






## PARENT SUPPORT PROGRAM GROUP CALENDAR

**OCTOBER 2021**

Mon	Tue	Wed	Thu	Fri
				<p><b>1</b> 10:00am -11:30am <b>Mom's Support Group: Managing Mom Stress</b>  <i>Online Group</i></p>
<p><b>4</b> 10:00am -11:30am <b>Bilingualism in Young Children: Separating Fact From Fiction</b>  <b>6:30pm – 8:00pm</b> Being a Mother Can Feel Like Losing Yourself (Part 1 of 3)  <i>Online Groups</i></p>	<p><b>5</b> 9:30am -11:00am <b>Early Einsteins: Laughing and Learning With Our Little Ones</b> <b>*GROUP FULL*</b> (Week 4 of 6)  11:30am -12:30am <b>A Brief Look at Grief (Part 1 of 2)</b>  <i>Online Groups</i></p>	<p><b>6</b> 10:00am -11:30am <b>Circle of Security™ Parenting Program (Week 1 of 8)</b>  <b>6:00pm – 7:30pm</b> Autumn Health &amp; Safety Tips for You and Your Child  <i>Online Groups</i></p>	<p><b>7</b> 9:45am – 11:45am <b>Family Literacy Circle with Free Play and Parent Chat</b> <b>★IN-PERSON KIDS GROUP★</b> (Week 3 of 10)  <i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p><b>8</b> 10:00am -11:30am <b>Mom's Support Group: Finding Connection With Ourselves</b>  <i>Online Group</i></p>
<p><b>11</b> THANKSGIVING OFFICE CLOSED  </p>	<p><b>12</b> 9:30am -11:00am <b>Early Einsteins: Laughing and Learning With Our Little Ones</b> <b>*GROUP FULL*</b> (Week 5 of 6)  11:30am -12:30am <b>A Brief Look at Grief (Part 2 of 2)</b>  <i>Online Groups</i></p>	<p><b>13</b> 10:00am -11:30am <b>Circle of Security™ Parenting Program (Week 2 of 8)</b>  <b>6:00pm – 7:30pm</b> Conversations Count  <i>Online Groups</i></p>	<p><b>14</b> 9:45am – 11:45am <b>Family Literacy Circle with Free Play and Parent Chat</b> <b>★IN-PERSON KIDS GROUP★</b> (Week 4 of 10)  <i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p><b>15</b> 10:00am -11:30am <b>Mom's Support Group: Caring For Ourselves</b>  <i>Online Group</i></p>
<p><b>18</b> 10:00am -11:30am <b>Dealing with Difficult Moments: How to Talk to Your Child About Upsetting Events and Anxiety Provoking Situations</b>  <b>6:30pm – 8:00pm</b> Being a Mother Can Feel Like Losing Yourself (Part 2 of 3)  <i>Online Groups</i></p>	<p><b>19</b> 9:30am -11:00am <b>Early Einsteins: Laughing and Learning With Our Little Ones</b> <b>*GROUP FULL*</b> (Week 6 of 6)  11:30am -12:30am <b>How to Cope When You're at the End of Your Rope</b>  <i>Online Groups</i></p>	<p><b>20</b> 10:00am -11:30am <b>Circle of Security™ Parenting Program (Week 3 of 8)</b>  <b>6:00pm – 7:30pm</b> Why Children Should Take Risks  <i>Online Groups</i></p>	<p><b>21</b> 9:45am – 11:45am <b>Family Literacy Circle with Free Play and Parent Chat</b> <b>★IN-PERSON KIDS GROUP★</b> (Week 5 of 10)  <i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p><b>22</b> 10:00am -11:30am <b>Mom's Support Group: Cultivating Gratitude</b>  <i>Online Group</i></p>
<p><b>25</b> 10:00am -11:30am <b>Helicopters or Protectors?: How to Keep Kids Safe Without Unhelpful Hovering</b>  <b>6:30pm – 8:00pm</b> Being a Mother Can Feel Like Losing Yourself (Part 3 of 3)  <i>Online Groups</i></p>	<p><b>26</b> NO GROUPS  </p>	<p><b>27</b> 10:00am -11:30am <b>Circle of Security™ Parenting Program (Week 4 of 8)</b>  <b>6:00pm – 7:30pm</b> Providing an Environment that Fosters Creativity in Your Child  <i>Online Groups</i></p>	<p><b>28</b> 9:45am – 11:45am <b>Family Literacy Circle with Free Play and Parent Chat</b> <b>★IN-PERSON KIDS GROUP★</b> (Week 6 of 10)  <i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p><b>29</b> 10:00am -11:30am <b>Mom's Support Group: Building Your Tolerance</b>  <i>Online Group</i></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 – October 2021

### ★ Interactive Children's Groups: ★

- **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. ★ **\*GROUP FULL\***
- **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:

- **A Brief Look at Grief (2 Parts)** – While we would rather a world without sadness, death and loss is a reality all of us will experience at some time in our lives, including our children. In the first part of this group, we will learn how to help them to be resilient and open during these hard times. In the second part of this group, we will explore the different levels of loss and how to be a companion to our growing kids.
- **Autumn Health and Safety Tips for You and Your Child** – Even with all the nostalgic fun and pumpkin spice that autumn brings, there are some health and safety issues that may surface as summer changes to fall. Tonight's group will provide information to keep the seasonal climate transition under control and your mind at peace. **\*Online Evening Group\***
- **Being a Mother Can Feel Like Losing Yourself (3 Parts)** - This 3-part series will explore how and why motherhood can change your relationship with yourself. This is a hands-on workshop style series that integrates knowledge, your personal experiences, and psychological practices that will help you connect more deeply with yourself. **\*Online Evening Group\***
- **Bilingualism in Young Children** - Separating Fact from Fiction - This group focuses on language development from 0-5 years old, and how the learning of multiple languages affects development. We will also discuss some tips and tricks for helping children learn and absorb multiple languages.
- **Conversations Count** - One of the best things you can do to support a child's learning is to have conversations with them throughout the day. Talking is a natural part of many of the activities you do together—from picking out clothes in the morning to reading aloud at bedtime. Join us for tonight's group to find out how to have more meaningful conversations with your child to express your love and to support your relationship. **\*Online Evening Group\***
- **Circle of Security™ Parenting Program (8 weeks)** - Sometimes it's hard to tell what your child needs, what his/her behaviors mean and if you're doing right by her/him. Circle of Security Parenting™ is an 8-week group where you'll learn to: Strengthen your relationship with your child; Be present with your child during the best and toughest of times; Recognize your child's needs and make sense of his or her behaviour; Meet your child's needs by being bigger, stronger, wiser and kind.
- **Dealing With Difficult Moments: How to Talk to Your Child About Upsetting Events and Anxiety Provoking Situations** - Join us for this informative group on ways to address your child's anxiety regarding new experiences, as well as their fear or distress about past events. We will discuss the effects of trauma and anxiety on the brain, how to deal with distress and anxiety in the moment, and how to talk through fears and stressful thoughts with your child.
- **Helicopters or Protectors?: How to Keep Kids Safe Without Unhelpful Hovering** - As parents, we want so much for our children to be happy and safe that we have to be careful not to deprive them of opportunity to make their own mistakes, face consequences, overcome failure and develop independence. Join us as we discuss how to find a healthy balance between keeping our kids safety and giving them opportunities to learn from their experiences. Based on work by Kidpower.
- **How to Cope When You are at The End of Your Rope** - We've all been there. The point where there is no more patience, no more gentle parenting, NO MORE ANYTHING! While this is a completely normal place to be, it isn't where we want to stay. In this group, we will discuss the hardships of parenthood and share practical, healthy ways to come back to neutral.
- **Mom's Support Group** - Motherhood is one of the hardest jobs, if not the hardest. With the right support, it can also 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.
- **Providing an Environment that Fosters Creativity in Your Child** - Parents want the best for their children, which is why it is important they provide opportunities to their kids to help them unleash their creative genius. All in all, it helps children to strengthen their mental capabilities. Join us for tonight's group to discuss how creative experiences help children express and cope better with their feelings. **\*Online Evening Group\***
- **Why Children Should Take Risks** - Children need to learn to do things for themselves, and they need to learn by taking some risks and making mistakes. If they aren't given these chances, they may struggle to learn the important skills they need to grow up. During tonight's group, we'll discuss how to be more aware of the way you parent and how to be more relaxed about the way you monitor your child. **\*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.