am Family Literacy Circle & Parent Q&A (Week #10 of 10) ★</p> <p>NLC Qayqayt 85 Merrivale St, New Westminster</p>	<p>13</p> <p>10:00am -12:00pm Circle of Security™ Parenting Program (Week #1 of 6)</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>
<p>16</p> <p>10:00am -12:00pm Navigating The Toy Aisle: Picking The Best (And Most Educational) Toys for Our Kids</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>17</p> <p>10:30am -11:30am Parent-Child Mother Goose ★ MOVERS & SHAKERS (Week #7 of 8)</p> <p>11:45am -12:45pm Parent-Child Mother Goose ★ TOGETHER (Week #7 of 8)</p> <p>#102- 5623 Imperial St</p>	<p>18</p> <p>NO GROUPS</p> 	<p>19</p> <p>10:00am -12:00pm Setting Limits and Boundaries in Every Day Life</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>20</p> <p>10:00am -12:00pm Circle of Security™ Parenting Program (Week #2 of 6)</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>
<p>23</p> <p>10:00am -12:00pm Being Me, Loving You: Caring for Others While Maintaining Your Personal Identity</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>24</p> <p>10:30am -11:30am Parent-Child Mother Goose ★ MOVERS & SHAKERS (Week #8 of 8)</p> <p>11:45am -12:45pm Parent-Child Mother Goose ★ TOGETHER (Week #8 of 8)</p> <p>#102- 5623 Imperial St</p>	<p>25</p> <p>10:00am -12:00pm Mindset: The Psychology of Success in Children and Families</p> <p>6:00pm – 8:00pm How to be Wise with Screen Time: Tips for Balancing TV and Play</p> <p>*DROP-INS WELCOME*</p> <p>#102- 5623 Imperial St</p>	<p>26</p> <p>10:00am -12:00pm Parenting Strategies for Children with Intense Emotions</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>27</p> <p>10:00am -12:00pm Circle of Security™ Parenting Program (Week #3 of 6)</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>
<p>30</p> <p>10:00am -12:00pm Move, Sleep, & Sit: How to Keep Your Child Active</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>31</p> <p>10:00am -11:00am Songs & Stories ★</p> <p>11:15am -12:15pm Story Time and Craft-ivity ★</p> <p>#102- 5623 Imperial St</p>			

Parent Support Program
Burnaby & New Westminster Parenting Groups Descriptions – March 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. ★
- **Magical Kingdom Story Time and Crafts** – Escape from reality and join us for this enchanted adventure where we will read magical stories and create charmed crafts. Feel free to come dressed as a prince/princess or your favourite mythical creature! ★
- **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. ★
- **Songs & Stories** – Join us for a fun hour of songs, rhymes and stories. This is a great time for social interaction for yourself and your child. ★
- **Story Time and Craft-ivity** – Join us for this 1-hour group where we will read stories and create crafts together based on what we've read! This is a great way for children to build literacy skills and connect art with reading. ★
- **Superhero Training** – Join us for this 2-hour adventure where we will create our own superhero character, do some fun superhero-themed crafts and (most importantly) play some fun games to build our superhero strength! ★
- **Wild Child Indoor Play** – Even in the winter weather, it's important to get your children out of the house...for their sanity AND yours. Join us for this 2-hour group where we will explore all sorts of fun indoor activities to keep your child entertained and excited. ★

Educational Groups:

- **Being Me, Loving You: Caring for Others While Maintaining Your Personal Identity** - Join us for this 2-hour group where we will use the Non-Violent Communication work of Marshall B. Rosenberg, Ph.D. to learn how to strengthen loving relationships while getting to be yourself and hold boundaries. We will also discuss how to give love without feeling guilt or obligation.
- **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.
- **Dealing with Advice You Didn't Ask For** - No matter how you choose to bring up your children, there will always be people who think you should be doing things differently. Some of those people will be quick to give you their opinion, even if you didn't ask for it. During this 2-hour group we'll talk about ways parents can deal with comments that seem to judge your style of parenting.
- **Getting Angry...Without Yelling, Spanking, or Punishing** – Have you ever gotten angry with your child? Do you find yourself feeling guilty about it (whether it was intentional or not)? Join us for this 2-hour group where we will explore the concept of allowing ourselves to be angry without taking it out on our children or others.
- **Growing Minds: Parenting with the Brain in Mind** - This informative 2-hour group is based on the book "The Whole-Brain Child" by Dan Siegel and Tina Payne Bryson. We will focus on how children's brains develop and learn what you can do to encourage healthy brain development so your child can grow to their full potential.
- **Mindset: The Psychology of Success in Children and Families** – Discover the power of *mindset* and its important influence in the success in every area of life. Using this information, we will explore how parents can foster accomplishment in their children.
- **Move, Sleep, & Sit: How to Keep Your Child Active** - We think of young children as busy, but that doesn't mean they're active. Many Canadian children are getting too little physical activity, the new Canadian 24-Hour Movement Guidelines for the Early Years (ages 0-4) show there is an important relationship between how much sleep, sedentary behaviour and physical activity children get in a 24-hour period. Join us for this 2-hour informative group to find out more!
- **Navigating the Toy Aisle: Picking the Best (and Most Educational) Toys for Our Kids** - Toys are important for your child's development. But choosing from the multitude of toys sold in stores can be a daunting task. What criteria should you keep in mind? Is it better to stick to educational toys? Are gender-specific toys old-fashioned? We tackle these questions and more in this 2-hour group.
- **Parenting Strategies for Children with Intense Emotions** – Parenting in an effective way allows you to respond wisely and keep your goals for your child clear, consistent and realistic. It also allows your child to grow with self esteem, values and belief in him/herself. Join us for this informative group where we will learn skills to help achieve the best parenting outcome. Based on the book "Parenting a Child Who Has Intense Emotions" by Pat Harvey and Jeanine Penzo.
- **Setting Limits and Boundaries in Everyday Life** - Setting limits and boundaries can be challenging. Many of us know why it's important, but often we don't know how to set our limits while being kind AND firm. Join us as we explore which limits and boundaries are important to us and how we set those boundaries while our children are crying, whining or throwing a tantrum.
- **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 relaxing and 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.

Evening Drop-In Groups (2 hours):

- **How to Be Wise with Screen Time: Tips for Balancing TV and Play** - Children under 5 years old are exposed to more screens than ever before, including televisions, computers, gaming consoles, smartphones and tablets. This group will provide parents with useful information on current recommendations for screen time for young children, and what healthy screen time can look like for your family.
- **Parent-Child Circle Time** - This evening will be a special time for parents and children to share finger plays, rhymes, songs, use rhythm instruments, listen to a story, and participate in movement games and relaxation activities. A light supper will still be available at the beginning of the group. ★

****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 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.
- 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.