






PARENT SUPPORT PROGRAM GROUP CALENDAR

NOVEMBER 2021

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>NO MORNING GROUP</p> <p>6:00pm – 7:30pm Hold me Tight® Program: A Couples Guide to Building Relationship and Unified Parenting (Week 1 of 7)</p> <p>Online Group</p>	<p>2</p> <p>NO GROUPS</p> 	<p>3</p> <p>10:00am -11:30am Circle of Security™ Parenting Program (Week 4 of 8)</p> <p>6:00pm – 7:30pm A Season of Bedtime Challenges</p> <p>Online Groups</p>	<p>4</p> <p>9:45am – 11:45am Family Literacy Circle with Free Play and Parent Chat ★IN-PERSON KIDS GROUP★ (Week 7 of 10)</p> <p>NLC Qayqayt 85 Merrivale St, New Westminster</p>	<p>5</p> <p>10:00am -12:00pm Mom's Support Group: Managing Sleep</p> <p>IN-PERSON GROUP</p> <p>Group Room 102-5623 Imperial St Burnaby</p>
<p>8</p> <p>NO MORNING GROUP</p> <p>6:00pm – 7:30pm Hold me Tight® Program: A Couples Guide to Building Relationship and Unified Parenting (Week 2 of 7)</p> <p>Online Group</p>	<p>9</p> <p>9:30am -11:00am Family Literacy Circle ★ ONLINE KIDS GROUP★ (Week 1 of 5)</p> <p>11:30am -12:30am Talking to Kids about Strangers and Tricky People</p> <p>Online Groups</p>	<p>10</p> <p>10:00am -11:30am Circle of Security™ Parenting Program (Week 5 of 8)</p> <p>6:00pm – 7:30pm Teaching Children to Respect the Belongings of Others</p> <p>Online Groups</p>	<p>11</p> <p>NO GROUPS Remembrance Day</p> 	<p>12</p> <p>10:00am -12:00pm Mom's Support Group: Calming Your Body and Mind</p> <p>IN-PERSON GROUP</p> <p>Group Room 102-5623 Imperial St Burnaby</p>
<p>15</p> <p>NO MORNING GROUP</p> <p>6:00pm – 7:30pm Hold me Tight® Program: A Couples Guide to Building Relationship and Unified Parenting (Week 3 of 7)</p> <p>Online Group</p>	<p>16</p> <p>9:30am -11:00am Family Literacy Circle ★ ONLINE KIDS GROUP★ (Week 2 of 5)</p> <p>11:30am -12:30am Music Makers and the Funky Bunch ★ ONLINE KIDS GROUP★</p> <p>Online Groups</p>	<p>17</p> <p>10:00am -11:30am Circle of Security™ Parenting Program (Week 6 of 8)</p> <p>6:00pm – 7:30pm Strategies that Teach Children Not to Interrupt</p> <p>Online Groups</p>	<p>18</p> <p>9:45am – 11:45am Family Literacy Circle with Free Play and Parent Chat ★IN-PERSON KIDS GROUP★ (Week 8 of 10)</p> <p>NLC Qayqayt 85 Merrivale St, New Westminster</p>	<p>19</p> <p>10:00am -12:00pm Mom's Support Group: Embracing Your Emotions</p> <p>IN-PERSON GROUP</p> <p>Group Room 102-5623 Imperial St Burnaby</p>
<p>22</p> <p>NO MORNING GROUP</p> <p>6:00pm – 7:30pm Hold me Tight® Program: A Couples Guide to Building Relationship and Unified Parenting (Week 4 of 7)</p> <p>Online Group</p>	<p>23</p> <p>9:30am -11:00am Family Literacy Circle ★ ONLINE KIDS GROUP★ (Week 3 of 5)</p> <p>11:30am -12:30am Parenting During a Pandemic: What's Normal Anymore?</p> <p>Online Groups</p>	<p>24</p> <p>10:00am -11:30am Circle of Security™ Parenting Program (Week 7 of 8)</p> <p>6:00pm – 7:30pm It Takes Two: The Role of Co-Regulation in Building Self-Regulation Skills</p> <p>Online Groups</p>	<p>25</p> <p>9:45am – 11:45am Family Literacy Circle with Free Play and Parent Chat ★IN-PERSON KIDS GROUP★ (Week 9 of 10)</p> <p>NLC Qayqayt 85 Merrivale St, New Westminster</p>	<p>26</p> <p>10:00am -12:00pm Mom's Support Group: Managing Your Anxiety</p> <p>IN-PERSON GROUP</p> <p>Group Room 102-5623 Imperial St Burnaby</p>
<p>29</p> <p>NO MORNING GROUP</p> <p>6:00pm – 7:30pm Hold me Tight® Program: A Couples Guide to Building Relationship and Unified Parenting (Week 5 of 7)</p> <p>Online Group</p>	<p>30</p> <p>9:30am -11:00am Family Literacy Circle ★ ONLINE KIDS GROUP★ (Week 4 of 5)</p> <p>11:30am -12:30am "The Mitten" Story and Craftivity ★ ONLINE KIDS GROUP★</p> <p>Online Groups</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 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: ★

- **Family Literacy Circle ONLINE** - During this 5-week series, you and your child will enjoy online songs, rhymes, and stories, which promote literacy and reading at home. BONUS: Each week you can earn gift cards for free books that you can read at home with your child.
- **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.
- **Music Makers and the Funky Bunch** - Join this one-hour group where we will incorporate “around the house” instruments into familiar kids songs. Jump! Jump around!
- **“The Mitten” Story and Craftivity** - In this group, kids will have the opportunity to complete a craft that encourages listening, sequencing and motor skills. Materials will be emailed to clients. Printing capabilities are encouraged, though copies can be made available for pick up from the Cameray office.

Educational Groups:

- **A Season of Bedtime Challenges** – We’re part way through the fall season. Along with the colorful leaves and nip in the air, children have settled into routine of early to bed, early to rise after the longer summer days. But no sooner are the kids beginning to accept earlier bedtimes, than Halloween rolls around, followed by Daylight Saving Time. Both have the potential to wreak havoc on sleep schedules. During tonight’s group we’ll talk about ways parents can prepare for these semi-annual disruptions. **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.
- **Hold Me Tight® Program: A Couples Guide to Building Relationship and Unified Parenting** - Having a strong, healthy, and secure couples relationship is the best gift that we can give to our children. Based on the work of couples therapist Dr. Sue Johnson, The Hold Me Tight Program is a 7-week group where we will learn about love and attachment, coping styles when facing conflict, negative patterns in which you get stuck, and how to build new patterns of connection and security. Please note that you may be asked to do ‘homework’ or complete readings between each group sessions. **Online Evening Group**
- **It Takes Two: The Role of Co-Regulation in Building Self-Regulation Skills** - In the early years, children have limited self-regulation, as they rely heavily on their parents and caregivers for guidance. This group discussion will focus on types of interactions that support a child’s ability to initiate self-regulation, learn to wait, self-sooth, and transition between activities smoothly. **Online Evening Group**
- **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.
- **Parenting During a Pandemic: What’s Normal Anymore?** - In this discussion-based group, parents will get the opportunity to hear practical solutions to the challenges they are facing in our current pandemic climate.
- **Strategies That Teach Children Not to Interrupt** - While you can’t expect your toddler or preschooler to sit quietly through an hour-long story or show, teaching kids not to interrupt is an important social skill. Children who understand how to politely enter into a conversation, instead of talking over people, will likely be more successful in developing and maintaining relationships. Tonight, we’ll discuss strategies to help set your child up for success! **Online Evening Group**
- **Talking to Kids about Strangers and Tricky People** – In this group, we will learn how to teach kids to be aware and alert without being anxious when it comes to tricky adults and outside safety.
- **Teaching Children to Respect the Belongings of Others** - Children often have trouble understanding the need to respect the belongings of others. With every year that they spend in early childhood settings, and as they transition to school, they are surrounded by appealing items that belong to the daycare, school and to other children. Join us tonight to hear ways to support your child with the hard work of learning how to balance what they want with the needs and rights of others. **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.