

PARENT SUPPORT PROGRAM GROUP CALENDAR

JANUARY 2018

Mon	Tue	Wed	Thu	Fri
1 NO GROUPS NEW YEARS DAY!	2 NO GROUPS CLOSED FOR PROGRAM DEVELOPMENT	3 NO GROUPS CLOSED FOR PROGRAM DEVELOPMENT	4 NO GROUPS CLOSED FOR PROGRAM DEVELOPMENT	5 NO GROUPS CLOSED FOR PROGRAM DEVELOPMENT
8 NO GROUPS CLOSED FOR PROGRAM DEVELOPMENT	9 NO GROUPS CLOSED FOR PROGRAM DEVELOPMENT	10 NO GROUPS CLOSED FOR PROGRAM DEVELOPMENT	11 9:45am -11:45am Family Literacy Circle: All About Feelings & Parent Q&A Drop-In (Week #1 of 6) ★ <i>NLC Qayqayt 85 Merrivale St, New Westminster</i>	12 NO GROUPS CLOSED FOR PROGRAM DEVELOPMENT
15 10:30am -12:30pm Circle of Security™ (Week #1 of 6) - 2 Hours - <i>#102- 5623 Imperial St</i>	16 NO GROUPS 	17 NO GROUPS 	18 9:45am -11:45am Family Literacy Circle: All About Feelings & Parent Q&A Drop-In (Week #2 of 6) ★ 6:15pm – 8:15pm Circle of Security New Westminster (Week #1 of 6) <i>NLC Qayqayt 85 Merrivale St, New Westminster</i>	19 10:00am -12:00pm Understanding Negative Thinking - 2 Hours - <i>North BNH 4908 Hastings Street</i>
22 10:30am -12:30pm Circle of Security™ (Week #2 of 6) - 2 Hours - <i>#102- 5623 Imperial St</i>	23 6:00pm -8:00pm The Importance of Play in Early Childhood <i>North BNH 4908 Hastings Street</i>	24 10:30am -12:30pm Calming the Family Storm: Managing Anger in Families (Part #1 of 2) - 2 Hours - <i>#102- 5623 Imperial St</i>	25 9:45am -11:45am Family Literacy Circle: All About Feelings & Parent Q&A Drop-In (Week #3 of 6) ★ 6:00pm – 8:00pm Circle of Security New Westminster (Week #2 of 6) <i>NLC Qayqayt 85 Merrivale St, New Westminster</i>	26 NO GROUPS 
29 10:30am -12:30pm Circle of Security™ (Week #3 of 6) - 2 Hours - <i>#102- 5623 Imperial St</i>	30 NO GROUPS 	31 10:30am -12:30pm Calming the Family Storm: Managing Anger in Families (Part #2 of 2) - 2 Hours - <i>#102- 5623 Imperial St</i>		

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

★ **Interactive Groups** ★

- **Family Literacy Circle: All About Feelings 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.

Educational Groups (2 hours)

- **Calming the Family Storm** – Anger and confrontation are an inevitable part of family life. However, there are ways to manage internal and relational anger that can open communication in families and help keep the peace amongst all members. Join us for this group based on the book *Calming the Family Storm* by Gary McKay, where we will discuss common sources of anger in the family setting and tools and techniques for managing it.
- **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**
- **The Importance of Play in Early Childhood** - During the first half of this group we will discuss the importance of play on early childhood development. We will then have an opportunity to engage in playful activities with our children for the remainder of the session. **A light dinner will be served for this evening group**
- **Understanding Negative Thinking** - Sometimes our children can get caught up with negative thoughts. Join us as we discuss the things that contribute to negative thinking. This group is based on the book, "Freeing Your Child From Negative Thinking", by Tamar E. Chansky, Ph. D.

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.