












PARENT SUPPORT PROGRAM ONLINE GROUP CALENDAR

MARCH 2021

Mon	Tue	Wed	Thu	Fri
1 10:00am -11:30am Parenting in Canada (Part 1 of 2) <i>Online Groups</i>	2 NO GROUPS 	3 10:00am -11:30am Teaching Children About Their Bodies 6:00pm – 7:30pm How to Tell if Your Child is Doing Well and Happy in Care <i>Online Groups</i>	4 9:30am – 10:30am Circle Time! ★KIDS GROUP★ 10:30am -11:30am Helping Your Child Deal with Transitions and Changes <i>Online Groups</i>	5 10:00am -11:30am Mom's Support Group: How To Recover After You've Gotten Angry With Your Child <i>Online Group</i>
8 10:00am -11:30am Parenting in Canada (Part 2 of 2) <i>Online Groups</i>	9 9:30am -10:30am Creative Movement ★KIDS GROUP★ <i>Online Group</i>	10 10:00am -11:30am People Safety Skills for Children <i>Online Group</i>	11 9:30am – 10:30am Circle Time! ★KIDS GROUP★ 10:30am -11:30am Managing Screen Time During COVID <i>Online Groups</i>	12 10:00am -11:30am Mom's Support Group: Dealing with Your Sensitive and/or Whiny Child <i>Online Group</i>
15 10:00am -11:30am Goals of Behaviour <i>Online Groups</i>	16 9:30am -10:30am Circle Time! ★KIDS GROUP★ <i>Online Group</i>	17 10:00am -11:30am Preventing Bullying: Starting From the Early Years <i>Online Group</i>	18 9:30am – 10:30am Circle Time! ★KIDS GROUP★ 10:30am -11:30am Making Life Easier by Using Family Routines <i>Online Groups</i>	19 10:00am -11:30am Mom's Support Group: How to Manage Parenting with Others (Partner, Grandparents, Daycare, etc.) <i>Online Group</i>
22 NO GROUPS 	23 NO GROUPS 	24 NO GROUPS 	25 NO GROUPS 	26 NO GROUPS 
29 NO GROUPS 	30 NO GROUPS 	31 NO GROUPS 		

These groups are for Burnaby and New Westminster residents with one or more children under the age of 5 years old.

Email us at pspgroupsignup@cameray.ca to sign up for groups

ALL EDUCATIONAL GROUPS WILL INCLUDE ADDITIONAL TIME AT THE END OF EACH GROUP FOR QUESTIONS AND DISCUSSION

Parent Support Program: Group Descriptions – MARCH 2021

★Interactive Children's Groups:★

- **Circle Time** – Join us for this fun-filled online group with interactive activities focused on helping our children get pre-school and kindergarten ready. ★
- **Creative Movement** – With COVID restrictions families are stuck inside more often than they would like to be. This group will show kids some ways that they can get up and move their bodies from the comfort of their home all while having tons of fun! ★

Education and Support Groups:

- **Goals of Behaviour** - This group will help you understand the goals and purposes of your children's behaviour. Included are children's misbehaviours, parent's feelings and responses to these behaviours and how to respond to various behaviours.
- **Helping Your Child Deal With Transitions and Changes** – Join us for this informative group where we will discuss ways to help your child transition throughout the day without putting up a fight or having a tantrum.
- **How to Tell if Your Child is Doing Well and Happy in Care** - Many children settle into an early childhood education centre, home-based service, or other care easily, but some take longer, and some may never settle properly. During tonight's group, we will discuss why it is important that parents take time to assess whether their children are happy at the service they have chosen.
- **Making Life Easier By Using Family Routines** – This group will help families think of ways to create easy and predictable routines to use with their children. Routines help make life with young children easier because kids tend to behave better when they know what's coming next and feel safer when their world is predictable.
- **Managing Screen Time During COVID** – Many parents have relaxed their family restrictions around screen time during COVID. While that is understandable and useful, this group will look at the effects of using screens more with young children and how parents can increase those times within healthy limits.
- **Mom's Support Group** - Motherhood is one of the hardest jobs, if not the hardest. And with the right support, it can be the most rewarding experience. Join us as we gather each week to support each other and celebrate our wins and practice simple tools that help us feel more calm and empowered. Our discussion each week will be guided by a unique theme that allows for us to connect and share with each other.
- **Parenting in Canada** - Join us for this two-part parenting group where we will discuss the challenges and positive aspects of raising your children in Canada. We will look at the difficulty of raising a child in a culture that may be different from the one you grew up in. As well as the mental and emotional aspects raising children in a foreign country with its own distinct parenting approach.
- **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).
- **Preventing Bullying: Starting From The Early Years** – Join us for this informative group where we will discuss preventative measures you can take as a parent now to help your child foster healthy relationships with peers in the later years.
- **Teaching Children About Their Bodies** – Come and learn about sexual health in children, what your children need to know about their bodies, and how you can approach sexually related topics with your child. We will discuss ways that you can teach your child about appropriate touching and ways to help prevent sexual abuse.

Please note that no internet-based group is 100% confidential. However, in an effort to keep information private, we will require a meeting password to enter each group and we will not allow any recording of groups. We also ask that any information learned about other participants in group is kept between participants only.