








PARENT SUPPORT PROGRAM GROUP CALENDAR

June 2018				
Mon	Tue	Wed	Thu	Fri
				<p>1</p> <p>10:00am -12:00pm Using Whole-Brain Parenting Strategies: Remember to Remember</p> <p>- 2 Hours -</p> <p><i>North BNH 4908 Hastings Street</i></p>
<p>4</p> <p>10:30am -12:30pm Circle of Security™ (Week #1 of 6)</p> <p>- 2 Hours -</p> <p><i>#102- 5623 Imperial St</i></p>	<p>5</p> <p>NO GROUPS</p> 	<p>6</p> <p>10:30am -12:30pm The Multi-Tasking Mom: How to Prioritize, Organize, and Balance Life</p> <p>- 2 Hours -</p> <p><i>#102- 5623 Imperial St</i></p>	<p>7</p> <p>9:45am -11:45am Family Literacy Circle & Parent Q&A Drop-In (Week #10 of 10) ★</p> <p>- 2 Hours -</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p>8</p> <p>10:00am -12:00pm Healthy Families, Healthy Foods: Fermentation Workshop</p> <p>- 2 Hours -</p> <p><i>North BNH 4908 Hastings Street</i></p>
<p>11</p> <p>10:30am -12:30pm Circle of Security™ (Week #2 of 6)</p> <p>- 2 Hours -</p> <p><i>#102- 5623 Imperial St</i></p>	<p>12</p> <p>10:30am -12:30pm Mom's Nurturing and Support Circle</p> <p>- 2 Hours -</p> <p><i>#102- 5623 Imperial St</i></p>	<p>13</p> <p>10:30am -11:30am "Be Positive" Story and Craft-ivity (18 months+)★</p> <p>11:45am -12:45pm Parent-Child Free Play★ (all ages)</p> <hr/> <p>6:00pm – 8:00pm Reflections on Parenting</p> <p><i>#102- 5623 Imperial St</i></p>	<p>14</p> <p>10:30am -12:30pm The Importance of Family Rituals & How to Make Them Stress-Free</p> <p>- 2 Hours -</p> <p><i>#102- 5623 Imperial St</i></p>	<p>15</p> <p>10:00am -12:00pm Using Whole-Brain Parenting Strategies: Let the Cloud of Emotions Roll By</p> <p>- 2 Hours -</p> <p><i>North BNH 4908 Hastings Street</i></p>
<p>18</p> <p>10:30am -12:30pm Circle of Security™ (Week #3 of 6)</p> <p>- 2 Hours -</p> <p><i>#102- 5623 Imperial St</i></p>	<p>19</p> <p>10:30am -11:30am Creative Movement (18 months+)★</p> <p>11:45am -12:45pm Parent-Child Songs & Stories: Outer Space★ (all ages)</p> <p><i>#102- 5623 Imperial St</i></p>	<p>20</p> <p>NO GROUPS</p> 	<p>21</p> <p>10:30am -12:30pm 6 Ways To Support Your Child Through Loss</p> <p>- 2 Hours -</p> <p><i>#102- 5623 Imperial St</i></p>	<p>22</p> <p>10:00am -12:00pm Using Whole-Brain Parenting Strategies: Sift</p> <p>- 2 Hours -</p> <p><i>North BNH 4908 Hastings Street</i></p>
<p>25</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>26</p> <p>NO GROUPS</p> 	<p>27</p> <p>10:30am -12:30pm How to Manage Whining: The 10-Minute Solution</p> <hr/> <p>6:00pm – 8:00pm Parent Communication 101: Getting the Love You Want</p> <p><i>#102- 5623 Imperial St</i></p>	<p>28</p> <p>10:30am -11:30am Parent-Child Songs & Stories: Beach Theme★ (all ages)</p> <p>11:45am -12:45pm Parent-Child Free Play: Fun With Colours★ (all ages)</p> <p><i>#102- 5623 Imperial St</i></p>	<p>29</p> <p>10:00am -12:00pm Using Whole-Brain Parenting Strategies: Getting Back to the Hub</p> <p>- 2 Hours -</p> <p><i>North BNH 4908 Hastings Street</i></p>

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

★ **Interactive Groups** ★

- **“Be Positive” Story and Craft-ivity (18 months+)** - Join us for this fun filled hour based on the book, “Be Positive!” which teaches young children how to develop a positive outlook and sense of optimism.
- **Creative Movement (18 months+)** - This fun hour allows parent and child to explore movement and dance together through music, imagination, improvisation and play. Creative movement allows parent and child to build emotional connectedness and intimacy.
- **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.

Educational Groups (2 hours).

- **6 Ways to Support Your Child Through Loss** - At some point in our child's life they will experience the sadness that accompanies loss. Whether it be the loss of a loved one or treasured toy, the divorce of a child's parents, or major move, all human beings will experience a sense of sadness in response to the event. Guided by the book, “When Children Grieve”, we will learn 6 ways to support our children as we navigate this very integral part of life.
- **Circle of Security™** - 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.
- **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.)
- **Healthy Families, Healthy Foods: Fermentation Workshop** - Fermented foods, such as sauerkraut and kimchi, are very good for you but are often expensive to buy. We are excited to join Burnaby Food First and workshop facilitator Alice Macpherson at the North Burnaby Neighbourhood House to learn how to make your own. You can taste some and take some home to enjoy later!
- **How to Manage Whining: The 10-Minute Solution-** Whining is common with toddlers and preschoolers. Parents are usually advised to tell their kids to ask in a "nice" voice, because they can't hear the whiny voice. But whining is a symptom of a deeper issue. So if you want to eliminate whining, you have to address what's underneath. If your child's whining is driving you crazy, come learn six-parent proven secrets to stop the whining. Based on work by Dr. Laura Markham of AHA Parenting.
- **Reflections on Parenting** - Parenting is not an easy job, and we all want to do it the 'right' way. It's easy to get bogged down with societal pressures as well as the pressure we put on ourselves to be the 'perfect' parent. With a mixed discussion and reflective writing format, this session is about acknowledging where we are at with parenting in a non-judgmental way, celebrating successes, and exchanging ideas with other parents to inspire us along the challenging yet rewarding journey of raising children. **A light dinner will be served for this evening group**
- **The Importance of Family Rituals and How to Make Them Stress Free** - Come to this two-hour discussion, where we will learn why rituals are beneficial to healthy child development and how to weave them into our already busy lives. You will leave with new stress free ways to incorporate more fun and connection in your family unit.
- **The Multi-Tasking Mom: How to Prioritize, Organize, and Balance Life** – We are all juggling a lot these days. Join us while we take a look at some ideas for prioritizing, scheduling, time management, and learning to be more organized in our lives.
- **Parent Communication 101 - Getting the Love You Want** - Communication with your partner can be one of the most challenging aspects of parenting. Balancing your own needs with those of your partner and those of your children is no easy feat. This group will provide an overview of the information, reflections and strategies offered by couple's therapist Harville Hendrix, Ph.D, in his New York Times bestseller "Getting the Love You Want". **A light dinner will be served for this evening group**
- **Using Whole-Brain Parenting Strategies** – 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 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.