








PARENT SUPPORT PROGRAM GROUP CALENDAR

February 2018

Mon	Tue	Wed	Thu	Fri
			<p>1</p> <p>9:45am -11:45am Family Literacy Circle: All About Feelings & Parent Q&A Drop-In (Week #4 of 6) ★</p> <hr/> <p>6:15pm – 8:15pm Circle of Security New Westminster (Week #3 of 6)</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p>2</p> <p>10:00am -12:00pm Helping our Children With Their Negative Thoughts</p> <p>- 2 Hours -</p> <p><i>North BNH 4908 Hastings Street</i></p>
<p>5</p> <p>10:30am -12:30pm Circle of Security™ (Week #4 of 6)</p> <p>- 2 Hours -</p> <p><i>#102- 5623 Imperial St</i></p>	<p>6</p> <p>10:30am -12:30pm Healing Our Triggers: How to Be the Parent You Needed as a Child</p> <p>- 2 Hours -</p> <p><i>102- 5623 Imperial St</i></p>	<p>7</p> <p>10:30am -12:30pm How to Do Parent- Child Relationship Repairs</p> <p>- 2 Hours -</p> <p><i>#102- 5623 Imperial St</i></p>	<p>8</p> <p>9:45am -11:45am Family Literacy Circle: All About Feelings & Parent Q&A Drop-In (Week #5 of 6) ★</p> <hr/> <p>6:15pm – 8:15pm Circle of Security New Westminster (Week #4 of 6)</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p>9</p> <p>10:00am -12:00pm The Magic of Connecting: How 10 Minutes Can Improve Your Child's Behaviour</p> <p>- 2 Hours -</p> <p><i>North BNH 4908 Hastings Street</i></p>
<p>13</p> <p>NO GROUPS</p> <p>Happy Family Day!</p> 	<p>13</p> <p>10:30am -11:30am Expressive Arts (18 months +)★</p> <p>11:45am -12:45pm Parent-Child Free Play★ (all ages)</p> <hr/> <p>6:00pm – 8:00pm Kids Have Stress Too</p> <p><i>#102- 5623 Imperial St</i></p>	<p>14</p> <p>10:30am -12:30pm The Influence of Television on Children</p> <p>- 2 Hours -</p> <p><i>#102- 5623 Imperial St</i></p>	<p>15</p> <p>9:45am -11:45am Family Literacy Circle: All About Feelings & Parent Q&A Drop-In (Week #6 of 6) ★</p> <hr/> <p>6:15pm – 8:15pm Circle of Security New Westminster (Week #5 of 6)</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p>16</p> <p>10:00am -12:00pm How to Respond to Our Children's Rude Behaviour</p> <p>- 2 Hours -</p> <p><i>North BNH 4908 Hastings Street</i></p>
<p>19</p> <p>10:30am -12:30pm Circle of Security™ (Week #5 of 6)</p> <p>- 2 Hours -</p> <p><i>#102- 5623 Imperial St</i></p>	<p>20</p> <p>10:30am -12:30pm The Golden Rule for Parenting With A Partner</p> <p>- 2 Hours -</p> <p><i>102- 5623 Imperial St</i></p>	<p>21</p> <p>NO GROUPS</p> 	<p>22</p> <p>9:45am -11:45am Back to Basics: Health and Well-Being</p> <hr/> <p>6:00pm – 8:00pm Circle of Security New Westminster (Week #6 of 6)</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p>23</p> <p>10:00am -12:00pm Helping Children Lose Well and Win Graciously</p> <p>- 2 Hours -</p> <p><i>North BNH 4908 Hastings Street</i></p>
<p>26</p> <p>10:30am -12:30pm Circle of Security™ (Week #6 of 6)</p> <p>- 2 Hours -</p> <p><i>#102- 5623 Imperial St</i></p>	<p>27</p> <p>10:30am -11:30am Parent-Child Songs & Stories ★ (all ages)</p> <p>11:45am -12:45pm Musical Free Play★ (all ages)</p> <p><i>#102- 5623 Imperial St</i></p>	<p>28</p> <p>10:30am -12:30pm Learning to Talk to Children About Sexual Health</p> <p>- 2 Hours -</p> <p><i>#102- 5623 Imperial St</i></p>		

**Parent Support Program
Burnaby & New Westminster Parenting Groups Descriptions – February 2018**

★ **Interactive Groups** ★

- **Expressive Arts (18 mo +)** - Join us for this group where children will have the opportunity to express themselves through artistic works.
- **Family Literacy Circle: All About Feelings and Parent Q&A (EYC at Qayqayt Elementary School)** - During this 6-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.
- **Parent-Child Songs and Stories (All Ages)** - Join us for a fun hour of songs, rhymes, and stories. This is a great time for social interaction for yourself and your child.
- **Musical Free Play** - Are you ready to sing and dance? Join this interactive group where we will create joy and fun through music, instruments and games!

Educational Groups (2 hours).

- **Back to Basics: Health and Well Being** – During the first half of this group, we will learn about healthy eating habits and how to support picky eaters. In the second half, we will review basic infant and toddler first aid and how to be prepared for anything.
- **Circle of Security™ (Burnaby and New Westminster)** - Sometimes it's hard to tell what your child needs, what his/her behaviors mean and if you're doing right by her/him. Imagine what it might feel like if you could make sense of what your child is really asking from you. Circle of Security™ Parenting is a 6-week group where you'll learn to: Strengthen your relationship with your child; Be present with your child during the best and toughest of times; Recognize your child's needs and make sense of his or her behaviour; Meet your child's needs by being bigger, stronger, wiser and kind.
A light dinner will be served for the New Westminster evening cycle of this group
- **Helping Children Lose Well and Win Graciously** – Many young children don't handle losing very well. Losing can bring on big emotions for children. On the flip side, winning graciously also isn't always easy for children. Join us as we discuss how we can support our children in taking pride in their efforts and accomplishments and showing compassion to themselves and others when appropriate.
- **Helping Our Children With Their Negative Thoughts** - How do we support our children when they have negative thoughts? Join us as we discuss how we can help our children break free their negative thoughts. This group is based on the book, "Freeing Your Child From Negative Thinking", by Tamar E. Chansky, Ph. D.
- **Healing Our Triggers: How to Be the Parent You Needed As A Child** - Most of us who are respectfully parenting were not raised in the same way. All the unlearning and forming new habits can be SO hard! But you are not alone. In this group we will learn how to empathise, validate and care for ourselves in ways that can be applied to how we parent our own children, leading to stronger and more connected relationships.
- **How to Do Parent-Child Relationship Repairs** - We all have parenting moments we regret...we say or do things that we wish we hadn't. Come learn why it is important to do relationship repairs with our children after rough parenting moments and how to do them.
- **How to Respond to Our Children's Rude Behaviour** – Sometimes our children can behave rudely: eye-rolling, yelling mean things, "talking back", being defiant, etc. Join us as we discuss what's causing our children to behave this way and how we can teach them the impact of their behaviour and support them in expressing themselves in more respectful ways.
- **Kids Have Stress Too...How to Help Our Children Deal With Stress** - Come join us as we discuss the day-to-day stresses and chronic/long-term stresses our preschoolers may face and how we can support them. This groups is based on information from the program "Kids Have Stress Too®" developed by the Psychology Foundation of Canada. **A light dinner will be served for this evening group**
- **Learning to Talk to Children About Sexual Health** – Come and learn about sexual health in children, what your children need to know about sexual health, and how you can approach sexually related topics with your child.
- **The Golden Rule For Parenting With A Partner** - What do you do when you and your partner or other caregivers have opposite parenting styles? How do you convince them to do it your way? Or should you? Come join us as we discuss whether or not parents need to be united and agree on parenting issues and how this affects our children.
- **The Influence of Television on Children** – Do you ever wonder how watching television actually affects your children? This group will help parents understand the effects of television on children and cover appropriate TV watching schedules.
- **The Magic of Connecting: How 10 Minutes Can Improve Your Child's Behaviour** - We have all heard about the importance of spending time with our children, but how we spend this time significantly impacts how much our relationship with our children strengthens and how significantly their behaviour improves. Join us as we discuss how to use as little as ten minutes a day effectively to bring positive change to our homes.

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.