

PARENT SUPPORT PROGRAM GROUP CALENDAR

MAY 2022

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>7:30pm-9:00pm Circle of Security™ Parenting Program For DADS (Week 1 of 7)</p> <p><i>Online Group</i></p>	<p>3</p> <p>9:30am -11:00am Family Literacy Circle (Week 1 of 8) ★ ONLINE KIDS GROUP★</p> <p>12:00pm -12:45pm EMPOWER ME PROGRAM: Changing Your Negative Narrative (Adult Content)</p> <p><i>Online Groups</i></p>	<p>4</p> <p>10am – Circle of Security ONLINE Continued (May 4, 11, 18, 25)</p> <p>9:30am – 11:30am Drop-In Parent-Child Play Group IN-PERSON DROP-IN GROUP <i>Cameray Group Room 102-5623 Imperial St Burnaby</i></p> <p>6:00pm – 7:30pm Adapting Your Parenting Style for Your Child's Developmental Stage</p> <p><i>Online Group</i></p>	<p>5</p> <p>9:30am – 11:30am Drop-In Early Learning Program With FREE Childcare and Circle Time for Kids!</p> <p>IN-PERSON DROP-IN GROUP</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p>6</p> <p>NO GROUP</p> 
<p>9</p> <p>7:30pm-9:00pm Circle of Security™ Parenting Program For DADS (Week 2 of 7)</p> <p><i>Online Group</i></p>	<p>10</p> <p>9:30am -11:00am Family Literacy Circle (Week 2 of 8) ★ ONLINE KIDS GROUP★</p> <p>12:00pm -12:45pm EMPOWER ME PROGRAM: I'm Doing Too Much But I Don't Know How to Get Help! (Adult Content)</p> <p><i>Online Groups</i></p>	<p>11</p> <p>9:30am – 11:30am Drop-In Parent-Child Play Group IN-PERSON DROP-IN GROUP <i>Cameray Group Room 102-5623 Imperial St Burnaby</i></p> <p>6:00pm – 7:30pm How to Be an Intentionally Lazy Parent</p> <p><i>Online Group</i></p>	<p>12</p> <p>NO GROUP</p> 	<p>13</p> <p>NO GROUP</p> 
<p>16</p> <p>7:30pm-9:00pm Circle of Security™ Parenting Program For DADS (Week 3 of 7) (Continued in June...)</p> <p><i>Online Group</i></p>	<p>17</p> <p>9:30am -11:00am Family Literacy Circle (Week 3 of 8) ★ ONLINE KIDS GROUP★</p> <p>12:00pm -12:45pm EMPOWER ME PROGRAM: Post- Partum Body Acceptance and Feeling Confident Again (Adult Content)</p> <p><i>Online Groups</i></p>	<p>18</p> <p>9:30am – 11:30am Drop-In Parent-Child Play Group IN-PERSON DROP-IN GROUP <i>Cameray Group Room 102-5623 Imperial St Burnaby</i></p> <p>6:00pm – 7:30pm Show, Rather Than Tell</p> <p><i>Online Group</i></p>	<p>19</p> <p>9:30am – 11:30am Drop-In Early Learning Program With FREE Childcare and Circle Time for Kids!</p> <p>IN-PERSON DROP-IN GROUP</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p>20</p> <p>10:00am -11:30am Parent Connection Group: With Guest from Dental Program</p> <p>IN-PERSON GROUP</p> <p><i>Cameray Group Room 102-5623 Imperial St Burnaby</i></p>
<p>23</p> <p>NO GROUP</p> 	<p>24</p> <p>9:30am -11:00am Family Literacy Circle (Week 4 of 8) ★ ONLINE KIDS GROUP★</p> <p>12:00pm -12:45pm EMPOWER ME PROGRAM: Eating For Joy – From Nuggets to Nicoise (Adult Content)</p> <p><i>Online Groups</i></p>	<p>25</p> <p>9:30am – 11:30am Drop-In Parent-Child Play Group IN-PERSON DROP-IN GROUP <i>Cameray Group Room 102-5623 Imperial St Burnaby</i></p> <p>6:00pm – 7:30pm A Conversation About Stress and Stress Management for Parents</p> <p><i>Online Group</i></p>	<p>26</p> <p>9:30am – 11:30am Drop-In Early Learning Program With FREE Childcare and Circle Time for Kids!</p> <p>IN-PERSON DROP-IN GROUP</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p>27</p> <p>NO GROUP</p> 
<p>30</p> <p>NO GROUP</p> 	<p>31</p> <p>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 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 – MAY 2022

★ Interactive Children's Groups: ★

- **Family Literacy Circle (8 weeks)** – Family Literacy Circle is a great way to introduce your little learner to reading, writing, and phonics. In this group, we will explore how literacy can enhance the learning of every topic and invite curiosity through songs, stories and games. BONUS: Each family who completes the 8-week program will receive 5 free books to add to your home library. Books will be available for pick up from Cameray's Burnaby location in late June. ★

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.*** ★
- **Drop-In Parent-Child Play Group (Cameray 102-5623 Imperial St)** - This is a drop-in play group for parents and kids 5 and under and will feature a variety of modes of play and activities. ★

Educational Groups:

- **A Conversation About Stress and Stress Management for Parents** – Managing your stress is good for your emotional health, mental health, and wellbeing. When your stress is under control and you're feeling well, you are better able to navigate the challenges of family life. This helps your children grow, develop, and thrive. That said, it's also true that stress management is easier said than done. Tonight, we'll discuss some small, practical steps to reduce stress so that you can show up as the parent you want to be for your child more often. ****Online Evening Group****
- **Adapting Your Parenting Style to Your Child's Developmental Age** – It may seem obvious that children progress through many different stages throughout childhood and adolescence. This means parents must adjust their language, their expectations, and their disciplinary style. Tonight's discussion will explore realistic developmental expectations, and challenges that arise when parents are using a parenting style that is inappropriate for the age of their child. ****Online Evening Group****
- **Circle of Security™ Parenting Program For DADS!** - This 7-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. ****Online Evening Group****
- **Empower Me Program (for Adults)** - Do you ever feel like you don't like how you feel in this part of your life, but also don't know how to change it? Or perhaps you don't have time or energy to take these big actions that you've heard will help you feel better? In this 45-minute group, we will take on big deal topics and explore "can do" actions that would help to create a life with more freedom, joy and empowerment. How good can life get for you? ***(We recommend using headphones or listening to this group without children in the room as it contains adult content)***
- **How to Be an Intentionally Lazy Parent** – This group will focus on ways help your children develop the skills they need to be successful. Being an intentionally lazy parent, is not actually being lazy at all. It means deliberately taking a step back to give your child the independence to try, do, and possibly fail. It's difficult and requires mental and physical determination. If you're interested in learning how you can be a lazier parent, join us tonight! ****Online Evening Group****
- **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. We will also have a guest speaker this week from the Dental Program to answer any childhood dental related questions. ***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.***
- **Show, Rather Than Tell** - Even very young children are keen observers and spend much of their time not only watching, but also figuring out what to do (and not do) based on what they see. When children can do the things they want or need to do, they are more likely to cooperate, and less likely to get frustrated behave in challenging ways. The goal of this group is to highlight how helping children learn new skills can be an important part of managing behaviour. ****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.