








PARENT SUPPORT PROGRAM GROUP CALENDAR

**AUGUST 2021**

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>BC DAY OFFICE CLOSED</p> 	<p>3</p> <p>9:30am -11:00am <b>Circle Time!</b> ★KIDS GROUP★</p> <p>Online Group</p>	<p>4</p> <p>11:00am -1:00pm <b>FIELDTRIP: Burnaby Village Museum</b> ★IN-PERSON KIDS GROUP★</p> <p>6501 Deer Lake Ave, Burnaby</p> <p>6:00pm – 7:30pm <b>Balancing Work and Family Life</b></p> <p>Online Group</p>	<p>5</p> <p>9:30am – 11:30am <b>Circle Time in the Park!</b> ★IN-PERSON KIDS GROUP★</p> <p>Robert Burnaby Park 8155 Wedgewood St Burnaby</p>	<p>6</p> <p>NO GROUPS</p> 
<p>9</p> <p>10:00am -11:30am <b>Encouraging Cooperation in Children</b></p> <p>Online Group</p>	<p>10</p> <p>NO GROUPS</p> 	<p>11</p> <p>10:00am -11:30am <b>Playtime at the Park</b> ★IN-PERSON KIDS GROUP★</p> <p>Edmonds Park 7433 Humphries Ave, Burnaby</p> <p>6:00pm – 7:30pm <b>Understanding Yourself as a Parent</b></p> <p>Online Group</p>	<p>12</p> <p>9:30am – 11:30am <b>Circle Time in the Park!</b> ★IN-PERSON KIDS GROUP★</p> <p>Robert Burnaby Park 8155 Wedgewood St Burnaby</p>	<p>13</p> <p>10:00am -11:30am <b>Mom's Support Group: Using Compassionate Self-Talk to Help Calm Down</b></p> <p>Online Group</p>
<p>16</p> <p>10:00am -11:30am <b>Helping Children Establish a Healthy Racial Identity</b></p> <p>Online Group</p>	<p>17</p> <p>9:30am -11:00am <b>Circle Time!</b> ★KIDS GROUP★</p> <p>Online Group</p>	<p>18</p> <p>10:00am -11:30am <b>Central Park Walk &amp; Play</b> ★IN-PERSON KIDS GROUP★</p> <p>Central Park 3856 Imperial St, Burnaby</p>	<p>19</p> <p>9:30am – 11:30am <b>Circle Time in the Park!</b> ★IN-PERSON KIDS GROUP★</p> <p>Robert Burnaby Park 8155 Wedgewood St Burnaby</p>	<p>20</p> <p>10:00am -11:30am <b>Mom's Support Group: Using Breath and Movement to Help Calm Down</b></p> <p>Online Group</p>
<p>23</p> <p>10:00am -11:30am <b>Is My Child Ready for Preschool or Kindergarten?</b></p> <p>Online Group</p>	<p>24</p> <p>NO GROUPS</p> 	<p>25</p> <p>10:00am -11:30am <b>Playtime at the Park</b> ★IN-PERSON KIDS GROUP★</p> <p>Edmonds Park 7433 Humphries Ave, Burnaby</p> <p>6:00pm – 7:30pm <b>Words Matter: Improve Your Communication to Improve Discipline</b></p> <p>Online Group</p>	<p>26</p> <p>NO GROUPS</p> 	<p>27</p> <p>10:00am -11:30am <b>Mom's Support Group: Using Touch and Tapping to Help Calm Down</b></p> <p>Online Group</p>
<p>30</p> <p>NO GROUPS Program closed for group development</p> 	<p>31</p> <p>NO GROUPS Program closed for group development</p>			

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](mailto:pspgroupsignup@cameray.ca) to sign up for groups

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

## Parent Support Program: Group Descriptions – August 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 pre-packaged 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. ★
- **Circle Time in the Park** – Join us for a fun morning of play time, songs & stories, crafts at the park. There will also be time set aside near the end of the group for children to play and for parents to ask our group facilitator questions regarding parenting or resources. Rain or shine. Hand sanitizer, masks, bus tickets, and a small pre-packaged snack will be provided. *\*Please meet our facilitator near the playground at Robert Burnaby Park – 8155 Wedgewood St, Burnaby\*★*
- **FIELDTRIP: Burnaby Village Museum** - Meet us at the front gate at 6501 Deer Lake Ave. for this fun trip to Burnaby Village Museum. Have a great time strolling the streets of the village; stopping in and out of the buildings to watch demonstrations; and talking to the costumed townsfolk. Entrance is free!
- **Playtime at the Park** – We will meet at the playground to enjoy some interactive play with your child. There will be bubbles, a parachute, and balls to have fun with. 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:

- **Balancing Work and Family Life** – As many parents know, combining work and family life can be complicated...and it can make parenting more challenging. Finding balance may seem like a daunting task, but it is possible when you take the time and care to make it a priority. Join us for tonight's group to explore some steps to help you get started. *\*Online Evening Group\**
- **Encouraging Cooperation in Children** – This group will focus on teaching children cooperation skills and learning how to encourage cooperative behaviour.
- **Helping Children Establish a Healthy Racial Identity** – Living in a multicultural city the rate of interracial couples is increasing and demographic of multiracial children is growing at a fast rate. Join us for this insightful session about growing up multiracial, as well as how to develop a healthy racial identity for children of all ethnicities.
- **Is My Child Ready for Preschool or Kindergarten?** – Have you ever wondered, "What does my child need to know and what do they need to be able to do before they start kindergarten?" Parents will learn how to best prepare their children for both preschool and kindergarten to enhance future learning.
- **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.
- **Understanding Yourself as a Parent** - We all start out as parents with many ideas about parenting. We have hopes and dreams for our children and ourselves as parents. Sometimes, however, things get in the way of us being the parent we want to be. Sometimes we can feel stuck in patterns of responding to our children that we do not like, without really understanding why it happens. During tonight's group we'll discuss how self-reflection and self-awareness can help us become more flexible and adaptive as parents. *\*Evening Group\**
- **Words Matter: Improve your Communication to Improve Discipline** - There are lots of words that we say to our kids which may seem fine... but could have unintended consequences. When you are frustrated, embarrassed, or shocked by your child's behavior, it can be hard to find the right words. However, the words you use to discipline your children have a big impact. During tonight's group we'll discuss how thinking intentionally about your words can improve your communication with your children and increase their chances of success. *\*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.