

**PARENT SUPPORT PROGRAM GROUP CALENDAR**

**May 2018**

| Mon   | Tue  | Wed  | Thu  | Fri  |
|---|--|--|--|--|
|   | <p><b>1</b><br/>10:30am -12:30pm<br/><b>Parent-Child Free Play</b> ★<br/><b>(all ages)</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>  | <p><b>2</b><br/>10:30am -12:30pm<br/><b>How to Have Difficult Conversations</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>   | <p><b>3</b><br/>9:45am -11:45am<br/><b>Family Literacy Circle &amp; Parent Q&amp;A Drop-In</b><br/>(Week #5 of 10) ★</p> <p>- 2 Hours -</p> <p>NLC Qayqayt<br/>85 Merrivale St,<br/>New Westminster</p>  | <p><b>4</b><br/>NO GROUPS</p>   |
| <p><b>7</b><br/>NO GROUPS</p>   | <p><b>8</b><br/>10:30am -11:30am<br/><b>Dental Information Session</b></p> <p>11:45am -12:45pm<br/><b>Parent-Child Free Play</b> ★<br/><b>(all ages)</b></p> <p>#102- 5623 Imperial St</p>   | <p><b>9</b><br/>10:30am -12:30pm<br/><b>Dealing With Separation Anxiety</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>   | <p><b>10</b><br/>9:45am -11:45am<br/><b>Family Literacy Circle &amp; Parent Q&amp;A Drop-In</b><br/>(Week #6 of 10) ★</p> <p>- 2 Hours -</p> <p>NLC Qayqayt<br/>85 Merrivale St,<br/>New Westminster</p> | <p><b>11</b><br/>10:00am -12:00pm<br/><b>Using Whole-Brain Parenting Strategies: Rewind and Remember</b></p> <p>- 2 Hours -</p> <p>North BNH<br/>4908 Hastings Street</p>  |
| <p><b>14</b><br/>10:30am -12:30pm<br/><b>Siblings: Will They Ever Get Along?</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>                   | <p><b>15</b><br/>10:30am -12:30pm<br/><b>Mom's Nurturing and Support Circle</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>   | <p><b>16</b><br/>NO GROUPS</p>    | <p><b>17</b><br/>9:45am -11:45am<br/><b>Family Literacy Circle &amp; Parent Q&amp;A Drop-In</b><br/>(Week #7 of 10) ★</p> <p>- 2 Hours -</p> <p>NLC Qayqayt<br/>85 Merrivale St,<br/>New Westminster</p> | <p><b>18</b><br/>10:00am -12:00pm<br/><b>Using Whole-Brain Parenting Strategies: Remember to Remember</b></p> <p>- 2 Hours -</p> <p>North BNH<br/>4908 Hastings Street</p> |
| <p><b>21</b><br/>NO GROUPS</p>                                       | <p><b>22</b><br/>10:30am -12:30pm<br/><b>In The Event of An Emergency</b></p> <p>- 2 Hours -</p> <hr/> <p>6:00pm – 8:00pm<br/><b>Optimizing Early Development: Infants &amp; Toddlers</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p> | <p><b>23</b><br/>10:30am -11:30am<br/><b>Parent-Child Songs &amp; Stories</b> ★<br/><b>(all ages)</b></p> <p>11:45am -12:45pm<br/><b>Learning About Colours</b> ★<br/><b>(18 months +)</b></p> <p>#102- 5623 Imperial St</p> | <p><b>24</b><br/>9:45am -11:45am<br/><b>Family Literacy Circle &amp; Parent Q&amp;A Drop-In</b><br/>(Week #8 of 10) ★</p> <p>- 2 Hours -</p> <p>NLC Qayqayt<br/>85 Merrivale St,<br/>New Westminster</p> | <p><b>25</b><br/>NO GROUPS</p>    |
| <p><b>28</b><br/>10:30am -12:30pm<br/><b>Taking Care of Ourselves, So We Can Take Care of Them</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p> | <p><b>29</b><br/><b>No Daytime Groups</b></p> <hr/> <p>6:00pm – 8:00pm<br/><b>Optimizing Early Development: Preschool &amp; Kindergarten</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>  | <p><b>30</b><br/>10:30am -12:30pm<br/><b>Managing Transitions with Your Child</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>   | <p><b>31</b><br/>9:45am -11:45am<br/><b>Family Literacy Circle &amp; Parent Q&amp;A Drop-In</b><br/>(Week #9 of 10) ★</p> <p>- 2 Hours -</p> <p>NLC Qayqayt<br/>85 Merrivale St,<br/>New Westminster</p> |   |

**Parent Support Program  
Burnaby & New Westminster Parenting Groups Descriptions – May 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.
- **Learning About Colours (18 months +)** – Join us for this fun-filled hour focused on learning about colours. We will sing songs and read stories about colours, as well as engage in colour-themed art activities.
- **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.

**Educational Groups (2 hours)**

- **Dealing With Separation Anxiety** – This group will focus on learning some reasons why separation anxiety occurs in young children and provides some strategies for helping children cope with separation and learn to be independent.
- **Dental Information Session** - Please join us for this informational group hosted by Dr. Cindy Fong from Capitol Hill Dental, where we will learn effective techniques to improve our kids oral health. In this quick hour, we cover topics such as common age-appropriate concerns and what to expect on your first visit. Time will be given to answer questions.
- **How to Have Difficult Conversations**- Clear communication is one of the best ways to build a respectful relationship and avoid harmful conflict. Join us for an informative group on tools that will help you to communicate clearly when addressing difficult topics.
- **In The Event Of An Emergency** - In this hands-on two hour group, we will cover the 10 Steps to Emergency Safety, discuss what to during and after a natural disaster (ex. earthquake), and learn what to include in your family emergency kit. The preparation we do in this group will surely provide you with some peace of mind around your family's safety. Come be informed and leave more confident!
- **Managing Transitions with Your Child** – Have you ever wondered why children have such a difficult time transitioning from one activity to the next? Come and learn why children find it difficult to transition and some ideas to help them build the skills they need to finish one activity and start another without having a tantrum.
- **Mom's Nurturing and Support Circle**: Motherhood is challenging. We love our children and want to do our best for them. When we fall short of our own expectations we can be hard on ourselves. Join us as we spend this time together learning how to accept, take care of, regulate and love ourselves so that we can give to our children from a generous, rather than depleted place. We will learn how to ask for and receive support and allow ourselves to be nurtured so that we can be loving with ourselves while we go through the joys and challenges of motherhood. (This group will be led by Georgianna who is an assistant facilitator and leadership team member of the Rising Woman Sisterhood. She will be creating experiences for the group that will inspire and empower the beautiful woman and mother in each of us.)
- **Optimizing Early Development: Infants and Toddlers & Preschool and Kindergarten** - Recent studies have pointed to the first few years of a child's life as a "sensitive period" that can have a lifelong impact on development. In this group, we will review recent information on early childhood development, have a Q&A period where questions about your child's development can be addressed, and exchange reputable and reliable early development resources for parents. You will leave with a better understanding of your child's growth and development, what to expect in the coming years, and simple activities to optimize your child's developmental potential. *\*A light dinner will be served for this evening group\**
- **Siblings: Will They Ever Get Along?** - Although it would be ideal if our children could always get along, fighting between siblings is a natural and normal part of growing up. Join us as we discuss why sibling rivalry occurs and how to regulate ourselves so we can help our children create strong and healthy relationships with each other.
- **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 – Rewind and Remember**- 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 – Remember to Remember**- 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."

**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.