








PARENT SUPPORT PROGRAM GROUP CALENDAR

FEBRUARY 2022

Mon	Tue	Wed	Thu	Fri
	<p>1</p> <p>9:30am -11:00am Lunar New Year Celebration! 🏮 ★ ONLINE KIDS GROUP ★</p> <p>12:00pm -12:45pm MOMMY CONFESSIONALS (Adult Content)</p> <p>Online Groups</p>	<p>2</p> <p>10:00am -11:30am Managing Your Child's Temperament</p> <p>6:00pm – 7:30pm The 5 Biggest Challenges Faced By Parents Today</p> <p>Online Groups</p>	<p>3</p> <p>9:45am – 11:45am Using Your Creativity to Increase Your Ability to Parent With FREE Childcare and Circle Time for Kids!</p> <p>IN-PERSON DROP-IN GROUP</p> <p>NLC Qayqayt 85 Merrivale St, New Westminster</p>	<p>4</p> <p>10:00am -12:00pm Parenting Connection Group With FREE Childcare!</p> <p>IN-PERSON GROUP</p> <p>Group Room 102-5623 Imperial St Burnaby</p>
<p>7</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) *GROUP FULL*</p> <p>Online Group</p>	<p>8</p> <p>9:30am -11:00am Valentine's Celebration! 💕 ★ ONLINE KIDS GROUP ★</p> <p>12:00pm -12:45pm MOMMY CONFESSIONALS (Adult Content)</p> <p>Online Groups</p>	<p>9</p> <p>10:00am -11:30am Nobody's Perfect Parenting Program™ (Week 1 of 6)</p> <p>6:00pm – 7:30pm A Non-Judgemental Discussion About Zero-Waste Parenting</p> <p>Online Groups</p>	<p>10</p> <p>9:45am – 11:45am Using Your Creativity to Increase Your Ability to Parent With FREE Childcare and Circle Time for Kids!</p> <p>IN-PERSON DROP-IN GROUP</p> <p>NLC Qayqayt 85 Merrivale St, New Westminster</p>	<p>11</p> <p>10:00am -12:00pm Parenting Connection Group With FREE Childcare!</p> <p>IN-PERSON GROUP</p> <p>Group Room 102-5623 Imperial St Burnaby</p>
<p>14</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 6 of 7) *GROUP FULL*</p> <p>Online Group</p>	<p>15</p> <p>9:30am -11:00am Family Day Celebration! 👨‍👩‍👧 ★ ONLINE KIDS GROUP ★</p> <p>12:00pm -12:45pm MOMMY CONFESSIONALS (Adult Content)</p> <p>Online Groups</p>	<p>16</p> <p>10:00am -11:30am Nobody's Perfect Parenting Program™ (Week 2 of 6)</p> <p>6:00pm – 7:30pm Family Meals: Why They Help and How to Fit Them In Your Schedule</p> <p>Online Groups</p>	<p>17</p> <p>9:45am – 11:45am Using Your Creativity to Increase Your Ability to Parent With FREE Childcare and Circle Time for Kids!</p> <p>IN-PERSON DROP-IN GROUP</p> <p>NLC Qayqayt 85 Merrivale St, New Westminster</p>	<p>18</p> <p>10:00am -12:00pm Parenting Connection Group With FREE Childcare!</p> <p>IN-PERSON GROUP</p> <p>Group Room 102-5623 Imperial St Burnaby</p>
<p>21</p> <p>NO GROUPS</p> <p>FAMILY DAY!</p> 	<p>22</p> <p>NO GROUPS</p> 	<p>23</p> <p>10:00am -11:30am Nobody's Perfect Parenting Program™ (Week 3 of 6)</p> <p>6:00pm – 7:30pm Gender Sensitivity: How to Raise Children in a Gender-Neutral Environment</p> <p>Online Groups</p>	<p>24</p> <p>99:45am – 11:45am Using Your Creativity to Increase Your Ability to Parent With FREE Childcare and Circle Time for Kids!</p> <p>IN-PERSON DROP-IN GROUP</p> <p>NLC Qayqayt 85 Merrivale St, New Westminster</p>	<p>25</p> <p>10:00am -12:00pm Parenting Connection Group With FREE Childcare!</p> <p>IN-PERSON GROUP</p> <p>Group Room 102-5623 Imperial St Burnaby</p>
<p>28</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 7 of 7) *GROUP FULL*</p> <p>Online Group</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 – FEBRUARY 2022

★ Interactive Children's Groups: ★

- **Family Day Celebration!** - Join us to celebrate the upcoming Family Day with songs and stories about families. We will explore what families look like, how they spend their time together and what makes each family special. ★
- **Lunar New Year Celebration!** - Join us to celebrate the Year of the Tiger! Roar! Through stories, songs and crafts, we will learn some wonderful parts of this special day! Craft materials will be emailed to families for printing.
- **Valentine's Celebration!** - Join us to celebrate a Day of Love! Muah! Through stories, songs and crafts, we will learn some wonderful things about love ♡★

DROP-IN Groups:

- **Using Your Creativity to Increase Your Ability to Parent (EYC/NLC at Qayqayt Elementary School)** – Using art therapy techniques, we will work together to explore your role as a parent. You will use your creativity to discover how you can care for you so you can better care for your kids. ***This is an in-person, drop-in program with a limited number of spaces. New Westminster Family Place will be offering free and engaging drop-in childcare in an adjoining room for this group.***

Educational Groups:

- **A Non-Judgemental Discussion About Zero-Waste Parenting** – A zero-waste lifestyle can seem impossible when you have children. You don't have to have a home full of bamboo and glass to have an eco-friendly home. During tonight's group, we'll explore several ways families can create less waste, spend less money, and avoid some of the unnecessary consumerism that bombards parents. ****Online Evening Group****
- **Family Meals: Why They Help and How to Fit Them in Your Schedule** - With any family whether big or small, there's no doubt that it's a challenge to enjoy a family meal together. Work commitments, sporting events and school schedules are typically what keep most families from enjoying this valuable family time together. Tonight, we'll discuss why it's worth making the time in our busy schedules, and ways to make family meals work for you! ****Online Evening Group****
- **Gender Sensitivity: How to Raise Children in a Gender Sensitive Environment** - Have you noticed boys in stores refusing to pick up toys or stationery items because they are pink in colour? Have you seen girls indulge in kitchen games because that's what girls are supposed to do? Gender sensitivity plays a huge impact on a child's growth, their choices, and their development, and influences the kind of person they turn out to be. Tonight, we'll talk about a few simple steps parents can take at home to ensure a healthy environment that supports children to decide on their likes and dislikes without gender having to play a role in it. ****Online Evening Group****
- **Managing Your Child's Temperament** - Why are some children quiet and sensitive and others energetic and social? This group will discuss the different personalities children have and how you can better understand your child's temperament.
- **MOMMY CONFSSIONALS** - Have you ever wondered if the things you do or say as a parent are weird, off-side but completely normal? In this group, we will discuss the answers to questions like, is it normal for my child to play with poo, why is my child so selfish, and can I love them, but not like them? Questions can be submitted to pspgroupsignup@cameray.ca. Advance and in group questions will be answered anonymously using the "Direct Message" function on Zoom. Feel free to join anytime during the 45 minutes. ***(We recommend using headphones or listening to this group without children in the room as it contains adult content)***
- **Nobody's Perfect Parenting Program™** – This nationally recognized parenting program runs for 6 weeks. Participants choose the topics they wish to learn about in a supportive environment where sharing is encouraged. Topics include (but are not limited to): safety, parenting style, discipline, behavior, child development, etc. This program is ideal for parents who want to improve their parenting skills through discussion and activity-based learning
- **Parenting Connection Group** - Parenthood is one of the hardest jobs, if not the hardest. This is an opportunity to connect with other parents, talk about the things that are important to you, and encourage each other. Each session will include a time to connect followed by a facilitated discussion or activity that highlights our weekly topic. ***This is an in-person group at our Imperial Office (#102-5623 Imperial St), FREE childcare will be provided for children 18 months-5 years.***
- **The 5 Biggest Challenges Faced by Parents Today** - We often ask ourselves why is it so hard to parent today? Was it always difficult? Whatever the answers may be, there is no doubt that the standards of "good parenting" have changed dramatically over time. The goal of tonight's group is to help parents understand the difficulties and challenges facing parents raising this generation of children. ****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.