

PARENT SUPPORT PROGRAM GROUP CALENDAR

MARCH 2022

Mon	Tue	Wed	Thu	Fri
	1 9:30am -11:00am Early Einsteins ★ <i>ONLINE KIDS GROUP</i> ★ *GROUP FULL* 12:00pm -12:45pm MOMMY CONFESSIONALS <i>(Adult Content)</i> <i>Online Groups</i>	2 10:00am -11:30am Nobody's Perfect Parenting Program™ (Week 4 of 6) 6:00pm – 7:30pm How Helicopter Parenting Impacts Childhood Mental Health <i>Online Groups</i>	3 9:45am – 11:45am Using Your Creativity to Increase Your Ability to Parent <i>With FREE Childcare and Circle Time for Kids!</i> IN-PERSON DROP-IN GROUP <i>NLC Qayqayt 85 Merrivale St, New Westminster</i>	4 10:00am -12:00pm Parenting Connection Group <i>With FREE Childcare!</i> IN-PERSON GROUP <i>Group Room 102-5623 Imperial St Burnaby</i>
7 NO MORNING GROUP 6:00pm – 7:30pm Hold me Tight® Program: A Couples Guide to Building Relationship and Unified Parenting (Week 5 of 7) *GROUP FULL* <i>Online Group</i>	8 9:30am -11:00am Early Einsteins ★ <i>ONLINE KIDS GROUP</i> ★ *GROUP FULL* 12:00pm -12:45pm MOMMY CONFESSIONALS <i>(Adult Content)</i> <i>Online Groups</i>	9 10:00am -11:30am Nobody's Perfect Parenting Program™ (Week 5 of 6) 6:00pm – 7:30pm Planning Ahead to Enjoy the Transition to Spring with your Child <i>Online Groups</i>	10 9:45am – 11:45am Using Your Creativity to Increase Your Ability to Parent <i>With FREE Childcare and Circle Time for Kids!</i> IN-PERSON DROP-IN GROUP <i>NLC Qayqayt 85 Merrivale St, New Westminster</i>	11 10:00am -12:00pm Parenting Connection Group <i>With FREE Childcare!</i> IN-PERSON GROUP <i>Group Room 102-5623 Imperial St Burnaby</i>
14 10:00am -11:30am Relaxation and Self-Soothing Techniques for Young Children <i>Online Group</i>	15 9:30am -11:00am Early Einsteins ★ <i>ONLINE KIDS GROUP</i> ★ *GROUP FULL* 12:00pm -12:45pm MOMMY CONFESSIONALS <i>(Adult Content)</i> <i>Online Groups</i>	16 10:00am -11:30am Nobody's Perfect Parenting Program™ (Week 6 of 6) <i>Online Group</i>	17 10:00am -12:00am Getting Your Young Children to Listen to You (Week 1 of 3) <i>With FREE Childcare!</i> IN-PERSON GROUP <i>Group Room 102-5623 Imperial St Burnaby</i>	18 10:00am -12:00pm Parenting Connection Group <i>With FREE Childcare!</i> IN-PERSON GROUP <i>Group Room 102-5623 Imperial St Burnaby</i>
21 10:00am -11:30am Attachment Parenting: What Is It and Why Is It Important? <i>Online Group</i>	22 9:30am -11:00am Circle Time! ★ <i>ONLINE KIDS GROUP</i> ★ <i>Online Group</i>	23 10:00am -11:30am Happy Marriage, Happy Family: Tips for Creating a Positive Home Environment 6:00pm – 7:30pm Using the Sandwich Method to Make Parenting More Effective <i>Online Groups</i>	24 10:00am -12:00am Getting Your Young Children to Listen to You (Week 1 of 3) <i>With FREE Childcare!</i> IN-PERSON GROUP <i>Group Room 102-5623 Imperial St Burnaby</i>	25 10:00am -12:00pm Parenting Connection Group <i>With FREE Childcare!</i> IN-PERSON GROUP <i>Group Room 102-5623 Imperial St Burnaby</i>
28 10:00am -11:30am How To Do Parent-Child Relationship Repairs <i>Online Group</i>	29 9:30am -11:00am Early Einsteins ★ <i>ONLINE KIDS GROUP</i> ★ *GROUP FULL* 12:00pm -12:45pm MOMMY CONFESSIONALS <i>(Adult Content)</i> <i>Online Groups</i>	30 10:00am -11:30am How to Help Young Children Deal with Stress 6:00pm – 7:30pm Parenting with Abundance Rather than Scarcity <i>Online Groups</i>	31 10:00am -12:00am Getting Your Young Children to Listen to You (Week 1 of 3) <i>With FREE Childcare!</i> IN-PERSON GROUP <i>Group Room 102-5623 Imperial St Burnaby</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 – MARCH 2022

★ Interactive Children's Groups: ★

- **Circle Time** – Join us for this fun-filled online group with interactive activities focused on helping our children get pre-school and kindergarten ready. ★
- **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 can be provided for families who may not be able to get them on their own, please email us to find out how. ★

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:

- **Attachment Parenting: What Is It and Why Is It Important?** – Come and learn the importance of a strong parent-child relationship. In this group parents will learn what attachment is, the six stages of attachment as well as how to best meet their child's needs by building their child's sense of trust.
- **Getting Your Young Children to Listen to You** - This 3-part series is based on Joanna Faber and Julie King's book "Talking so Little Kids Will Listen." We will discuss the art of having your children really hear you and listen to your requests by building a foundation of connection. This group will empower you to create joyful relationship with your kids and help you parent little kids, so they grow into cooperative and connected big kids. ***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.***
- **Happy Marriage, Happy Families: Tips for Creating a Positive Home Environment** - Join us for this informative group on learning how to create a happier home atmosphere by improving positive communication with your spouse and children.
- **How Helicopter Parenting Impacts Childhood Mental Health** - We all want to love our children as much as possible and protect them from the dangers of our society. But when we over-parent and smother them, it can backfire. Tonight's group discussion with focus on research about the connection between helicopter parenting and mental health issues as children get older. ****Online Evening Group****
- **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.
- **How to Help Young 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.
- **MOMMY CONFESSIONALS** - 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, who am I other than being a mom?, 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.***
- **Parenting with Abundance Rather Than Scarcity** - Join us for this evening group to find out ways to practice letting go of a scarcity mindset and begin welcoming in the idea of parenting with abundance. Making shifts in these mindsets can help bring more peace, ease and joy as you navigate the daily stressors of family life.
- **Planning Ahead to Enjoy the Transition to Spring with Your Children** - Winter is a time when children are often trapped in the monotony of the indoors. With months of pent-up energy, they are ready to break free. Tonight, we'll discuss ways parents can capitalize on the release of all this energy, help children adjust to longer days, and enjoy the coming of spring. ****Online Evening Group****
- **Relaxation and Self-Soothing Techniques for Young Children** - Does your child have difficulty calming down? Do you get frustrated when they get overwhelmed and anxious? Join us for this informative group on tools and techniques for young children to help you calm them down and teach them how to self-soothe.
- **Using the Sandwich Method to Make Parenting More Effective** - Being a parent is a difficult job! To educate and teach values and correct behaviour without hurting your child seems to be nearly impossible. Tonight, we'll discuss how constructive criticism using the Sandwich Method can make a positive difference in your parenting. ****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.