

**PARENT SUPPORT PROGRAM GROUP CALENDAR**

**July 2018**

| Mon  | Tue   | Wed  | Thu  | Fri  |
|--|---|--|--|--|
| <p><b>2</b><br/>NO GROUPS</p>                       | <p><b>3</b><br/>10:30am -12:30pm<br/><b>Expressive Arts for Parents</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>  | <p><b>4</b><br/>10:30am -12:30pm<br/><b>Raising Cooperative Children</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>  | <p><b>5</b><br/>10:30am -11:30am<br/><b>Expressive Arts (18 months +)★</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>6</b><br/>10:00am -12:00pm<br/><b>How to Help Our Children Through Conflict</b></p> <p>- 2 Hours -</p> <p><i>North BNH<br/>4908 Hastings Street</i></p>                                      |
| <p><b>9</b><br/>10:30am -12:30pm<br/><b>Circle of Security™ (Week #5 of 6)</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>  | <p><b>10</b><br/>NO GROUPS</p>    | <p><b>11</b><br/>10:30am -12:30pm<br/><b>Building Imagination in Children★</b><br/><b>(all ages)</b></p> <hr/> <p>6:00pm – 8:00pm<br/><b>Social-Emotional Development 101</b></p> <p>#102- 5623 Imperial St</p>                | <p><b>12</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>13</b><br/>10:00am -12:00pm<br/><b>Why Children Feel So Sad &amp; Angry Over Things That Seem Like 'No Big Deal'</b></p> <p>- 2 Hours -</p> <p><i>North BNH<br/>4908 Hastings Street</i></p> |
| <p><b>16</b><br/>10:30am -12:30pm<br/><b>Circle of Security™ (Week #6 of 6)</b></p> <p>- 2 Hours –</p> <p>#102- 5623 Imperial St</p> | <p><b>17</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>18</b><br/>10:30am -12:30pm<br/><b>Your Powerful Parenting Tool Box: Building A Positive Family Foundation (Week #1 of 2)</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>                                       | <p><b>19</b><br/>10:30am -11:30am<br/><b>Movement &amp; Music★</b><br/><b>(all ages)</b></p> <p>11:45am -12:45pm<br/><b>Playdough Fun★</b><br/><b>(all ages)</b></p> <p>#102- 5623 Imperial St</p> | <p><b>20</b><br/>10:00am -12:00pm<br/><b>How Do I Stop Feeling So Angry?</b></p> <p>- 2 Hours -</p> <p><i>North BNH<br/>4908 Hastings Street</i></p>   |
| <p><b>23</b><br/>10:30am -12:30pm<br/><b>Yoga for Self-Regulation</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>           | <p><b>24</b><br/>NO GROUPS</p>   | <p><b>25</b><br/>10:30am -12:30pm<br/><b>Your Powerful Parenting Tool Box: Building A Positive Family Foundation (Week #2 of 2)</b></p> <hr/> <p>6:00pm – 8:00pm<br/><b>The Seven Senses</b></p> <p>#102- 5623 Imperial St</p> | <p><b>26</b><br/>10:30am -12:30pm<br/><b>DVD Viewing: Winning at Parenting</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>  | <p><b>27</b><br/>10:00am -12:00pm<br/><b>Help! My Child is Losing It In Public and I'm Mortified!</b></p> <p>- 2 Hours -</p> <p><i>North BNH<br/>4908 Hastings Street</i></p>                      |
| <p><b>30</b><br/>10:30am -12:30pm<br/><b>Yoga for Self-Regulation</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>           | <p><b>31</b><br/>10:30am -11:30am<br/><b>Read and Learn: Using Stories to Develop Social and Emotional Skills★</b><br/><b>(all ages)</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> |   |    |   |

**Parent Support Program  
Burnaby & New Westminister Parenting Groups Descriptions – July 2018**

★ **Interactive Groups** ★

- **Building Imagination in Children** – Come and join us for this parent-child interactive group that focuses on activities that help build children's imaginations. This group also gives parents an opportunity to learn new activities and techniques they can use at home to build imagination in their children.
- **Movement and Music (All Ages)**- The fun hour allows you and your little one to explore movement together through music. There will be age appropriate props and activities to help you introduce music to your child. Join us to build emotional connectedness between you and your child while having fun!
- **Parent-Child Free Play (All Ages)** - Come take this opportunity to spend some quality play time with your child.
- **Playdough Fun** – Join us for this interactive group where you and your child will have the opportunity to roll and mold Playdough into wonderful creations!
- **Read and Learn: Using Stories to Develop Social and Emotional Skills** - Books aren't just for language and literacy development! Books can be used to teach important life lessons in a creative and engaging way. Bring your child and join us for a unique story time and opportunity to practice teaching through story time!

**Educational Groups (2 hours).**

- **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.
- **DVD Viewing: Winning at Parenting** – Barbara Coloroso, a world renowned parenting expert, discusses the challenges and frustrations of parenting in this video. Topics include: teaching children 'how to think', positive discipline, parenting styles, how to avoid power struggles, and tools to build a stronger parent-child relationship. After watching the video there will be time for group discussion.
- **Expressive Arts for Parents** - Expressive art is not only for children! Come join us in this two hour group where we will use art to encourage self-expression and exercise our creative being. No prior art experience is necessary!
- **Help! My Child is Losing it In Public and I'm Mortified!** - Dealing with our children's tantrums in public is a challenging situation for many parents. We worry that other people are watching and judging us. Join us as we explore how to deal with the feelings that arise in us and respond in a way that's helpful for our children.
- **How Do I Stop Feeling So Angry?** - Parenting is challenging and exhausting. Many parents find themselves feeling intense anger and frustration with their children. Join us as we explore how our thoughts impact our anger and what we can do to stop feeling so angry.
- **How to Help Our Children Through Conflict** - Our children experience conflict often - with parents, siblings, and friends. Join us as we explore how we can support our children to work through conflict by helping them navigate social situations and learn how to be considerate and respectful of others, even during times of conflict.
- **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 place. We will learn how to ask for and receive support and allow ourselves to be nurtured so that we can be more loving of ourselves.
- **Raising Cooperative Children** – Children don't always cooperate. In this group we will use foundational skills to help you foster a climate of cooperation and take a look at how you can build honoring relationships in your home.
- **Social-Emotional Development 101** - In this group, we will explore major concepts and current research on social-emotional development. We will discuss common challenges (ex. tantrums, transitions, the "NO" phase) and how to address them. Parents will leave this group with a better understanding of their child's emotions and behavior, as well as strategies and resources to help their children build healthy relationships with others. *\*A light dinner will be served for this evening group\**
- **Taking Care of Ourselves, So We Can Take Care of Them** - Parenting is hard work. Come join us as we spend some time in a fun and relaxing setting where 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.
- **The Seven Senses** - Did you know that we have seven senses, not five? Our senses provide vibrancy to the world that we live in and are crucial for our children to learn and grow in their environments. Every child has a different sensory repertoire, which has a significant impact on the way they explore and engage with the world. Join us for this evening group as we discuss the role of the senses in child development. *\*A light dinner will be served for this evening group\**
- **Why Children Feel So Sad & Angry Over Things That Seem Like 'No Big Deal'** - Children are born fully expressive. They show us every range of emotion whether we like it or not. It's not always easy for us to understand why they feel so strongly over things that seem so minor to us. Join us as we spend time learning about emotions, what purpose they serve and what they are telling us so we can better support them.
- **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 and gentle 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!*
- **Your Powerful Parenting Tool Box: Building A Positive Family Foundation** - Discover new and practical ways to build positive interactions into the fabric of your family life. We will help you build a skill set that will reduce negative behaviours and increase whole hearted affection between you and your children.

**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 Westminister 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.