






**PARENT SUPPORT PROGRAM GROUP CALENDAR**

**June 2017**

Mon	Tue	Wed	Thu	Fri
			<p><b>1</b></p> <p>9:45am -11:45am <b>Family Literacy Circle★</b> &amp; Parent Q&amp;A Drop-In (Week #7 of 10)</p> <p><i>NLC Qayqayt Elementary School 85 Merrivale St, New Westminster</i></p>	<p><b>2</b></p> <p>10:30am -12:30pm <b>Everyday Empathy</b></p> <p><b>-2 hours-</b></p> <p>#102- 5623 Imperial St</p>
<p><b>5</b></p> <p>10:30am -12:30pm <b>Assertiveness: How to Say 'No'</b></p> <p><b>-2 hours-</b></p> <p>#102- 5623 Imperial St</p>	<p><b>6</b></p> <p>10:30am -12:30pm <b>Anxiety in Young Children</b></p> <p><b>-2 hours-</b></p> <p>#102- 5623 Imperial St</p>	<p><b>7</b></p> <p>10:30am -11:30am <b>Feeling Songs and Stories ★</b></p> <p>11:45am -12:45pm <b>The In-Sync Child Activity Cards★</b> <b>(2-5 years)</b></p> <p>#102- 5623 Imperial St</p>	<p><b>8</b></p> <p>9:45am -11:45am <b>Family Literacy Circle★</b> &amp; Parent Q&amp;A Drop-In (Week #8 of 10)</p> <p><i>NLC Qayqayt Elementary School 85 Merrivale St, New Westminster</i></p>	<p><b>9</b></p> <p>10:30am -12:30pm <b>How to Deal With Competition and Jealousy Between Siblings</b></p> <p><b>-2 hours-</b></p> <p>#102- 5623 Imperial St</p>
<p><b>12</b></p> <p>10:30am -12:30pm <b>People Safety Skills for Young Children</b></p> <p><b>-2 hours-</b></p> <p>#102- 5623 Imperial St</p>	<p><b>13</b></p> <p>10:30am -11:30am <b>Parent-Child Songs and Stories★</b></p> <p>11:45am -12:45pm <b>Playdough Fun!★</b> <b>(18 Months+)</b></p> <p>#102- 5623 Imperial St</p>	<p><b>14</b></p> <p>10:30am -12:30pm <b>Learning To Set Firm Limits And Boundaries</b></p> <p><b>-2 hours-</b></p> <p>#102- 5623 Imperial St</p>	<p><b>15</b></p> <p>9:45am -11:45am <b>Family Literacy Circle★</b> &amp; Parent Q&amp;A Drop-In (Week #9 of 10)</p> <p><i>NLC Qayqayt Elementary School 85 Merrivale St, New Westminster</i></p>	<p><b>16</b></p> <p>10:30am -12:30pm <b>Parent-Child Free Play★</b></p> <p><b>-2 hours-</b></p> <p>#102- 5623 Imperial St</p>
<p><b>19</b></p> <p>10:30am -12:30pm <b>Expressive Arts for Parents</b></p> <p><b>-2 hours-</b></p> <p>#102- 5623 Imperial St</p>	<p><b>20</b></p> <p>10:30am -11:30am <b>Creative Movement★</b> <b>(2-5 years)</b></p> <p>11:45am -12:45pm <b>Expressive Arts★</b> <b>(18 Months+)</b></p> <p>#102- 5623 Imperial St</p>	<p><b>21</b></p> <p>NO GROUPS</p> 	<p><b>22</b></p> <p>9:45am -11:45am <b>Family Literacy Circle★</b> &amp; Parent Q&amp;A Drop-In (Week #10 of 10)</p> <p><i>NLC Qayqayt Elementary School 85 Merrivale St, New Westminster</i></p>	<p><b>23</b></p> <p>10:30am -12:30pm <b>How to Encourage Our Children When They Give Up</b></p> <p><b>-2 hours-</b></p> <p>#102- 5623 Imperial St</p>
<p><b>26</b></p> <p>10:30am -12:30pm <b>Parenting with Patience: Turning Frustration into Connection</b></p> <p><b>-2 hours-</b></p> <p>#102- 5623 Imperial St</p>	<p><b>27</b></p> <p>10:30am -11:30am <b>Movement and Music★</b> <b>(0-2 Years)</b></p> <p>11:45am -12:45pm <b>Parent-Child Free Play★</b></p> <p>#102- 5623 Imperial St</p>	<p><b>28</b></p> <p>NO GROUPS</p> 	<p><b>29</b></p> <p>10:30am -12:30pm <b>Taking Care of Ourselves, So We Can Take Care Of Them</b></p> <p><b>-2 hours-</b></p> <p>#102- 5623 Imperial St</p>	<p><b>30</b></p> <p>10:30am -12:30pm <b>Understanding Our Children's Behaviour</b></p> <p><b>-2 hours-</b></p> <p>#102- 5623 Imperial St</p>

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

★ **Interactive Groups** ★

- **Creative Movement (2-5 Years)** - 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.
- **Feelings Songs and Stories** - Join us for this interactive group where we will explore feelings and emotions through books and songs.
- **Movement and Music (0 – 2 Years)** - 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.
- **Playdough Fun!** – Join us for this interactive group where you and your child will have the opportunity to roll and mold Playdough into wonderful creations!
- **The In-Sync Child Activity Cards** – Movement is a way that children develop sensory-motor, perceptual-motor, and visual skills. These are essential skills for their development. Join us for an interactive group where we will use the *In-Sync Activity Cards* created by Carol Kranowitz and Joye Newman to help our Children become more In-Sync with their bodies.

**Educational Groups (2 hours)**

- **Assertiveness: How To Say 'No'** – Setting up boundaries with friends and families can be challenging. We often finding ourselves say “yes” to things we don’t really want to do. Join us for this educational group where we will explore what makes saying, “no” so difficult and how we can use assertive communication to create boundaries.
- **Anxiety in Young Children** - Join us for this informative group on different types of anxiety in children under the age of 5, how to manage them, and how to help prevent children from developing anxiety problems. \* *This group is run by guest speakers from Adler University*
- **Everyday Empathy** - Although we know that showing our children empathy can enhance our relationships with them, foster cooperation and help them with emotional regulation, it is not always easy to respond to our children with empathy. How do we respond with empathy when our children are lying on the floor kicking and screaming or refusing to leave the playground? Come join us as we practice empathy and get a feel for what it "looks and sounds" like in everyday life.
- **Expressive Arts for Parents** - 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 Deal With Competition and Jealousy Between Siblings** – When you have more than one child you will likely hear your children say, "It's not fair!" or "Who's picture do you like better?" or "I want to push the elevator button!". Come join us as we discuss why siblings compete and feel jealous of each other and what we can do to foster loving and peaceful sibling relationships.
- **How To Encourage Our Children When They Give Up** – Children can get easily frustrated when learning new skills. They may think new tasks are too hard or they may be afraid of making mistakes. Come join us as we discuss how we can encourage our children to persevere even when things are tough.
- **Learning to Set Firm Limits and Boundaries** – Are you interested in learning the art form of setting and maintaining firm limits and boundaries? Then this is the group for you! Join us for discussions on How To implement rules and limits so that your children will learn to follow them, How To deal with adverse reactions to setting limits, and How To be assertive with boundaries without getting frustrated or angry. \* *This group is run by guest speakers from Adler University*
- **Parenting With Patience: Turning Frustration Into Connection** – Based on the book by Judy Arnall, this group will explore the three easy steps of How To calm yourself and your child in intense situations. We will also discuss How To build skills of self-control, patience, and compassionate communication.
- **People Safety Skills For Young Children** - Teach your children how to be emotionally and physically safe from a young age so that they will be aware, calm and confident. Learn which skills to teach and practice with your children. We'll be discussing topics such as: “What is a stranger?”, “Getting Help in Emergencies”, “What to do if You are Lost”, “Safety Rules About Touching”, etc. (Based on work by Kidpower).
- **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.
- **Understanding Our Children’s Behaviours** – Our children are always communicating to us through their behaviour. Their cries, screams, laughs and even their silence are all telling us something. The way in which our children communicate changes as they grow and develop. Come join us as we discuss how our children communicate their needs to us with their behaviour and how our reaction to their behaviour affects how they respond to us.

**IMPORTANT Info. Please Read!**

- **To sign up: e-mail [pspgroupsignup@hotmail.com](mailto:pspgroupsignup@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.