









PARENT SUPPORT PROGRAM GROUP CALENDAR

November 2017				
Mon	Tue	Wed	Thu	Fri
		1 NO GROUPS 	2 9:45am -11:45am Family Literacy Circle ★ & Parent Q&A Drop-In (Week #7 of 10) <i>NLC Qayqayt</i> 85 Merrivale St, New Westminster 10:30am -12:30pm Yoga for Me, Yoga for You: Toddler #102- 5623 Imperial St	3 10:00am -12:00pm Understanding the Power of Self-Regulation <i>North BNH</i> 4908 Hastings Street 10:30am -12:30pm Taking Care of Ourselves, So We Can Take Care of Them #102- 5623 Imperial St
6 10:30am -12:30pm Social Thinking ★ 2-5 years (Week #4 of 5) #102- 5623 Imperial St	7 10:00am -12:00pm Mindful Parenting: Effective Communication, Authenticity, and Being Present 6:00pm – 8:00pm How to Support a Child With Social Anxiety #102- 5623 Imperial St	8 NO GROUPS 	9 9:45am -11:45am Family Literacy Circle & Parent Q&A Drop-In (Week #8 of 10) ★ <i>NLC Qayqayt</i> 85 Merrivale St, New Westminster 10:30am -12:30pm Yoga for Me, Yoga for You: Babies #102- 5623 Imperial St	10 10:00am -12:00pm Understanding the Difference Between Self-Regulation and Self-Control <i>North BNH</i> 4908 Hastings Street 10:30am -12:30pm DVD Viewing: Making Sense of Play (Part #1 of 2) #102- 5623 Imperial St
13 NO GROUPS Stat Holiday 	14 10:00am -12:00pm Common Childhood Illnesses and Bugs #102- 5623 Imperial St	15 NO GROUPS 	16 9:45am -11:45am Family Literacy Circle & Parent Q&A Drop-In (Week #9 of 10) ★ <i>NLC Qayqayt</i> 85 Merrivale St, New Westminster 10:30am -12:30pm Yoga for Me, Yoga for You: Toddler #102- 5623 Imperial St	17 10:00am -12:00pm Understanding How to Cultivate Self-Regulations Through Relationship <i>North BNH</i> 4908 Hastings Street 10:30am -12:30pm DVD Viewing: Making Sense of Play (Part #2 of 2) #102- 5623 Imperial St
20 10:30am -12:30pm Social Thinking ★ 2-5 years (Week #5 of 5) #102- 5623 Imperial St	21 10:00am -12:00pm How Affection and Warmth Contribute to Our Children's Development 6:00pm – 8:00pm The Gift of Self-Acceptance #102- 5623 Imperial St	22 NO GROUPS 	23 9:45am -11:45am Family Literacy Circle & Parent Q&A Drop-In (Week #10 of 10) ★ <i>NLC Qayqayt</i> 85 Merrivale St, New Westminster 10:30am -12:30pm Yoga for Me, Yoga for You: Babies #102- 5623 Imperial St	24 10:30am -12:30pm Teaching Children How to Express Their Feelings #102- 5623 Imperial St
27 10:30am -12:30pm Self Care for Parents 6:00pm – 8:00pm DVD Viewing and Discussion: Winning at Parenting Without Beating Your Kids #102- 5623 Imperial St	28 10:00am -12:00pm How to Make Mornings, Mealtimes, Bedtimes and Other Transition Times Go Smoothly #102- 5623 Imperial St	29 NO GROUPS 	30 10:30am -12:30pm All About Ages & Stages #102- 5623 Imperial St	

Parent Support Program

Burnaby & New Westminster Parenting Groups Descriptions – November 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.
- **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)

- **All About Ages and Stages** - Have you ever been curious about where your child is at in their development relative to same-aged peers? Based on the Ages and Stages Developmental Screening Questionnaire, we will learn about major the domains of development including communication, gross motor, fine motor, problem solving, personal-social, and social-emotional skills. We will discuss each domain in depth, review developmental milestones for each domain, and discuss appropriate developmental activities to support your child in areas where they may be slightly behind same-aged peers. You will leave the group with a screening questionnaire specific to your child's age and also a resource with activities to support development at their specific age.
- **Common Childhood Illnesses and Bugs** – Winter season is often the time children catch common colds and illnesses. Come and learn about these illnesses and find out ways to prevent them.
- **DVD Viewing and Discussion: Making Sense of Play (Part #1 & 2)** – 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 about their brains, emotions, and memories.
- **DVD Viewing and Discussion: Winning at Parenting Without Beating Your Kids** - Designed for parents of children of all ages, Barbara Coloroso, a world renowned parenting expert, discusses the challenges and frustrations of parenting with humour (as the title suggests) and wit. Topics include: teaching children 'how to think', positive discipline, parenting styles, how to avoid power struggles, etc. During this group we will watch parts of her video and have a group discussion.
- **How Affection and Warmth Contribute to Our Children's Development** - As our children grow out of the baby and toddler stages it is easy to assume they need less warmth and affection. Join us as we discuss how warmth and affection affects our children's development and sense of self worth and how this impacts our relationship with them.
- **How to Make Mornings, Mealtimes, Bedtimes and Other Transition Times Go Smoothly** - As parents we often feel rushed trying to get everything done while tending to our children. Often this leads to our children being "uncooperative" or moving as slow as snails. Join us as we learn how we can approach our day so that we feel less stressed and more connected as parents.
- **How to Support a Child with Social Anxiety** – Some children find it difficult to socialize with others because of their fears. Come join us for this educational group where we will explore the difference between fears and anxiety and discuss how best to support our children in social environments.
- **Mindful Parenting: Effective Communication, Authenticity, and Being Present** - Join this two hour group, where we will dive into the experience of parenting when we apply mindfulness and wholeheartedness. With the teaching by Brene Brown, we will investigate our own style of parenting and see how a new future can be created when small changes are made.
- **Self Care for Parents** – In this group we will be using our crafting skills for a DIY self-care mason jar activity, while also discussing practical solutions for squeezing in time for self-care while raising young children.
- **Teaching Children How to Express Their Feelings** – Join us for this informative group where we will discuss how we are taught to express feelings and how we can teach our own children to appropriately express their thoughts and emotions.
- **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 while we 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.
- **The Gift of Self-Acceptance** – Do you expect perfection in yourself and others? Do you laugh at your mistakes or take them seriously? Most of us have parts of ourselves we find difficult to fully accept and love. Join us for a discussion about self-acceptance and how we can learn to love ourselves unconditionally.
- **Understanding How to Cultivate Self-Regulation Through Relationship** - A parent's calm brain is one of the best tools to help calm a child's over-stressed brain. Join us as we discuss how this works and why developing a strong relationship with our child is the foundation to supporting the development of their self-regulating skills. This group will be a discussion of excerpts of the book: "Self-Reg: How to Help Your Child (And You) Break the Stress Cycle and Successfully Engage With Life by Dr. Stuart Shanker and Teresa Barker.
- **Understanding the Difference Between Self-Regulation and Self-Control** - Why does it seem like young children have so little self control? Join us as we discuss how stress drives behaviour and how we can shift the way we view our children and the situation to support self-regulation. This group will be a discussion of excerpts of the book: "Self-Reg: How to Help Your Child (And You) Break the Stress Cycle and Successfully Engage With Life by Dr. Stuart Shanker and Teresa Barker.
- **Understanding the Power of Self-Regulation** - Children and parents are increasingly under more and more stress. Join us as we discuss how we can help ourselves and our children become more aware of when we feel stressed and how to break this cycle. This group will be a discussion of excerpts of the book: "Self-Reg: How to Help Your Child (And You) Break the Stress Cycle and Successfully Engage With Life by Dr. Stuart Shanker and Teresa Barker.

IMPORTANT Info. Please Read!

- To sign up: e-mail pspgroups@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.