







PARENT SUPPORT PROGRAM GROUP CALENDAR

May 2017				
Mon	Tue	Wed	Thu	Fri
<p style="text-align: center;">1</p> <p>10:30am -12:30pm Positive Discipline Series (Week 1 of 4)</p> <p style="text-align: center;">-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p style="text-align: center;">2</p> <p>10:00am -12:00pm Building Resiliency in Children (Week #6 of 6)</p> <p>Centennial Comm. Centre 65 E Sixth Avenue, New Westminster</p>	<p style="text-align: center;">3</p> <p style="text-align: center;">NO GROUPS</p> <p style="text-align: center;"></p> <p>Self Care Tip for the Day:</p> <p>"Take a different route to a familiar place."</p>	<p style="text-align: center;">4</p> <p>9:45am -11:45am Family Literacy Circle ★ & Parent Q&A Drop-In (Week #3 of 10)</p> <p style="text-align: center;"><i>NLC Qayqayt Elementary School 85 Merrivale St, New Westminster</i></p>	<p style="text-align: center;">5</p> <p>10:00am -12:00pm How to Foster Gratitude in Children</p> <p style="text-align: center;">-2 hour-</p> <p style="text-align: center;">North Burnaby Neighbourhood House 4908 Hastings Street</p>
<p style="text-align: center;">8</p> <p>10:30am -12:30pm Positive Discipline Series (Week 2 of 4)</p> <p style="text-align: center;">-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p style="text-align: center;">9</p> <p style="text-align: center;">NO GROUPS</p> <p style="text-align: center;"></p> <p>Self Care Tip for the Day:</p> <p>"Call someone you love for a chat."</p>	<p style="text-align: center;">10</p> <p style="text-align: center;">NO GROUPS</p> <p style="text-align: center;"></p> <p>Self Care Tip for the Day:</p> <p>"Make one small healthy change to your diet this week."</p>	<p style="text-align: center;">11</p> <p>9:45am -11:45am Family Literacy Circle ★ & Parent Q&A Drop-In (Week #4 of 10)</p> <p style="text-align: center;"><i>NLC Qayqayt Elementary School 85 Merrivale St, New Westminster</i></p>	<p style="text-align: center;">12</p> <p>10:00am -12:00pm How to Teach Children our Values</p> <p style="text-align: center;">-2 hour-</p> <p style="text-align: center;">North Burnaby Neighbourhood House 4908 Hastings Street</p>
<p style="text-align: center;">15</p> <p>10:30am -12:30pm Positive Discipline Series (Week 3 of 4)</p> <p style="text-align: center;">-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p style="text-align: center;">16</p> <p>10:30am -11:30am Creative Movement ★ (18 months +)</p> <p>11:45am -12:45pm Expressive Arts ★ (18 months +)</p> <p>#102- 5623 Imperial St</p>	<p style="text-align: center;">17</p> <p style="text-align: center;">NO GROUPS</p> <p style="text-align: center;"></p> <p>Self Care Tip for the Day:</p> <p>"Arrange a tea/coffee date with a friend"</p>	<p style="text-align: center;">18</p> <p>9:45am -11:45am Family Literacy Circle ★ & Parent Q&A Drop-In (Week #5 of 10)</p> <p style="text-align: center;"><i>NLC Qayqayt Elementary School 85 Merrivale St, New Westminster</i></p>	<p style="text-align: center;">19</p> <p>10:00am -12:00pm How to Support our Children in Developing Good Judgement</p> <p style="text-align: center;">-2 hour-</p> <p style="text-align: center;">North Burnaby Neighbourhood House 4908 Hastings Street</p>
<p style="text-align: center;">22</p> <p style="text-align: center;">NO GROUPS Stat Holiday</p> <p style="text-align: center;"></p>	<p style="text-align: center;">23</p> <p>10:30am -12:30pm Taking Care of Ourselves, So We Can Take Care of Them</p> <p style="text-align: center;">-2 hours-</p> <p>#203- 5623 Imperial St</p>	<p style="text-align: center;">24</p> <p style="text-align: center;">NO GROUPS</p> <p style="text-align: center;"></p> <p>Self Care Tip for the Day:</p> <p>"Go for a walk and find a newly bloomed flower to smell."</p>	<p style="text-align: center;">25</p> <p>9:45am -11:45am Family Literacy Circle ★ & Parent Q&A Drop-In (Week #6 of 10)</p> <p style="text-align: center;"><i>NLC Qayqayt Elementary School 85 Merrivale St, New Westminster</i></p>	<p style="text-align: center;">26</p> <p>10:00am -12:00pm How to Raise Responsible Children</p> <p style="text-align: center;">-2 hour-</p> <p style="text-align: center;">North Burnaby Neighbourhood House 4908 Hastings Street</p>
<p style="text-align: center;">29</p> <p>10:30am -12:30pm Positive Discipline Series (Week 4 of 4)</p> <p style="text-align: center;">-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p style="text-align: center;">30</p> <p>10:30am -11:30am Parent-Child Songs and Stories ★ (all ages)</p> <p>11:45am -12:45pm Parent-Child Free Play ★ (all ages)</p> <p>#203- 5623 Imperial St</p>	<p style="text-align: center;">31</p> <p style="text-align: center;">NO GROUPS</p> <p>Self Care Tip for the Day:</p> <p>"Create 10 minutes to read a chapter of a good book."</p>		

**Parent Support Program
Burnaby & New Westminster Parenting Groups Descriptions – May 2017**

★Interactive Groups★

- **Building Resiliency in Children** – Separate flyer attached to monthly calendar email regarding this special contract group. **Please note that priority registration for this group will be given to New Westminster residents.**
- **Creative Movement (18 months +)** - This fun hour allows you and your child to explore movement and dance together through music, imagination, improvisation and play. Creative movement allows you and your child to build emotional connectedness and intimacy.
- **Expressive Arts (18 months +)** - Join us for this group where children will have the opportunity to express themselves through artistic works.
- **Family Literacy Circle and Parent Q&A (Qayqayt Elementary School)** - During this 10-week series, you and your child will enjoy songs, rhymes, and stories, which promote literacy and reading at home. BONUS: For every 10 books you read with your child at home, we will GIVE you 1 one free NEW book for you to keep (up to a maximum of 5 books during the series). Join us for this very special program. ****During the second half of this group we will provide children some time to play and enjoy literacy activities, while parents have to opportunity to socialize with each other and/or ask questions to our facilitator about parenting, child development, and community resources.**
- **Movement and Music (0 – 18 months)** - The fun hour allows you and your little one to explore movement together through music. There will be age appropriate props and activities to help you introduce music to your child. This class will allow you to build emotional connectedness between you and your child while having fun!
- **Parent-Child Free Play (All Ages)** - Come take this opportunity to spend some quality play-time with your child.
- **Parent-Child Songs and Stories (All Ages)** - Join us for a fun hour of songs, rhymes, and stories. This is a great time for social interaction for yourself and your child.

Psycho-Educational Groups (2 hour)

- **Expressive Arts for Adults** - Expressive art is not only for children! Come join us in this two hour group where we will use art to encourage self-expression and exercise our creative being. No prior art experience is necessary!
- **How to Foster Gratitude in Children** – Research has shown that people who report feeling gratitude are happier, healthier, more content and more optimistic and more likely to help others. Join us as we learn how we can instill a sense of gratitude in ourselves and in our children. *****During the second half of this group we will provide children some time to play and enjoy related activities, while parents have to opportunity to socialize with each other and/or ask questions to our facilitator about parenting, child development, and community resources.***
- **How to Raise Responsible Children** – We all want to raise responsible children. We want them to learn to be responsible for their choices. We want them to contribute positively to those around them. Join us as we learn how we can support our children in being more responsible and learn about age-appropriate responsibilities. *****During the second half of this group we will provide children some time to play and enjoy related activities, while parents have to opportunity to socialize with each other and/or ask questions to our facilitator about parenting, child development, and community resources.***
- **How to Support Children in Developing Good Judgement** – As parents, we want our children to be able to make good choices. As our children grow and spend more time away from us, we want to ensure that they have the confidence and ability to make good decisions on their own. Join us as we learn how to support our children in developing good judgment and decision-making skills. *****During the second half of this group we will provide children some time to play and enjoy related activities, while parents have to opportunity to socialize with each other and/or ask questions to our facilitator about parenting, child development, and community resources.***
- **How to Teach Children our Values** – Whether we realize it or not, we are teaching children values daily. Join us as we discuss which values we are consciously and subconsciously teaching our children and learn how we can be more effective at teaching our children the values that are truly important to us. *****During the second half of this group we will provide children some time to play and enjoy related activities, while parents have to opportunity to socialize with each other and/or ask questions to our facilitator about parenting, child development, and community resources.***
- **Positive Discipline Series** – In this four-week series we will review the benefits of using discipline rather than punishment, as well as learning the different positive discipline techniques that are useful for your child’s developmental stage. This series also gives parents a chance to practice setting limits and using positive discipline tools through stories and role-playing.
- **Taking Care of Ourselves, So We Can Take Care of Them** - Parenting is hard work. We all know that in order to be the parent we want to be and the parent we know our children need, we need to take care of ourselves. Come join us as we spend some time in a fun and relaxing setting, filling our own cups. We will do various activities that will help us see our strengths and celebrate our successes. Practicing self-care and self-compassion as adults enables us to teach our children to be kind and gentle to themselves as they grow up an face new adventures and challenges.

IMPORTANT Info. Please Read!

- **To sign up: e-mail pspgroupssignup@hotmail.com or call 604 436 9449. Please provide the names of all adults and children attending as well as children’s ages and city of residence (Burnaby or New West).**
- If you sign up for a series group (i.e. Part #1 of 2, or Week #1 of 3) this means that you are signed up for the entire series.
- Groups are for participants of the Parent Support Program. Please call or email ahead to register for groups. **No drop-ins please.**
- Parenting groups are free of charge for Burnaby and New Westminster residents. Bus tickets are available upon request.
- ★ Some groups are “interactive” which means your child stays with you during the group time. These are marked with ★
- Some groups are for parents only; so **free on-site child minding is available** if pre-arranged.
- If you are signed up for a group and cannot make it **PLEASE** call or email to cancel as we often have waitlists for our groups.