








PARENT SUPPORT PROGRAM ONLINE GROUP CALENDAR

JULY 2021				
Mon	Tue	Wed	Thu	Fri
			1 NO GROUPS 	2 NO GROUPS 
5 9:00am – 10:00am Little Dreamers Story Time ★KIDS GROUP★ 10:00am -11:30am Summer Safety <i>Online Groups</i>	6 9:30am -11:00am Circle Time! ★KIDS GROUP★ <i>Online Group</i>	7 10:00am -11:30am Central Park Walk & Play ★IN-PERSON KIDS GROUP★ 6:00pm – 7:30pm Technology and Young Children <i>Online Groups</i>	8 9:30am – 10:30am Circle Time! ★KIDS GROUP★ <i>Online Group</i>	9 10:00am -11:30am Mom's Support Group: Celebrating the Strengths of Each Family Member <i>Online Group</i>
12 9:00am – 10:00am Little Dreamers Story Time ★KIDS GROUP★ <i>Online Group</i>	13 9:30am -11:00am Circle Time! ★KIDS GROUP★ <i>Online Group</i>	14 NO GROUPS 	15 9:30am – 10:30am Circle Time! ★KIDS GROUP★ <i>Online Group</i>	16 10:00am -11:30am Mom's Support Group: Teaching Our Kids About Safety <i>Online Group</i>
19 9:00am – 10:00am Little Dreamers Story Time ★KIDS GROUP★ 10:00am -11:30am How to be a Playful Parent <i>Online Groups</i>	20 9:30am -11:00am Circle Time! ★KIDS GROUP★ <i>Online Group</i>	21 10:00am -11:30am Playtime at the Park ★IN-PERSON KIDS GROUP★ 6:00pm – 7:30pm Ways to Encourage Social-Emotional Learning at Home <i>Online Groups</i>	22 9:30am – 10:30am Circle Time! ★KIDS GROUP★ <i>Online Group</i>	23 10:00am -11:30am Mom's Support Group: Celebrating Family Values and Bringing Them Into Everyday Life <i>Online Group</i>
26 9:00am – 10:00am Little Dreamers Story Time ★KIDS GROUP★ 10:00am -11:30am Is My Child Developing Typically? <i>Online Groups</i>	27 NO GROUPS 	28 10:00am -11:30am Central Park Walk & Play ★IN-PERSON KIDS GROUP★ 6:00pm – 7:30pm Ideas for Encouraging Children's Friendships Through Recreation <i>Online Groups</i>	29 9:30am – 10:30am Circle Time! ★KIDS GROUP★ <i>Online Group</i>	30 10:00am -11:30am Mom's Support Group: Shifting the Energy in the Home When Everyone is in a Bad Mood <i>Online Group</i>

These groups are for Burnaby and New Westminister 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 – July 2021

★ Interactive Children's Groups: ★

- **Central Park Walk & Play** – Join us on the playground at Central Park (near Kingsway) for a fun play. Then, we will walk exploring the park, bring your stroller, hat, sunscreen, and water. Rain or shine. Hand sanitizer, masks, bus tickets, and a small snack will be provided. *This group will take place at Central Park at 3856 Imperial Street, Burnaby.* ★
- **Circle Time** – Join us for this fun-filled online group with interactive activities focused on helping our children get pre-school and kindergarten ready. ★
- **Little Dreamers Story Time** - This story time group is based on the 'Little People, Big Dreams' book series, which showcases the life stories of well-known men and women in history. Join us for this group where children can learn about little people who grew up to do big things. Each week we'll look at books and stories about real people from around the world to help educate our children in a fun and exciting way. ★
- **Playtime at the Park** – We will meet at the playground to enjoy some interactive play with your child, there will be bubbles, a parachute, balls to have fun. Bring your stroller, hat, sunscreen, towel (water park) and water. Hand sanitizer, masks, bus tickets, and a small snack will be provided. *This group will take place at Edmonds Park at 7433 Humphries Avenue, Burnaby.*

Educational Groups:

- **How to be a Playful Parent** – Often times parents are too busy to step back to watch what really goes on when their children play. Come learn why playful parenting is important and how to join our kids in their world.
- **Ideas for Encouraging Children's Friendships Through Recreation** - Families, school personnel, and community recreations staff all play a role in encouraging the growth of friendships between children of all abilities. During our group tonight, we'll focus on current recommendations for some of the ways parents and caregivers can promote friendship building through recreation activities at home and outside of home. **Evening Group**
- **Is My Child Developing Typically?** – Join us for a special guest speaker from the New Westminster Infant Development Program who will share some information on typical development for younger children and some 'red flags'/concerns to look out for. We will be discussing developmental topics such as eating, sleeping, motor development, communication, play, and more! There will also be a portion of the group set aside for participants to ask specific questions and to learn more about where to get help for individual concerns.
- **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.
- **Summer Safety** - Let's talk about how to keep our kids healthy and safe this summer as we spend more time outdoors enjoying the warm weather.
- **Technology and Young Children** - When used intentionally and appropriately, technology and interactive media can be effective tools to support learning and development. Tonight, we'll take a look at limitations and special considerations that must be given to the use of technology with young children. **Evening Group**
- **Ways to Encourage Social-Emotional Learning at Home** - With ongoing distractions and anxieties from current events and in our personal communities, it's important for parents and caregivers to help children build and practice social and emotional skills in meaningful ways. Join us for the group discussion to explore how to encourage social-emotional learning at home. **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.