








PARENT SUPPORT PROGRAM GROUP CALENDAR

September 2017

Mon	Tue	Wed	Thu	Fri
				<p>1</p> <p>10:30am -12:30pm Calming Your Angry Child</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>
<p>4</p> <p>NO GROUPS Office closed for stat</p> 	<p>5</p> <p>10:30am -12:30pm Parent-Child ★FREE PLAY!★</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>6</p> <p>10:30am -12:30pm Separation Anxiety: What Is It And How Do We Manage/Avoid It?</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>7</p> <p>10:30am -12:30pm Yoga for Me, Yoga for You</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>8</p> <p>10:00am -12:00pm Everyday Connection</p> <p>-2 hour-</p> <p>North Burnaby Neighbourhood House 4908 Hastings Street</p>
<p>11</p> <p>10:30am -12:30pm Raising Your Highly Sensitive Child</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>12</p> <p>10:30am -12:30pm Parent-Child ★FREE PLAY!★</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>13</p> <p>10:30am -12:30pm RIE Parenting in Action</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>14</p> <p>10:30am -12:30pm Yoga for Me, Yoga for You</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>15</p> <p>10:00am -12:00pm Everyday Limits and Boundaries</p> <p>North Burnaby Neighbourhood House 4908 Hastings Street</p> <p>10:30am -12:30pm The Confidence Code (Part #1 of 2)</p> <p>#102- 5623 Imperial St</p>
<p>18</p> <p>10:30am -12:30pm Helping Children Develop Self-Awareness and Self-Esteem</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>19</p> <p>10:30am -12:30pm Creating a Collaborative Partnership With Your Child</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>20</p> <p>NO GROUPS</p> 	<p>21</p> <p>9:45am -11:45am Family Literacy Circle★ & Parent Q&A Drop-In (Week #1 of 10)</p> <p>NLC Qayqayt Elementary School 85 Merrivale St, New Westminster</p>	<p>22</p> <p>10:30am -12:30pm The Confidence Code (Part #2 of 2)</p> <p>#102- 5623 Imperial St</p>
<p>25</p> <p>10:30am -12:30pm Discipline Without Damage</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p>	<p>26</p> <p>NO GROUPS</p> 	<p>27</p> <p>10:30am -11:30am Mad Scientist★</p> <p>11:45am -12:45pm Superhero Story and Craft-ivity★</p> <p>#102- 5623 Imperial St</p>	<p>28</p> <p>9:45am -11:45am Family Literacy Circle★ & Parent Q&A Drop-In (Week #2 of 10)</p> <p>NLC Qayqayt Elementary School 85 Merrivale St, New Westminster</p> <p>10:30am -12:30pm Yoga for Me, Yoga for You</p> <p>#102- 5623 Imperial St</p>	<p>29</p> <p>10:00am -12:00pm DVD Viewing: Making Sense of Anxiety in Children (Week #1 of 4)</p> <p>North Burnaby Neighbourhood House 4908 Hastings Street</p> <p>10:30am -12:30pm Early Dental Care Information with Fluoride and Varnish Treatment</p> <p>#102- 5623 Imperial St</p>

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

★ Interactive Groups ★

- **Family Literacy Circle and Parent Q&A (EYC 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.
- **Mad Scientist** – In this interactive group, we will try out a few simple science tricks that you can easily recreate at home.
- **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***
- **Superhero Story and Craft-ivity** - Come join us for a day about superheroes! Costumes welcome!
- **Yoga for Me, Yoga for You** – Everybody gets stressed, kids and adults alike! Yoga is a great way for people of all ages to connect with their minds and bodies in a busy world. The first hour of this group will be an interactive parent-child yoga class, offering strategies for you to connect with your child through yoga and breathing, reducing anxiety and promoting relaxation. The second hour will be purely for you! We will finish with a gentle and restorative series of adult yoga poses while your child is cared for, leaving you rested and recharged to navigate the rest of your day.

Educational Groups (2 hours)

- **Calming Your Angry Child** – In this group, we will learn the tools to understand and manage children's anger. Temper tantrums are also discussed.
- **Creating a Collaborative Partnership With Your Child** – Sometimes our child's characteristics hold them back from being able to meet the demands of the world. Based on the work by Ross W. Greene, PhD, this group teaches parents how to become a helper and a partner for their child in learning how to adapt to the world around them, regardless of personality traits.
- **Discipline Without Damage** – Using information and strategies from the book "Discipline Without Damage: How to Get Your Kids to Behave Without Messing Them Up", by Dr. Vanessa Lapointe, R. Psych, we will discuss the potentially harmful effects of traditional discipline-based strategies and discuss alternative methods to discipline your kids that preserve the healthy bond you have with your child.
- **DVD Viewing: Making Sense of Anxiety in Children (Weeks #1-4)** – In this 4-part group we will watch Gordon Neufeld's video on making sense of anxiety in children, which focuses on the development and prevention of anxiety in young kids. We will also follow up with discussions and have plenty of opportunities for questions.
- **(Public Health) Early Dental Care Information with Fluoride and Varnish Treatment** – Come and learn more about the dental program and great resources and information about dental care for infant and toddlers. If you have attended a dental group before you can come in to get your free regular check up and varnish. If you haven't you can come and learn about the program and receive a free check-up and varnish as well.
- **Everyday Connection** – Science has shown us the importance of connection when it comes to raising healthy children. In moments when we are feeling good and our children are in good moods, connection can feel easy. But what about in those moments when we are feeling exhausted or our children are feeling worried, frustrated or sad...how do we use connection at those times to support our children and turn the situation around? Join us as we look at practical ways that we can use connection in everyday life to make life easier for everyone.
- **Everyday Limits and Boundaries** – We all know that children need to have limits and boundaries, but how is that actually done in everyday life? Sometimes saying "no" to our children is difficult because we don't want to upset or disappoint them or we don't want to deal with the tantrum that will result from it. Join us as we explore how we can set limits and boundaries in a way that is warm and kind, yet clear and firm. We will also practice how we can support our children through their disappointment when they hear our "no's".
- **Helping Children Develop Self-Awareness and Self-Esteem** – Based on the book "How To Help Children Develop Social Skills" by Alex Kelly, this group will focus on developing the skills of self-awareness and self-esteem in young children. These skills are important because they help children develop a sense of identity, an awareness about their own thoughts and actions, and a genuine comfort and acceptance for who they are.
- **Raising Your Highly Sensitive Child** – Is your child sensitive to clothes, tastes smells, noises, changes in routine? Does your child react to scary dreams, movies and is fearful in new situations? Is your child prone to hurt feelings, upset by criticism, and eager to do thing 'just right'? Then join us for this 2-hour group based on Elaine Aron's book The Highly Sensitive Child, which focuses on identifying if our children are highly sensitive and what we can do to help support them and help them adapt to the world around them.
- **RIE Parenting in Action** - Join this two hour group to learn how to implement the RIE parenting approach into our everyday lives. Through video and discussion, we will learn the practices of respectful parenting in a variety of topics such as eating, play and communication.
- **Separation Anxiety: What Is It And How Do We Manage/Avoid It?** – This group will focus on learning some reasons why separation anxiety occurs in young children and provides some strategies for helping children cope with separation and learn to be independent.
- **The Confidence Code (Part 1 and 2)** – Based on the book by Katty Kay and Claire Shipman, this group offers a practical guide to understanding the importance of confidence and learning how to achieve it.

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.