

PARENT SUPPORT PROGRAM GROUP CALENDAR

March 2018				
Mon	Tue	Wed	Thu	Fri
			<p>1</p> <p>9:45am -11:45am Back to Basics: Connection Through Attachment and Play</p> <p>- 2 Hours -</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p>2</p> <p>10:00am -12:00pm How Embracing Our Own Negative Emotions Helps Our Children</p> <p>- 2 Hours -</p> <p><i>North BNH 4908 Hastings Street</i></p>
<p>5</p> <p>10:30am -12:30pm Yoga for Self- Regulation (Week #1 of 4)</p> <p>- 2 Hours -</p> <p><i>#102- 5623 Imperial St</i></p>	<p>6</p> <p>No daytime groups</p> <hr/> <p>6:00pm – 8:00pm Creating an Anti- Bullying Environment for Children</p> <p>- 2 Hours -</p> <p><i>#102- 5623 Imperial St</i></p>	<p>7</p> <p>NO GROUPS</p> 	<p>8</p> <p>9:45am -11:45am Back to Basics: Discipline Without Damage</p> <p>- 2 Hours -</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p>9</p> <p>10:00am -12:00pm Using Whole-Brain Parenting Strategies: Connect and Redirect</p> <p>- 2 Hours -</p> <p><i>North BNH 4908 Hastings Street</i></p>
<p>12</p> <p>10:30am -12:30pm Yoga for Self- Regulation (Week #2 of 4)</p> <p>- 2 Hours -</p> <p><i>#102- 5623 Imperial St</i></p>	<p>13</p> <p>NO GROUPS</p> 	<p>14</p> <p>10:30am -12:30pm Circle Time and Free Play ★</p> <p>(all ages)</p> <p>- 2 Hours -</p> <p><i>#102- 5623 Imperial St</i></p>	<p>15</p> <p>9:45am -11:45am Back to Basics: Stranger Safety</p> <p>- 2 Hours -</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p>16</p> <p>10:00am -12:00pm Using Whole-Brain Parenting Strategies: Name It To Tame It</p> <p>- 2 Hours -</p> <p><i>North BNH 4908 Hastings Street</i></p>
<p>19</p> <p>10:30am -12:30pm Yoga for Self- Regulation (Week #3 of 4)</p> <p>- 2 Hours -</p> <p><i>#102- 5623 Imperial St</i></p>	<p>20</p> <p>NO GROUPS</p> 	<p>21</p> <p>NO GROUPS</p> 	<p>22</p> <p>10:30am -12:30pm Time Capsule Crafternoon ★</p> <p>(18 months +)</p> <p><i>#102- 5623 Imperial St</i></p>	<p>23</p> <p>10:00am -12:00pm Taking Care of Ourselves, So We Can Take Care of Them</p> <p>- 2 Hours -</p> <p><i>North BNH 4908 Hastings Street</i></p>
<p>26</p> <p>10:30am -12:30pm Yoga for Self- Regulation (Week #4 of 4)</p> <p>- 2 Hours -</p> <p><i>#102- 5623 Imperial St</i></p>	<p>27</p> <p>No daytime groups</p> <hr/> <p>6:00pm – 8:00pm How to Raise Children with High and Healthy Self-Esteem</p> <p>- 2 Hours -</p> <p><i>#102- 5623 Imperial St</i></p>	<p>28</p> <p>10:30am -12:30pm Is My Child Ready for Preschool/ Kindergarten?</p> <p>- 2 Hours -</p> <p><i>#102- 5623 Imperial St</i></p>	<p>29</p> <p>NO GROUPS</p> 	<p>30</p> <p>NO GROUPS</p> 

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

★ **Interactive Groups** ★

- **Time Capsule Crafternoon (18months+)** - Time flies by so fast, let us help you catch a moment. Join us for this fun filled 2-hour group where we will make our own time capsules.
- **Circle Time and Free Play** – Join us for this fun-filled 2-hour group that will include both interactive and free play activities focused on helping your child get pre-school and kindergarten ready.

Educational Groups (2 hours).

- **Back to Basics: Connection Through Attachment and Play (EYC at Qayqayt Elementary School)** – In this group we will discuss how to build strong attachments to children through play. You will leave with a few new fun games that you can try at home to encourage connected relationships.
- **Back to Basics: Discipline Without Damage (EYC at Qayqayt Elementary School)** – Tantrums, screaming and “NO!” are very common ways of being for toddlers and pre-schoolers. But just because they’re common, doesn’t mean we like them. Join us to learn the fundamentals of Positive Discipline and how to apply them through discussion, games and activities.
- **Back to Basics: Stranger Safety (EYC at Qayqayt Elementary School)** – Do you feel like your children 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.
- **Creating an Anti-Bullying Environment for Children** - Join us for this informative group where we will discuss the topic of bullying from all perspectives. We will also explore preventative measures you can take as a parent now to help your child foster healthy relationships with peers in the later years. **A light dinner will be served for this evening group**
- **How Embracing Our Own Negative Emotions Helps Our Children** - Many of us were raised in families where feelings of sadness, frustration, grief, jealousy, hurt, disappointment or anger were not welcomed or encouraged. We may have learned to hide these feelings. Join us as we learn through the work of Psychologist Susan David, author of “Emotional Agility”, how embracing these feelings leads to better well-being and leaves us better able to support our children’s development.
- **How to Raise Children with High and Healthy Self-Esteem** -Join us for this educational group where we will discuss the importance of healthy self-esteem in early childhood. We will explore why self-esteem matters, how self-esteem develops, and how parents can help their child develop healthy self-esteem. **A light dinner will be served for this evening group**
- **Is My Child Ready for Preschool/Kindergarten?** – Have you ever wondered, “What does my child need to know and what do they need to be able to do before they start kindergarten?” Parents will learn how to best prepare their children for both preschool and kindergarten to enhance future learning.
- **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 as they grow up and face new adventures and challenges.
- **Using Whole-Brain Parenting Strategies - Connect and Redirect** - Did you know that understanding how your child’s brain works can help immensely in knowing how to respond to your child? Join us as we practice simple tools that can help us with everyday parenting struggles, developed by neuropsychiatrist Daniel Siegel and parenting expert Tina Payne Bryson, authors of “The Whole Brain Child.”
- **Using Whole-Brain Parenting Strategies - Name It To Tame It** - Did you know that understanding how your child’s brain works can help immensely in knowing how to respond to your child? Join us as we practice simple tools that can help us with everyday parenting struggles, developed by neuropsychiatrist Daniel Siegel and parenting expert Tina Payne Bryson, authors of “The Whole Brain Child.”
- **Yoga for Self-Regulation (for Parents)** - Parenting can be challenging. Often we feel stressed and overwhelmed. Although we know the importance of being able to support our children with their emotions, we often find ourselves triggered right at the moments when our children need us to be calm. Join us for this relaxing, gentle and fun class where you will learn gentle yoga practices designed to help us regulate our nervous systems so that we feel better prepared to take on the day. *Suitable for all fitness levels. No previous yoga experience required. Yoga mats will be provided!*

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.