








PARENT SUPPORT PROGRAM GROUP CALENDAR

SEPTEMBER 2022				
Mon	Tue	Wed	Thu	Fri
			1	2
5 STAT HOLIDAY	6	7 10am – 12pm Getting into Family Routines 6:00pm – 7:30pm Ask Me Anything: Tantrums and Meltdowns <i>Online Groups</i>	8 	9 
12	13 	14 10am – 12pm Circle Time! 6:00pm – 7:30pm Ask Me Anything: Separation Anxiety <i>Online Groups</i>	15 9:30am – 11:30am Drop-In Early Learning Program <i>With FREE Childcare and Circle Time for Kids!</i> IN-PERSON DROP-IN GROUP <i>NLC Qayqayt 85 Merrivale St, New Westminster</i>	16 
19 	20 10am – 12pm Circle Time! <i>Online Group</i>	21 10am – 12pm Teaching Children about Kindness and Empathy 6:00pm – 7:30pm Ask Me Anything: Sensitive Children <i>Online Group</i>	22 9:30am – 11:30am Drop-In Early Learning Program <i>With FREE Childcare and Circle Time for Kids!</i> IN-PERSON DROP-IN GROUP <i>NLC Qayqayt 85 Merrivale St, New Westminster</i>	23
26 10am – 12pm Helping Children Deal with Stress <i>Online Group</i>	27 	28 10am – 12pm Preventing Bullying: Starting From the Early Years 6:00pm – 7:30pm Ask Me Anything: Discipline <i>Online Groups</i>	29 9:30am – 11:30am Drop-In Early Learning Program <i>With FREE Childcare and Circle Time for Kids!</i> IN-PERSON DROP-IN GROUP <i>NLC Qayqayt 85 Merrivale St, New Westminster</i>	30 

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 – SEPTEMBER 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. ★

DROP-IN Groups:

- **Drop-In Early Learning Program (EYC/NLC at Qayqayt Elementary School: 85 Merivale St. New Westminster)** – Join us for a drop-in early learning experience. We offer literacy activities, a book giveaway, and free-play to promote literacy development. There will also be time for parents to connect with support workers and resources for all things parenting related. 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:

- **Ask Me Anything!** – This group will explore various general parenting topics and allow participants to guide the discussion by asking about the information they want to focus on more. ****Online Evening Group****
- **Getting into Family Routines** - With all 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.
- **Helping 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.
- **Preventing Bullying: Starting from the Early Years** - Join us for this informative group where we will discuss preventative measures you can take as a parent now to help your child foster healthy relationships with peers in the later years.
- **Teaching Children about Kindness and Empathy** - This group will focus on how to introduce the concept of kindness and empathy to children and how to encourage to be kind to each other, thinking of others and ways of modelling these important life skills to your children.

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.