











PARENT SUPPORT PROGRAM GROUP CALENDAR

DECEMBER 2021

| Mon   | Tue  | Wed  | Thu   | Fri  |
|---|--|--|---|--|
|   |   | <p><b>1</b><br/>10:00am -11:30am<br/><b>Encouraging Positive Thinking</b></p> <p><b>6:00pm – 7:30pm</b><br/><b>Helpful Tips to De-Stress Your December</b></p> <p><i>Online Groups</i></p>                           | <p><b>2</b><br/>9:45am – 11:45am<br/><b>Family Literacy Circle with Free Play and Parent Chat</b><br/><b>★IN-PERSON KIDS GROUP★</b><br/><b>(Week 10 of 10)</b></p> <p><i>NLC Qayqayt<br/>85 Merrivale St,<br/>New Westminster</i></p> | <p><b>3</b><br/>10:00am -12:00pm<br/><b>Mom’s Support Group: Building Social Connections to be Resilient</b></p> <p><b>IN-PERSON GROUP</b></p> <p><i>Group Room<br/>102-5623 Imperial St<br/>Burnaby</i></p> |
| <p><b>6</b><br/>10:00am -11:30am<br/><b>Dealing with Separation and Divorce (Part 1 of 3)</b></p> <p><b>6:00pm – 7:30pm</b><br/><b>Hold me Tight® Program (Week 6 of 7)</b></p> <p><i>Online Groups</i></p>                           | <p><b>7</b><br/>9:30am -11:00am<br/><b>Family Literacy Circle</b><br/><b>★ ONLINE KIDS GROUP★</b><br/><b>(Week 5 of 5)</b></p> <p>11:30am -12:30am<br/><b>Woke Stories: Eastern Voices</b></p> <p><i>Online Groups</i></p> | <p><b>8</b><br/>10:00am -11:30am<br/><b>Encouraging Cooperation in Children</b></p> <p><b>6:00pm – 7:30pm</b><br/><b>When Children Ask for Things: How to Respond Constructively</b></p> <p><i>Online Groups</i></p> | <p><b>9</b><br/>10:00am -11:00am<br/><b>Parent-Child Songs &amp; Stories</b><br/><b>★ ONLINE KIDS GROUP★</b></p> <p><i>Online Group</i></p>   | <p><b>10</b><br/>10:00am -12:00pm<br/><b>Mom’s Support Group: How to Function When All Bad Things Happen</b></p> <p><b>IN-PERSON GROUP</b></p> <p><i>Group Room<br/>102-5623 Imperial St<br/>Burnaby</i></p> |
| <p><b>13</b><br/>10:00am -11:30am<br/><b>Dealing with Separation and Divorce (Part 2 of 3)</b></p> <p><b>6:00pm – 7:30pm</b><br/><b>Hold me Tight® Program (Week 7 of 7)</b></p> <p><i>Online Groups</i></p>                          | <p><b>14</b><br/>NO GROUPS</p>    | <p><b>15</b><br/>10:00am -11:30am<br/><b>Encouraging Independent Play</b></p> <p><b>6:00pm – 7:30pm</b><br/><b>Ways to Encourage Your Child to Try New Things</b></p> <p><i>Online Groups</i></p>                    | <p><b>16</b><br/>10:00am -11:00am<br/><b>Parent-Child Songs &amp; Stories</b><br/><b>★ ONLINE KIDS GROUP★</b></p> <p><i>Online Group</i></p>  | <p><b>17</b><br/>10:00am -12:00pm<br/><b>Mom’s Support Group: Managing Holiday Overwhelm</b></p> <p><b>IN-PERSON GROUP</b></p> <p><i>Group Room<br/>102-5623 Imperial St<br/>Burnaby</i></p>                 |
| <p><b>20</b><br/>10:00am -11:30am<br/><b>Dealing with Separation and Divorce (Part 3 of 3)</b></p> <p><b>6:00pm – 7:30pm</b><br/><b>Multiracial Children: Helping them to Establish their Identity</b></p> <p><i>Online Group</i></p> | <p><b>21</b><br/>NO GROUPS</p>    | <p><b>22</b><br/>10:00am -11:30am<br/><b>Parenting in Canada</b></p> <p><i>Online Group</i></p>  | <p><b>23</b><br/>10:00am -11:00am<br/><b>Parent-Child Songs &amp; Stories</b><br/><b>★ ONLINE KIDS GROUP★</b></p> <p><i>Online Group</i></p>  | <p><b>24</b><br/>NO GROUPS<br/>PROGRAM CLOSED</p>   |
| <p><b>27</b><br/>NO GROUPS<br/>PROGRAM CLOSED</p>   | <p><b>28</b><br/>NO GROUPS<br/>PROGRAM CLOSED</p>   | <p><b>29</b><br/>NO GROUPS<br/>PROGRAM CLOSED</p>   | <p><b>30</b><br/>NO GROUPS<br/>PROGRAM CLOSED</p>    | <p><b>31</b><br/>NO GROUPS<br/>PROGRAM CLOSED</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 – December 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. ★ 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. ★
- **Parent-Child Songs and Stories** – Join us for a fun hour of songs, rhymes, and stories. This is a great time for social interaction for yourself and your child. ★
- **Woke Stories: Eastern Voices** – A celebration of Asian authors. Experience picture books featuring characters and traditions with Asian or Middle Eastern heritage. ★

### Educational Groups:

- **Encouraging Cooperation in Children** - This group will focus on teaching children cooperation skills and learning how to encourage cooperative behaviour.
- **Encouraging Independent Play** - In this group we will discuss what we need to take into consideration in order to help our children develop the ability to play independently.
- **Encouraging Positive Thinking** - This groups focuses on learning how our thoughts affect our moods and behaviors. We will also look at ways to encourage more positive thinking in ourselves and our children.
- **Helpful Tips to De-Stress Your December** - December doesn't have to be stressful, no matter what holiday you celebrate. The increasing dark of the Northern hemisphere can be a signal to turn inward to your family, to create more warmth, light and peace in your home. During tonight's group, we'll discuss how this month can be a time for cozy connection and deep joy, whatever your personal beliefs. *\*Online Evening Group\**
- **Hold Me Tight® Program: A Couples Guide to Building Relationship an 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\** GROUP FULL – Will be offered again in January
- **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.
- **Multiracial Children: Helping Them to Establish Their Identity** - Living in a multicultural community, the rate of interracial couples is increasing and the demographic of multiracial children is growing at a fast rate. Join us for this insightful session about helping children to establish a healthy racial identity.
- **Parenting In Canada** - Join us this group to discuss the challenges, cultural aspects when raising children in a foreign country and parenting approach.
- **Ways to Encourage Your Child to Try New Things** - Fear is a typical response to new challenges or experiences. These situations make children feel uncertain, vulnerable, powerless, and anxious. They strip away a child's sense of security and control. As a result, many children avoid the unfamiliar. Tonight, we'll explore strategies and activities we can use to raise children who aren't afraid to tackle new situations, skills, or obstacles with confidence. *\*Online Evening Group\**
- **When Children Ask for Things: How to Respond Constructively** - Children ask for things all the time – for example, 'Can I play on my iPad?', 'Can I pour my own milk?', or 'Can I put the cookies in the oven?' Some requests are easier to handle, while other requests are more difficult. Join us for tonight's group to discover how to help your child learn about communicating well and managing emotions, no matter what answer you plan to give. *\*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.