

PARENT SUPPORT PROGRAM GROUP CALENDAR

October 2017

| Mon | Tue | Wed | Thu | Fri |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>2</p> <p>10:30am -12:30pm Brain Development in Young Children: Helping Your Child Grow to Their Full Potential</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p> | <p>3</p> <p>10:00am -12:00pm Parent-Child ★FREE PLAY!★</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p> | <p>4</p> <p>10:30am -12:30pm Aggression in Children</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p> | <p>5</p> <p>9:45am -11:45am Family Literacy Circle★ & Parent Q&A Drop-In (Week #3 of 10)</p> <p><i>NLC Qayqayt Elementary School 85 Merrivale St, New Westminster</i></p> <p>10:30am -12:30pm Yoga for Me, Yoga for You: Toddler</p> <p>#102- 5623 Imperial St</p> | <p>6</p> <p>10:00am -12:00pm DVD Viewing: Making Sense of Anxiety in Children (Week #2 of 4)</p> <p><i>North Burnaby Neighbourhood House 4908 Hastings Street</i></p> <p>10:30am -12:30pm Teaching Multiple Languages to Young Children</p> <p>#102- 5623 Imperial St</p> |
| <p>9</p> <p>NO GROUPS Office closed for Thanksgiving</p>  | <p>10</p> <p>No Daytime Groups</p> <p>6:00pm – 8:00pm The Seven Powers for Self Control When Parenting</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p> | <p>11</p> <p>10:30am -12:30pm How to Prevent Our Angry Outbursts and Respond as a Calm Parent</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p> | <p>12</p> <p>9:45am -11:45am Family Literacy Circle & Parent Q&A Drop-In (Week #4 of 10) ★</p> <p><i>NLC Qayqayt Elementary School 85 Merrivale St, New Westminster</i></p> <p>10:30am -12:30pm Yoga for Me, Yoga for You: Babies</p> <p>#102- 5623 Imperial St</p> | <p>13</p> <p>10:00am -12:00pm DVD Viewing: Making Sense of Anxiety in Children (Week #3 of 4)</p> <p><i>North Burnaby Neighbourhood House 4908 Hastings Street</i></p> <p>10:30am -12:30pm Positive Discipline: Using Consequences</p> <p>#102- 5623 Imperial St</p> |
| <p>16</p> <p>10:30am -12:30pm Social Thinking★ 2-5 years (Week #1 of 5)</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p> | <p>17</p> <p>10:00am -12:00pm Parent-Child ★FREE PLAY!★</p> <p>6:00pm – 8:00pm 10 Brain-Based Strategies to Help Children Handle Their Emotions</p> <p>#102- 5623 Imperial St</p> | <p>18</p> <p>NO GROUPS</p>  | <p>19</p> <p>9:45am -11:45am Family Literacy Circle & Parent Q&A Drop-In (Week #5 of 10) ★</p> <p><i>NLC Qayqayt Elementary School 85 Merrivale St, New Westminster</i></p> <p>10:30am -12:30pm Yoga for Me, Yoga for You: Toddler</p> <p>#102- 5623 Imperial St</p> | <p>20</p> <p>10:00am -12:00pm DVD Viewing: Making Sense of Anxiety in Children (Week #4 of 4)</p> <p><i>North Burnaby Neighbourhood House 4908 Hastings Street</i></p> <p>10:30am -12:30pm Positive Discipline: An Interactive Review</p> <p>#102- 5623 Imperial St</p> |
| <p>23</p> <p>10:30am -12:30pm Social Thinking★ 2-5 years (Week #2 of 5)</p> <p>6:00pm – 8:00pm The Surprising Purpose of Anger</p> <p>#102- 5623 Imperial St</p> | <p>24</p> <p>10:00am -12:00pm Parent-Child ★FREE PLAY!★</p> <p>6:00pm – 8:00pm Using Play to Raise Healthy, Happy, and Motivated Children</p> <p>#102- 5623 Imperial St</p> | <p>25</p> <p>NO GROUPS</p>  | <p>26</p> <p>9:45am -11:45am Family Literacy Circle & Parent Q&A Drop-In (Week #6 of 10) ★</p> <p><i>NLC Qayqayt Elementary School 85 Merrivale St, New Westminster</i></p> <p>10:30am -12:30pm Yoga for Me, Yoga for You: Babies</p> <p>#102- 5623 Imperial St</p> | <p>27</p> <p>10:00am -12:00pm Taking Care Of Ourselves, So We Can Take Care Of Them</p> <p><i>North Burnaby Neighbourhood House 4908 Hastings Street</i></p> |
| <p>30</p> <p>10:30am -12:30pm Social Thinking★ 2-5 years (Week #3 of 5)</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p> | <p>31</p> <p>10:00am -12:00pm Parent-Child HALLOWEEN ★FREE PLAY!★</p> <p>-2 hours-</p> <p>#102- 5623 Imperial St</p> |  |  |  |

Parent Support Program

Burnaby & New Westminster Parenting Groups Descriptions – October 2017

★Interactive Groups★

- **Family Literacy Circle and Parent Q&A (EYC at 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.
- **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***
- **Parent-Child HALLOWEEN 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 Halloween-themed activities including sensory toys, water play, games, and much more. FEEL FREE TO ATTEND THIS GROUP DRESSED IN YOUR FAVOURITE COSTUME! ***This group can get messy so please bring spare clothes for your children***
- **Social Thinking (5 Week Series) 2-5 Years** – Social interaction is a complex topic, and it can be challenging to explain social concepts to your child. This five-week interactive series provides a framework for teaching social concepts to children in a simple, fun, and engaging way. We will read books, sing songs, and engage in various activities that promote the acquisition of healthy social skills. Handouts with activities to try at home will be provided after each session. This series is based on the Incredible Flexible You™ Social Thinking @ curriculum.
- **Yoga for Me, Yoga for You (0-2 BABIES & 2-5 TODDLERS)** – 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)

- **10 Brain-Based Strategies to Help Children Handle Their Emotions** – Based on the DVD workshop of the same name by Tina Payne Bryson as well as the book *The Whole Brain Child* by Bryson and Dan Siegel, this group will explore neuroscience and evidenced-based techniques for helping children learn to self-regulate. In this group we will view the DVD workshop as well as engage in discussion about the topic.
- **Aggression in Children** - Sometimes our sweet children can be overcome with emotion which leads to aggressive behaviour: hitting, kicking, biting, etc. Join us as we discuss what causes children to become aggressive and how we can support our children with their emotional expression while providing firm limits and boundaries that keep everyone safe.
- **Brain Development in Young Children: Helping Your Child Grow to Their Full Potential** – Join us for this informative 2-hour group on how children's brains develop and learn what you can do to encourage healthy brain development so your child can grow to their full potential.
- **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. ***This group will take place at North Burnaby Neighbourhood House (4908 Hasting Street)**
- **How to Prevent Our Angry Outbursts and Respond as a Calm Parent** - Every parent has had parenting moments they regret...ones where we have been a little too impatient, responded a little more loudly than we would have liked, or used words that we wish we hadn't. Each time we vow to not let it happen the next time, but often we don't have a plan in place that helps us prevent getting into these situations that we regret. Come join us as we discuss what tools we can use to help us prevent these outburst so that we can respond to our children in a calm, kind and nurturing way.
- **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.
- **Positive Discipline: Using Consequences** – Take this hour to learn how to use the positive discipline technique of giving natural and logical consequences when teaching your child appropriate behaviours. We will learn what consequences are, how to think up logical consequences for given situations and when to use this technique with your children.
- **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.
- **Teaching Multiple Languages to Young Children: Separating Fact from Fiction** – This group focuses on language development from 0-5 years old, and how the learning of multiple languages affects development. We will also discuss some tips and tricks for helping children learn and absorb multiple languages.
- **The Seven Powers for Self Control When Parenting** – In order to be in control of our mind, we must be aware of our thoughts and feelings. When we lose self-control we let other people and events take control of our lives. Join us for this educational group where we will discuss how to shift from using fear to using love to guide our behaviour and our children's behaviour (Based on the book, *Easy to Love, Difficult to Discipline: The 7 Basic Skills For Turning Conflict Into Cooperation* by *Becky A. Bailey*)
- **The Surprising Purpose of Anger** – This group is based in the works of Nonviolent Communication founder Marshall B. Rosenberg and will focus on discovering the purpose of your anger, learning how to get your needs met, and reducing angry outbursts without suppressing your anger.
- **Using Play to Raise Healthy, Happy, and Motivated Children** – Play is essential in developing creativity, communication, collaboration and critical thinking. However, opportunities for children to play are steadily decreasing. Come join us for an educational group where we will discuss the benefits of play and find ways to incorporate more play into your daily schedule. (Based on the book *The Dolphin Way* by *Shimi K. Kang*)

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.