






PARENT SUPPORT PROGRAM GROUP CALENDAR

SEPTEMBER 2021

Mon	Tue	Wed	Thu	Fri
		1 NO GROUPS <i>Program closed for group development</i>	2 NO GROUPS <i>Program closed for group development</i>	3 NO GROUPS <i>Program closed for group development</i>
6 NO GROUPS <i>Program closed for group development</i>	7 NO GROUPS <i>Program closed for group development</i>	8 NO GROUPS <i>Program closed for group development</i>	9 NO GROUPS <i>Program closed for group development</i>	10 NO GROUPS <i>Program closed for group development</i>
13 10:00am -11:30am Kids Have Stress Too...How to Help Children Deal with Stress <i>Online Group</i>	14 9:30am -11:00am Early Einsteins: Laughing and Learning With Our Little Ones ★KIDS GROUP★ (Week 1 of 6) 11:30am -12:30am Raising Leaders <i>Online Group</i>	15 10:00am -11:30am Why Isn't My Child Listening to Me? 6:00pm – 7:30pm Parenting Communication Skills <i>Online Groups</i>	16 9:30am – 11:30am Circle Time in the Park! ★IN-PERSON KIDS GROUP★ <i>Robert Burnaby Park 8155 Wedgewood St Burnaby</i>	17 NO GROUPS 
20 10:00am -11:30am Positive Discipline <i>Online Group</i>	21 9:30am -11:00am Early Einsteins: Laughing and Learning With Our Little Ones ★KIDS GROUP★ (Week 2 of 6) <i>Online Group</i>	22 10:00am -11:30am How to Do Parent-Child Relationship Repairs 6:00pm – 7:30pm Phew! It's Normal: An Age-by-Age Guide for What to Expect from Children <i>Online Groups</i>	23 9:45am – 11:45am Family Literacy Circle with Free Play and Parent Chat ★IN-PERSON KIDS GROUP★ (Week 1 of 10) <i>NLC Qayqayt 85 Merrivale St, New Westminster</i>	24 10:00am -11:30am Mom's Support Group: Holding Boundaries and Learning to Say "No" <i>Online Group</i>
27 NO GROUPS 	28 9:30am -11:00am Early Einsteins: Laughing and Learning With Our Little Ones ★KIDS GROUP★ (Week 3 of 6) <i>Online Group</i>	29 6:00pm – 7:30pm Your Child's Self-Esteem <i>Online Group</i>	30 9:45am – 11:45am Family Literacy Circle with Free Play and Parent Chat ★IN-PERSON KIDS GROUP★ (Week 2 of 10) <i>NLC Qayqayt 85 Merrivale St, New Westminster</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 ONLINE EDUCATIONAL GROUPS WILL INCLUDE ADDITIONAL TIME AT THE END OF EACH GROUP FOR QUESTIONS AND DISCUSSION

Parent Support Program: Group Descriptions – September 2021

★ Interactive Children's Groups: ★

- **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*★*
- **Early Einsteins: *Laughing and Learning with our Little Ones (6 weeks)*** – Let's get ready for school! Based on the BC curriculum, we will explore a variety of topics (such as literacy, math, and gross motor skills) to give our kids a head start in learning. Each week will focus on a different theme and be delivered through stories, songs and craft-ivities. Materials for this group will be mailed out all participants. ★
- **Family Literacy Circle with Free Play and Parent Chat - (EYC/NLC 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. BONUS: For every 10 books you read with your child at home, we will GIVE you 1 one free NEW book for you to keep (up to a maximum of 5 books during the series). **During the second half of this group we will provide children some time to play and enjoy literacy activities, while parents have to opportunity to socialize with each other and/or ask questions to our facilitator about parenting, child development, and community resources.

Educational Groups:

- **How to Do Parent-Child Relationship Repairs** - We all have parenting moments we regret...we say or do things that we wish we hadn't. Come learn why it is important to do relationship repairs with our children after rough parenting moments and how to do them.
- **Kids Have Stress Too...How to Help Our Children Deal With Stress** - Come join us as we discuss the day-to-day stresses and chronic/long-term stresses our preschoolers may face and how we can support them. This groups is based on information from the program "Kids Have Stress Too!®" developed by the Psychology Foundation of Canada.
- **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 clam and empowered. Our discussion each week will be guided by a unique theme that allows for us to connect and share with each other.
- **Parent Communication Skills** – As caregivers, we all have struggles trying to communicate with our children. Your toddler can't use his words to tell you why he's upset. You find yourself lecturing or nagging. Your daughter is not responding to what you say because her eyes and ears are glued to a device. You aren't sure how to communicate appropriately to your child's age. During tonight's group we'll discuss how to effectively communicate with your child by listening to understand, having empathy, and being present. **Online Evening Group**
- **Phew! It's Normal. An Age-by-Age Guide for What to Expect from Children, and What they Need from Us** - Being a child is hard work! There are important things that need to be done, that only they can do. The nature of these jobs depends on the developmental stage they're at. Knowing what typical behaviour for children is can help smooth the path for everyone involved. Understanding what kids are struggling with and the developmental goals they are working towards can make their 'frustrating' behaviours easier to deal with. Join us for tonight's group to explore ways to respond to your child with greater wisdom, clarity, and with more appropriate consequences at various stages of development. **Online Evening Group**
- **Positive Discipline** – Positive discipline is a style of discipline that is used as an alternative to punishment. It focuses on teaching children appropriate behaviours and promotes healthy social and emotional development. Come and learn more about the theory of positive discipline and how to use positive discipline techniques to help guide your child's behaviour.
- **Raising Leaders** - In this group, we will learn ways to teach kids how to think for themselves and live confidently. We will explore themes that include: praise vs encouragement, the benefits of boredom, and how to support independence.
- **Why Isn't My Child Listening to Me?** - Why does it seem like we are continuously repeating ourselves with our children? Why don't they JUST listen to us?!? Come discover things we may be (unintentionally) doing that are causing our children to NOT listen to us and how we can turn things around.
- **Your Child's Self-Esteem** - Building children's self-esteem is an ongoing part of parenting. Letting children do things for themselves helps them acquire needed skills. When parents respect their children, the children learn to respect themselves. And when parents show affection, kids learn how to share their feelings with others. Tonight's group will focus on simple yet important steps that will help to build and maintain your child's self-esteem. **Online 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.