

PARENT SUPPORT PROGRAM ONLINE GROUP CALENDAR

JUNE 2021				
Mon	Tue	Wed	Thu	Fri
	1 9:30am -11:00am Dynamic Disney! ★KIDS GROUP★ <i>Online Group</i>	2 10:00am -11:30am Understanding Young Children: Temperament 6:00pm – 7:30pm Ways to Support Writing Development at Home <i>Online Groups</i>	3 9:30am – 10:30am Circle Time! ★KIDS GROUP★ <i>Online Group</i>	4 NO GROUPS 
7 10:00am -11:30am The No-Drama Connection Cycle <i>Online Group</i>	8 9:30am -11:00am Pirate Treasure Hunters ★KIDS GROUP★ <i>Online Group</i>	9 10:00am -11:30am Understanding Young Children: Brain Development 6:00pm – 7:30pm Raising Creative Thinkers <i>Online Groups</i>	10 9:30am – 10:30am Circle Time! ★KIDS GROUP★ <i>Online Group</i>	11 NO GROUPS 
14 10:00am -11:30am The No-Drama Redirection <i>Online Group</i>	15 9:30am -11:00am Paw Patrol to the Rescue! ★KIDS GROUP★ <i>Online Group</i>	16 10:00am -11:30am Understanding Young Children: Preschoolers and Their Bodies 6:00pm – 7:30pm Understanding the Power of Parent Involvement <i>Online Groups</i>	17 9:30am – 10:30am Circle Time! ★KIDS GROUP★ <i>Online Group</i>	18 NO GROUPS 
21 10:00am -11:30am Anger in Children <i>Online Group</i>	22 9:30am -11:00am Stranger Danger: Protecting Our Kids From Predators and Tricky People <i>Online Group</i>	23 10:00am -11:30am Understanding Young Children: Technology, Toddlers, & Preschoolers 6:00pm – 7:30pm Summer Sanity Strategies for Parents <i>Online Groups</i>	24 9:30am – 10:30am Circle Time! ★KIDS GROUP★ <i>Online Group</i>	25 NO GROUPS 
28 10:00am -11:30am Helping Multiracial Children Establish Racial Identities <i>Online Groups</i>	29 NO GROUPS 	30 10:00am -11:30am Toilet Training <i>Online Group</i>		

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 – June 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. ★
- **Dynamic Disney!** – Through songs and stories, we will use the "Wonderful World of Disney" to learn letters, numbers and colours. Costumes are encouraged! ★
- **Pirate Treasure Hunters** – Ahoy there! Join Miss Kat in her pirate adventure. Learners will explore themes like friendship, sharing and respect through fun games and stories! Costumes and props are encouraged! ★
- **Paw Patrol to the Rescue!** – Rev your engines and join our pups for some high paced games and songs that help teach about teamwork, emergency helpers, and of course, purse chickens! ★

Educational Groups:

- **Anger in Children** – Based on the book "Little Volcanos," in this group we will learn the tools to understand and manage children's anger.
- **Helping Multiracial Children Establish Racial Identities** – Living in a multicultural community means that our children are exposed to a multitude of cultures, including those that they identify with. While it is great to build awareness and knowledge of different cultures, it can also sometimes leave children confused as to where they belong and who they are. Join us to this insightful session where we explore how to talk about racial identity with our young ones.
- **Raising Creative Thinkers** – As our children grow, we want them to be the kinds of thinkers who can dissect information and decide what's worth paying attention to. We want them to have enough resilience to tackle a problem again and again until they find a great solution. We want them to be able to express themselves, find fulfillment in their work and lives, and generally be productive members of society. Join us tonight to find out ways to strengthen your child's creative thinking skills. **Evening Group**
- **Stranger Danger: Protecting our Kids From Predators and Tricky People** – "Don't talk to strangers" is a phrase many of us parents grew up hearing as we left the house, and while it is still widely used, it has become one of the most inaccurate ways to teach our kids about people safety. Join this group, where we will learn the ways to educate ourselves and our children to keep themselves safe when they are alone or separated from a parent. We will learn cues and hints that, if addressed, can save the lives of many children. **TRIGGER WARNING: Childhood sexual abuse may be discussed.*
- **Summer Sanity Strategies For Parents** - Summer's here! Join us for tonight's group to discuss some practical tips and fun strategies to help you keep your cool and make some terrific memories with your kids this season. **Evening Group**
- **The No-Drama Connection Cycle** – This group is based on the book, "No-Drama Discipline: The Whole Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind" by Dr. Daniel Siegel and Dr. Tina Payne Bryson. You may know that connecting with your child is important, but how do you actually do it? Come join us as we learn about the No-Drama Connection Cycle.
- **The No-Drama Redirection** – Connection is the basic foundation that is required in order for us to teach and guide our children, but what do we do after we've connected with our children and they are still uncooperative or reactive? Come learn how we can redirect our children when they are doing things we don't like or when they're not doing something we want them to do.
- **Toilet Training** - In this group, we will learn some step-by-step strategies, as well as tips and tricks, to successfully toilet training your child.
- **Understanding the Power of Parent Involvement** - With guidance and support, parents can confidently take on their role as their child's first teacher and biggest advocate and become partners with teachers. Tonight, we will look at ways to increase your involvement and improve your child's readiness for preschool and kindergarten. **Evening Group**
- **Ways to Support Writing Development at Home** - Young children like to scribble, make marks that look like letters, and play with writing. Typically, children will experiment with writing long before they learn to read. During tonight's group we will discuss the stages of writing development, reasons why some children may struggle with writing skills, and activities to make learning to write more fun. **Evening Group**

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.