

**PARENT SUPPORT PROGRAM GROUP CALENDAR**

**April 2018**

Mon	Tue	Wed	Thu	Fri
<p><b>2</b></p> <p><b>NO GROUPS Happy Easter!</b></p> 	<p><b>3</b></p> <p>10:30am -11:30am <b>Parent-Child Songs &amp; Stories</b> ★ <b>(all ages)</b></p> <p>11:45am -12:45pm <b>Story and Craftivity</b> ★ <b>(18 months +)</b></p> <p>#102- 5623 Imperial St</p>	<p><b>4</b></p> <p>10:30am -12:30pm <b>Parenting With Patience: Turning Frustration Into Connection</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>5</b></p> <p>9:45am -11:45am <b>Family Literacy Circle &amp; Parent Q&amp;A Drop-In</b> <b>(Week #1 of 10) ★</b></p> <p>- 2 Hours -</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p><b>6</b></p> <p>10:30am -12:30pm <b>Building Communication in Families</b></p> <p>#102- 5623 Imperial St</p> <p>10:00am -12:00pm <b>Using Whole-Brain Parenting Strategies: Engage the Upstairs Brain</b></p> <p><i>North BNH 4908 Hastings Street</i></p>
<p><b>9</b></p> <p>10:30am -12:30pm <b>Yoga for Self-Regulation</b> <b>(Week #1 of 4)</b></p> <p>- 2 Hours -</p> <p>6:00pm – 8:00pm <b>Connect and Redirect: Integrating the Left &amp; Right Brain</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>10</b></p> <p>10:30am -12:30pm <b>How to Slow Down Enough to Enjoy Your Children</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>11</b></p> <p>10:30am -11:30am <b>Pete the Cat Story Time and Craft</b> ★ <b>(18 months +)</b></p> <p>11:45am -12:45pm <b>Parent-Child Free Play</b> ★ <b>(all ages)</b></p> <p>#102- 5623 Imperial St</p>	<p><b>12</b></p> <p>9:45am -11:45am <b>Family Literacy Circle &amp; Parent Q&amp;A Drop-In</b> <b>(Week #2 of 10) ★</b></p> <p>- 2 Hours -</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p><b>13</b></p> <p>10:00am -12:00pm <b>Using Whole-Brain Parenting Strategies: Exercise the Upstairs Brain</b></p> <p>- 2 Hours -</p> <p><i>North BNH 4908 Hastings Street</i></p>
<p><b>16</b></p> <p>10:30am -12:30pm <b>Yoga for Self-Regulation</b> <b>(Week #2 of 4)</b></p> <p>- 2 Hours -</p> <p>6:00pm – 8:00pm <b>Understanding the Preschool Brain</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>17</b></p> <p>10:30am -11:30am <b>Parent-Child Songs &amp; Stories</b> ★ <b>(all ages)</b></p> <p>11:45am -12:45pm <b>Story and Craftivity</b> ★ <b>(18 months +)</b></p> <p>#102- 5623 Imperial St</p>	<p><b>18</b></p> <p><b>NO GROUPS</b></p> 	<p><b>19</b></p> <p>9:45am -11:45am <b>Family Literacy Circle &amp; Parent Q&amp;A Drop-In</b> <b>(Week #3 of 10) ★</b></p> <p>- 2 Hours -</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p><b>20</b></p> <p>10:00am -12:00pm <b>Using Whole-Brain Parenting Strategies: Move It Or Lose It</b></p> <p>- 2 Hours -</p> <p><i>North BNH 4908 Hastings Street</i></p>
<p><b>23</b></p> <p>10:30am -12:30pm <b>Yoga for Self-Regulation</b> <b>(Week #3 of 4)</b></p> <p>- 2 Hours -</p> <p>6:00pm – 8:00pm <b>Emotional Reactivity: Learning How To Think Before You Act</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>24</b></p> <p>10:30am -12:30pm <b>How Mindful Choices Can Bring More Joy to Your Home</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>25</b></p> <p>10:30am -12:30pm <b>Attachment Parenting: What Is It and Why Is It Important?</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>26</b></p> <p>9:45am -11:45am <b>Family Literacy Circle &amp; Parent Q&amp;A Drop-In</b> <b>(Week #4 of 10) ★</b></p> <p>- 2 Hours -</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p><b>27</b></p> <p><b>NO GROUPS</b></p> 
<p><b>30</b></p> <p>10:30am -12:30pm <b>Yoga for Self-Regulation</b> <b>(Week #4 of 4)</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>				

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

★ **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). \*\*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.
- **Pete the Cat Story Time and Craft (18 months +)** - Join us for this one hour story and craft activity where we will learn about finding the good in life and learning to see experiences from a positive perspective.
- **Story and Craftivity (18 months +)** - Join us for this fun one hour group where we will combine our love of reading with a fun activity.

**Educational Groups (2 hours).**

- **Attachment Parenting: What Is It and Why Is It Important?** – Come and learn the importance of a strong parent-child relationship. In this group parents will learn what attachment is, the three kinds of attachment as well as how to best meet their child's needs by building their child's sense of trust.
- **Building Communication Skills in Families** – In this group you will learn how to use assertive statements and active listening to improve the quality of your interactions with others.
- **Connect and Redirect: Integrating the Left & Right Brain** - Brain development research tells us that children are unable to problem-solve when they are emotionally flooded, which can be incredibly challenging during moments of distress. Based on the best-selling work of author Dan Siegel M.D., this group will focus on how to calm your emotional child through connection, and redirect by problem-solving. *\*A light dinner will be served for this evening group\**
- **Emotional Reactivity: Learning How To Think Before You Act** – Have you ever found yourself getting frustrated or angry with your children and you're not sure why you reacted so strongly? This group will help parents learn about emotional triggers and why we react without thinking. We will also focus on ways to manage our reactivity, how to calm down, and how to repair relationships in times where we can't control our reactions. *\*A light dinner will be served for this evening group\**
- **How Mindful Choices Can Bring More Joy to Your Home** - Join us as we explore what really matters to us and learn how we can make choices that are aligned with what we value. We'll discuss how we can make deliberate choices that impact our day and our relationships positively.
- **How to Slow Down Enough to Enjoy Your Children** - Life is busy and demanding. It's easy to get caught up in all the things that need to get done and forget to make time for the people we love most. Join us as we explore what the cost of our distraction is and how to bring more awareness into our daily life to catch and enjoy the beautiful moments.
- **Parenting With Patience: Turning Frustration Into Connection** – Based on the book by Judy Arnall, this group will explore the three easy steps of How To calm yourself and your child in intense situations. We will also discuss How To build skills of self-control, patience, and compassionate communication.
- **Understanding the Preschool Brain** – We often expect our children to behave in a calm, well-mannered and good-natured fashion. This expectation often leads to frustration and disappointment. Join us as we discuss how early brain development impacts our children's ability to behave in the ways that we would like and how we can adjust our expectations while nurturing their growth. *\*A light dinner will be served for this evening group\**
- **Using Whole-Brain Parenting Strategies – Exercise the Upstairs Brain** - 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 – Engage The Upstairs Brain** - 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 – Move It or Lose 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 series 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](mailto: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.