

PARENT SUPPORT PROGRAM GROUP CALENDAR

August 2017

Mon	Tue	Wed	Thu	Fri
	<p>1 10:30am -12:30pm Parent-Child ★FREE PLAY!★</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>2 10:30am -12:30pm Positive Discipline: An Interactive Review</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>3 10:30am -11:30am Parent-Child Mother Goose® ★ (Week #4 of 8) -GROUP FULL-</p> <p>11:45am -12:45pm Family Literacy Circle★ (Week #4 of 8) -GROUP FULL-</p> <p>#102- 5623 Imperial St</p>	<p>4 10:00am -12:00pm Why Connection Is So Important In Raising Young Children</p> <p>-2 hour-</p> <p>North Burnaby Neighbourhood House 4908 Hastings Street</p>
<p>7 NO GROUPS Office closed for stat</p> 	<p>8 10:30am -12:30pm Parent-Child ★FREE PLAY!★</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>9 10:30am -12:30pm Seeing Our Kids With New Eyes: An Introduction to The RIE Approach</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>10 10:30am -11:30am Parent-Child Mother Goose® ★ (Week #5 of 8) -GROUP FULL-</p> <p>11:45am -12:45pm Family Literacy Circle★ (Week #5 of 8) -GROUP FULL-</p> <p>#102- 5623 Imperial St</p>	<p>11 10:00am -12:00pm The Importance of Taking the Lead With Our Children</p> <p>-2 hour-</p> <p>North Burnaby Neighbourhood House 4908 Hastings Street</p>
<p>14 10:30am -12:30pm DVD Viewing: Making Sense of Play</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>15 NO GROUPS</p> 	<p>16 10:30am -12:30pm Helping Children Deal with Disappointment</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>17 10:30am -11:30am Parent-Child Mother Goose® ★ (Week #6 of 8) -GROUP FULL-</p> <p>11:45am -12:45pm Family Literacy Circle★ (Week #6 of 8) -GROUP FULL-</p> <p>#102- 5623 Imperial St</p>	<p>18 10:00am -12:00pm Understanding and Supporting the Emotional Health of Our Children</p> <p>-2 hour-</p> <p>North Burnaby Neighbourhood House 4908 Hastings Street</p>
<p>21 10:30am -12:30pm Raising Children in a Digital World (Part #1 of 2)</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>22 10:30am -12:30pm Talking to Young Children About Sexual Health</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>23 10:30am -12:30pm Parent-Child ★FREE PLAY!★</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>24 10:30am -11:30am Parent-Child Mother Goose® ★ (Week #7 of 8) -GROUP FULL-</p> <p>11:45am -12:45pm Family Literacy Circle★ (Week #7 of 8) -GROUP FULL-</p> <p>#102- 5623 Imperial St</p>	<p>25 10:00am -12:00pm Taking Care Of Ourselves, So We Can Take Care of Them</p> <p>-2 hour-</p> <p>North Burnaby Neighbourhood House 4908 Hastings Street</p>
<p>28 10:30am -12:30pm Raising Children in a Digital World (Part #2 of 2)</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>29 10:30am -12:30pm Helping Children Develop Social Skills</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>30 10:30am -12:30pm Bubbles and Parachutes</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>31 10:30am -11:30am Parent-Child Mother Goose® ★ (Week #8 of 8) -GROUP FULL-</p> <p>11:45am -12:45pm Family Literacy Circle★ (Week #8 of 8) -GROUP FULL-</p> <p>#102- 5623 Imperial St</p>	

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

★ Interactive Groups ★

- **Bubbles and Parachutes** – Bubbles and Parachutes is a chance to enjoy some interactive play with your child. As the title suggests, there will be bubbles, a parachute and a whole bunch of fun.
- **Family Literacy Circle** - During this 8-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).
- **Parent-Child Free Play! (All Ages)** - Come take this opportunity to spend some quality play-time with your child. In this group we will have play 'stations' for your child to enjoy various activities including sensory toys, water play, games, and much more! ****This group can get messy so please bring spare clothes for your children****
- **The Parent-Child Mother Goose Program®** - Mother Goose is an 8-week group experience for parents and their babies and young children which focuses on the pleasure and power of using rhymes, songs, and stories together. Parents gain skills and confidence, which can enable them to create positive family patterns during their children's crucial early years, and give their children healthy early experiences with language and communication.

Educational Groups (2 hours)

- **DVD Viewing: Making Sense of Play** - Making Sense of Play is one of many DVDs from top developmental psychologist Gordon Neufeld. It explores the connection between play and brain development and looks at the kinds of play that benefit children the most. In this group we will be watching the DVD with short intermittent discussions to review the content.
- **Helping Children Deal With Disappointment** – It is inevitable that all children will experience the heartbreak and frustration that comes with not getting things their way. In this group we will discuss how to help children cope with feelings of disappointment and what to do when children get upset about it.
- **Helping Children Develop Social Skills** – Based on the activity book "How To Help Children Develop Social Skills" by Alex Kelly, this group will explore how children naturally develop social skills and in what ways parents can help enhance their learning.
- **Positive Discipline: An Interactive Review** – It doesn't seem to matter how many books you read or groups you attend, the topic of positive discipline usually requires constant learning and reminding. In this group, we will review some of the more popular positive discipline tools and practice them in a more practical way.
- **Raising Children in a Digital World (Part 1 & 2)** – Raising Children in a Digital World is one of many DVDs from top developmental psychologist Gordon Neufeld. It explores the relatively new 'digital revolution,' and how technology impacts children and parenting. In this informative 2-part group we will watch parts of the DVD, as well as review information from other research and have discussions based on the materials.
- **Seeing Our Kids With New Eyes: An Introduction to The RIE Approach** – Designed for parents of all ages, we will be discussing the basic perspectives of the RIE Approach to parenting. Originally created by Magda Gerber, the RIE approach stresses the importance of respect for the child and allowing them to initiate exploration, learning and an awareness of their strengths. Topics will include when to intervene and when to step back during play, how to approach conflict with others, and how to encourage communication. During this group we will watch parts of a video and have a group discussion.
- **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.
- **Talking to Young Children About Sexual Health** – Come and learn about sexual health in young children, what your children need to know about sexual health, and how you can approach sexually related topics with your child. We will also discuss approaching the topics of body parts and 'good' vs 'bad' touching.
- **The Importance of Taking the Lead With Our Children** - As much as it seems that our children don't like to be told what to do, they long to feel secure and guided by the adults raising them. Join us as we discuss how we can guide our children and what happens if we step back from this crucial role and let them "run the show."
- **Understanding and Supporting the Emotional Health of Our Children** - Young children are highly emotional beings. One minute they are happily playing, the next minute they can be kicking and screaming on the ground. Join us as we discuss why children experience such big and fast-changing emotions as well as how we can support them in a way that will have a long-lasting positive effect.
- **Why Connection Is So Important In Raising Young Children** – Human beings are biologically wired to connect. We need connection in order to survive. Join us as we discuss how feeling deeply connected to parents/caregivers enables children to thrive emotionally, socially and cognitively.

IMPORTANT Info. Please Read!

- **To sign up: e-mail 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.