








**PARENT SUPPORT PROGRAM GROUP CALENDAR**

**APRIL 2022**

Mon	Tue	Wed	Thu	Fri
				<p><b>1</b> 10:00am -12:00pm <b>Parenting Connection Group</b> <i>With FREE Childcare!</i></p> <p><b>IN-PERSON GROUP</b></p> <p><i>Group Room 102-5623 Imperial St Burnaby</i></p>
<p><b>4</b> 10:00am -11:30am <b>Learning to Set Boundaries With Others</b></p> <p><i>Online Group</i></p>	<p><b>5</b> 9:30am -11:00am <b>Early Einsteins</b> ★ <i>ONLINE KIDS GROUP</i> ★ *GROUP FULL*</p> <p>12:00pm -12:45pm <b>MOMMY CONFESSIONALS</b> <i>(Adult Content)</i></p> <p><i>Online Groups</i></p>	<p><b>6</b> 10:00am -11:30am <b>Circle of Security™ Parenting Program</b> (Week 1 of 8)</p> <p><b>6:00pm – 7:30pm</b> <b>Preschool or No Preschool?</b></p> <p><i>Online Groups</i></p>	<p><b>7</b> 9:30am – 11:30am <b>Drop-In Early Learning Program</b> <i>With FREE Childcare and Circle Time for Kids!</i></p> <p><b>IN-PERSON DROP-IN GROUP</b></p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p><b>8</b> 10:00am -12:00pm <b>Parenting Connection Group</b> <i>With FREE Childcare!</i></p> <p><b>IN-PERSON GROUP</b></p> <p><i>Group Room 102-5623 Imperial St Burnaby</i></p>
<p><b>11</b> 10:00am -11:30am <b>Family Routines</b></p> <p><i>Online Group</i></p>	<p><b>12</b> 9:30am -11:00am <b>Early Einsteins</b> ★ <i>ONLINE KIDS GROUP</i> ★ *GROUP FULL*</p> <p>12:00pm -12:45pm <b>MOMMY CONFESSIONALS</b> <i>(Adult Content)</i></p> <p><i>Online Groups</i></p>	<p><b>13</b> 10:00am -11:30am <b>Circle of Security™ Parenting Program</b> (Week 2 of 8)</p> <p><b>6:00pm – 7:30pm</b> <b>Creating an Inclusive Culture at Home</b></p> <p><i>Online Groups</i></p>	<p><b>14</b> 9:30am – 11:30am <b>Drop-In Early Learning Program</b> <i>With FREE Childcare and Circle Time for Kids!</i></p> <p><b>IN-PERSON DROP-IN GROUP</b></p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p><b>15</b> NO GROUP</p> 
<p><b>18</b> NO GROUP</p> 	<p><b>19</b> 9:30am -11:00am <b>Songs and Stories</b> ★ <i>ONLINE KIDS GROUP</i> ★</p> <p><i>Online Group</i></p>	<p><b>20</b> 10:00am -11:30am <b>Circle of Security™ Parenting Program</b> (Week 3 of 8)</p> <p><b>6:00pm – 7:30pm</b> <b>Expecting and Accepting Mistakes</b></p> <p><i>Online Groups</i></p>	<p><b>21</b> 9:30am – 11:30am <b>Drop-In Early Learning Program</b> <i>With FREE Childcare and Circle Time for Kids!</i></p> <p><b>IN-PERSON DROP-IN GROUP</b></p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p><b>22</b> 10:00am -12:00pm <b>Parenting Connection Group</b> <i>With FREE Childcare!</i></p> <p><b>IN-PERSON GROUP</b></p> <p><i>Group Room 102-5623 Imperial St Burnaby</i></p>
<p><b>25</b> 10:00am -11:30am <b>Communicating With Your Child</b></p> <p><i>Online Group</i></p>	<p><b>26</b> 9:30am -11:00am <b>Music and Movement</b> ★ <i>ONLINE KIDS GROUP</i> ★</p> <p>12:00pm -12:45pm <b>MOMMY CONFESSIONALS</b> <i>(Adult Content)</i></p> <p><i>Online Groups</i></p>	<p><b>27</b> 10:00am -11:30am <b>Circle of Security™ Parenting Program</b> (Week 4 of 8)</p> <p><b>6:00pm – 7:30pm</b> <b>Time Management in Parenting</b></p> <p><i>Online Groups</i></p>	<p><b>28</b> 9:30am – 11:30am <b>Drop-In Early Learning Program</b> <i>With FREE Childcare and Circle Time for Kids!</i></p> <p><b>IN-PERSON DROP-IN GROUP</b></p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p><b>29</b> NO 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](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 – APRIL 2022

### ★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 can be provided for families who may not be able to get them on their own, please email us to find out how. ★
- **Music and Movement** – Join us for this fun-filled online group with tons of your children’s favourite songs and some interesting ways we can move our bodies to the beat. ★
- **Songs and Stories** – Join us for this fun-filled online group with lots of stories, songs, and activities to fill your morning with joy. ★

### DROP-IN Groups:

- **Drop-In Early Learning Program (EYC/NLC at Qayqayt Elementary School)** – Join us for a drop-in early learning experience. We offer literacy activities, a book giveaway, and free play to promote literacy development. This program is open to families with children 5 years of age and under. ***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:

- **Circle of Security™ Parenting Program** - This 8-week program is based on decades of research about how secure parent-child relationships can be supported and strengthened. You will be able to make sense of what your child needs and get the tools that will help you to support and respond to your child, creating a long-lasting healthy relationship and the sense of security that your child needs to thrive in life.
- **Communicating with Your Child** - In this group we will focus in how to communicate with our children in different stages of development, helping your child to feel heard and understood and what usually parents tend to communicate with their children.
- **Creating an Inclusive Culture at Home** - The thing about all humans is, we are curious, which is terrific. And the thing about young children is that their curiosities are unfiltered, which can make things awkward for parents and caregivers. Each family’s daily interactions with others provide the ideal classroom to teach our children the important work of embracing differences. Tonight’s discussion will focus on ways to lay a foundation of inclusion at home. ***\*Online Evening Group\****
- **Expecting and Accepting Mistakes** - Everyone makes mistakes. It is a universal fact. However, as parents we sometimes have difficulty understanding and accepting the mistakes our children make. Join us tonight to find out more about realistic expectations and how to turn mistakes into teachable moments. ***\*Online Evening Group\****
- **Family Routines** – With all of the things that parents have to balance in life it can be hard to implement a routine in your child’s life. Come to discuss about the importance of creating routines and how to start using them in your day-to-day life.
- **Learning to Set Boundaries with Others** – In this group, we will discuss how to establish healthy limits with others including your children. Healthy boundaries lead to calm, centered, and focused personal relationships.
- **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](mailto: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)***
- **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.***
- **Preschool or No Preschool?** – The decision to send children to preschool is up to each family and depends on the child’s personality and the family’s needs and culture. Preschool may not be the right choice for every child. But it’s a great fit for many. If you’re deciding whether to place your child in a preschool program, this group will bring awareness to preschool pros and cons. ***\*Online Evening Group\****
- **Time Management in Parenting** - Parenting is hard work, and there are no real short cuts - you just can't cram relationships. But there are ways to make family life run smoother, and one of those is through better family time management. Tonight, we’ll discuss tips to help you manage the most important years of your children’s lives so you can look back at some of the happiest and most rewarding of yours. ***\*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 for all online groups in order 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.