










**PARENT SUPPORT PROGRAM GROUP CALENDAR**

**DECEMBER 2017**

Mon	Tue	Wed	Thu	Fri
				<p><b>1</b></p> <p>10:00am -12:00pm <b>Understanding Stress in Children</b></p> <p><i>North BNH 4908 Hastings Street</i></p>
<p><b>4</b></p> <p>10:30am -12:30pm <b>The Five Love Languages: Expressing Love in a Language Your Child Understands</b></p> <p><i>#102- 5623 Imperial St</i></p>	<p><b>5</b></p> <p>10:30am -12:30pm <b>Stress Free Holidays</b></p> <p>6:00pm – 8:00pm <b>Parenting Strategies for Children With Intense Emotions</b></p> <p><i>#102- 5623 Imperial St</i></p>	<p><b>6</b></p> <p>NO GROUPS</p> 	<p><b>7</b></p> <p>10:30am -12:30pm <b>Stranger Safety</b></p> <p><i>#102- 5623 Imperial St</i></p>	<p><b>8</b></p> <p>10:00am -12:00pm <b>How To Support Children In Telling Us The Truth</b></p> <p><i>North BNH 4908 Hastings Street</i></p>
<p><b>11</b></p> <p>NO GROUPS</p> 	<p><b>12</b></p> <p>10:30am -12:30pm <b>Mindful Parenting: A Deep Dive Into Being Present</b></p> <p><i>#102- 5623 Imperial St</i></p>	<p><b>13</b></p> <p>NO GROUPS</p> 	<p><b>14</b></p> <p>10:30am -12:30pm <b>How to Choose and Register for Kindergarten</b></p> <p><i>#102- 5623 Imperial St</i></p>	<p><b>15</b></p> <p>10:00am -12:00pm <b>What To Do When Our Child Frustrates Us</b></p> <p><i>North BNH 4908 Hastings Street</i></p>
<p><b>18</b></p> <p>NO GROUPS</p> 	<p><b>19</b></p> <p>10:30am -12:30pm <b>How To Cultivate Confidence in Our Children</b></p> <p>6:00pm – 8:00pm <b>Setting Limits and Boundaries in Daily Life</b></p> <p><i>#102- 5623 Imperial St</i></p>	<p><b>20</b></p> <p>NO GROUPS</p> 	<p><b>21</b></p> <p>10:30am -12:30pm <b>Cameray Holiday Party!</b></p> <p><i>#102- 5623 Imperial St</i></p>	<p><b>22</b></p> <p>10:00am -12:00pm <b>Holiday Potluck</b></p> <p><i>North BNH 4908 Hastings Street</i></p>
<p><b>25</b></p> <p>NO GROUPS PROGRAM CLOSED FOR HOLIDAYS</p>	<p><b>26</b></p> <p>NO GROUPS PROGRAM CLOSED FOR HOLIDAYS</p>	<p><b>27</b></p> <p>NO GROUPS PROGRAM CLOSED FOR HOLIDAYS</p>	<p><b>28</b></p> <p>NO GROUPS PROGRAM CLOSED FOR HOLIDAYS</p>	<p><b>29</b></p> <p>NO GROUPS PROGRAM CLOSED FOR HOLIDAYS</p>

**Parent Support Program**

**Burnaby & New Westminster Parenting Groups Descriptions – November 2017**

**★ Interactive Groups ★**

- **Cameray Holiday Party** – Join us for our annual winter party where your kids can play and you can relax and connect with other families. We'll have food and some fun activities for the kids.
- **Holiday Potluck at North Burnaby Neighbourhood House** – Let's kick off the holiday season and celebrate a beautiful partnership between Cameray Child and Family Services and North Burnaby Neighbourhood House with some down time and some good food. Join us for this relaxed get together and enjoy each other's company and treats.

**Educational Groups (2 hours)**

- **How to Choose and Register For Kindergarten** – When it comes to education, parents want to make sure that they make the best choices. But with so much to choose from, how do you find the time to research and decide? In this two hour group, we will take a closer look at what style of schooling is offered, how and when to register and, answer parents' questions.
- **How to Cultivate Confidence in Our Children** – As parents, we want our children to grow up with a strong sense of self, to know that they matter, to feel confident, and to know that they deserve to be treated well by others. Join us as we discuss small things we can do each day to help our children build their confidence.
- **How To Support Children In Telling Us The Truth** - When we envision the type of relationship we want with our children when they are older, we often say that we want a relationship where they feel safe to come tell us the truth and to ask for help if they're in trouble. Join us as we learn how we build the foundation for that type of relationship in the early years when our children are still young.
- **Mindful Parenting: A Deep Dive Into Being Present** – In this 2-hour group, we will continue last month's exploration into Being Present. Our deep dive will look at areas of our life where being present would transform our perspectives of ourselves and change the trajectory of our lives. Guided by the work of Brene Brown, you will leave with tools that will call you to be present with simplicity and ease.
- **Parenting Strategies for Children With Intense Emotions** – Parenting in an effective way allows you to respond wisely and keep your goals for your child clear, consistent and realistic. It also allows your child to grow with self-esteem, values and belief in him/herself. Join us for this informative group where we will learn skills to help achieve the best parenting outcome. Based on the book "Parenting a Child Who Has Intense Emotions" by Pat Harvey and Jeanine Penzo. *\*A light dinner is provided for all evening groups\**
- **Setting Limits and Boundaries in Daily Life** - Setting limits and boundaries can be challenging. Many of us know why it's important, but often we don't know how to set our limits while being kind AND firm. Join us as we explore which limits and boundaries are important to us and how we set those boundaries while our children are crying, whining or throwing a tantrum. *\*A light dinner is provided for all evening groups\**
- **Stranger Safety** – Do you feel like your kids are too trusting and will follow just about anyone? Well, me too! Come learn about stranger safety and how to talk to your kids about keeping themselves safe.
- **Stress Free Holidays** - Holidays can be a time full of fun and joy and also a time of stress and overwhelm. Tears and tantrums can come in full force during these times. Join us as we discuss how to prepare for these times so that we can maximize connection and joy and minimize everyone's frustrations.
- **Understanding Stress In Children** - We want our children to grow up knowing how to regulate their emotions. In order to do that, they need to learn how to manage their stress. Join us as we discuss the five areas where children may experience stress and how to support them with lower and managing their stress in these areas.
- **The Five Love Languages: Expressing Love In A Language Your Child Understands** – Are you speaking your child's love language? Every child has a primary language of love, a way in which he or she understands a parent's love best. This group, based on the book by bestselling authors Gary Chapman, PH. D. and Ross Campbell, M.D., will introduce you to all five love languages of children and help you determine the primary languages in which your child hears your love. By speaking your child's own love language, you can fill his/her emotional tank with love. When a child feels loved, he/she will have a better sense of security and safety, be easier to discipline and have an easier time learning and developing social skills.
- **What To Do When Our Child Frustrates Us** - There will always be behaviours, qualities and characteristics in our children that we find frustrating or difficult to accept. Join us as we discuss how to navigate our feelings and respond to our children in constructive ways.

**IMPORTANT Info. Please Read!**

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