

PARENT SUPPORT PROGRAM GROUP CALENDAR

August 2018

Mon	Tue	Wed	Thu	Fri
		<p>1</p> <p>10:30am -11:30am Parent-Child Songs & Stories★ (all ages)</p> <p>11:45-12:45am Arts and Crafts to Help Children Self-Soothe★ (all ages)</p> <p>#102- 5623 Imperial St</p>	<p>2</p> <p>10:30am -12:30pm Family Literacy Circle & Parent Q&A Drop-In (Week #1 of 4) ★</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>3</p> <p>10:00am -12:00pm Mom's Tea Time & Parenting Hot Topics</p> <p>- 2 Hours -</p> <p>North BNH 4908 Hastings Street</p>
<p>6 NO GROUPS</p> 	<p>7 NO GROUPS</p> 	<p>8</p> <p>10:30am -12:30pm Parenting Without Guilt: A Mindful Approach (Week #1 of 2)</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>9</p> <p>10:30am -12:30pm Family Literacy Circle & Parent Q&A Drop-In (Week #2 of 4) ★</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>10</p> <p>10:00am -12:00pm Family Art and Play★</p> <p>- 2 Hours -</p> <p>North BNH 4908 Hastings Street</p>
<p>13</p> <p>10:30am -12:30pm Yoga for Self-Regulation</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>14 NO GROUPS</p> 	<p>15</p> <p>10:30am -12:30pm Parenting Without Guilt: A Mindful Approach (Week #2 of 2)</p> <hr/> <p>6:00pm – 8:00pm Mindful Parenting</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>16</p> <p>10:30am -12:30pm Family Literacy Circle & Parent Q&A Drop-In (Week #3 of 4) ★</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>17 NO GROUPS</p> 
<p>20</p> <p>10:30am -12:30pm Yoga for Self-Regulation</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>21</p> <p>10:30am -12:30pm Mom's Nurturing and Support Circle</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>22 No Daytime Groups</p> <hr/> <p>6:00pm – 8:00pm Building Confidence: Embracing Challenge & Taking Healthy Risks</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>23</p> <p>10:30am -12:30pm Family Literacy Circle & Parent Q&A Drop-In (Week #4 of 4) ★</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>24</p> <p>10:00am -12:00pm Healthy Communication With Children</p> <p>- 2 Hours -</p> <p>North BNH 4908 Hastings Street</p>
<p>27</p> <p>10:30am -12:30pm What to Say When Our Children Ask Difficult Questions</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>28 NO GROUPS</p> 	<p>29</p> <p>10:30am -11:30am Creative Movement★ (2-5 years)</p> <p>11:45am-12:45pm Parent-Child Free Play★ (all ages)</p> <p>#102- 5623 Imperial St</p>	<p>30</p> <p>10:00am -12:00pm Help! My Child Doesn't Sleep Well & I'm Exhausted!</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>31</p> <p>10:00am -12:00pm Taking Care of Ourselves So We Can Take Care of Them</p> <p>- 2 Hours -</p> <p>North BNH 4908 Hastings Street</p>

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

★ **Interactive Groups** ★

- **Arts and Crafts to Help Children Self-Soothe** – Join us for this fun arts and crafts group that will focus on creating items that will assist in helping your child relax in times of frustration
- **Creative Movement (2-5 years)** – 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 Art & Play** - Let's play and create! Join us as we make the time to enjoy some creative expression. Bring the kids, your imagination and your own inner child and be ready to have some fun.
- **Family Literacy Circle and Parent Q&A** - During this 4-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 one FREE 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)

- **Building Confidence: Embracing Challenge & Taking Healthy Risks**- We all want our children to be confident in the world, yet there are risks and dangers that impede us from allowing our children to explore freely. Current research demonstrates that exploratory play and risk-taking help develop a child's ability to cope with stress; however, our current generation of children have less exposure to this type of play than ever before. Join us in discussing how we can encourage and support our children's safe exploration while living in a busy urban setting. **A light dinner will be served for this evening group**
- **Healthy Communication With Children:** Talking to children can be stressful and frustrating sometimes. We have so much we want to teach them, but sometimes it seems like they just can't hear us or don't want to hear us. Join us as we use "Conscious Communication Cards" created by Lori Petro of Teach Through Love to practice how to "reduce stress, build connection, and model respectful communication for kids."
- **Help! My Child Doesn't Sleep Well and I'm Exhausted!** - Does your child need you to lay beside them in order to fall asleep? Does your child come to your room in the middle of the night? Does your child ask for a million things every night dragging on bedtime for hours? If you answered YES! to any of these, please join Sleep Consultant, Natasha Douglas as she discusses baby and toddler sleep, the importance of sleep and most common issues, and the top sleep strategies to help you and your family start getting the sleep they need and deserve! Natasha joins us from WeeSleep Sleep Consultants. **PLEASE NOTE:** The group is schedule for 10am-12pm and will include a Q&A portion. So bring your questions!
- **Mindful Parenting** - Building awareness of our actions and reactions without judging ourselves is one of the best things we can do for our children. Join us in exploring mindfulness as it relates to parenting. We will go through several mindfulness exercises and also simple mindfulness tools that you can teach to preschoolers. **A light dinner will be served for this evening group**
- **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.
- **Mom's Tea Time and Parenting Hot Topics** - Come join us as we take this opportunity to relax, socialize and let the children play. We also encourage you to use this time to ask any parenting questions you have as this free format will allow you to determine which topics we discuss.
- **Parenting Without Guilt: A Mindful Approach** – In this 2-week series, you will discover how to manage the most difficult parenting moments through connection to your own experience and turning reactivity into responsiveness. This group will lay the foundation for you to transform the guilt of parenting into proud parenting moments.
- **What to Say When Our Children Ask Difficult Questions** - Children are naturally curious. As parents we have been asked "why?" by our children countless times. While we want to encourage our children's curiosity, it can also be challenging to know how to answer our children's difficult questions. Do we tell the truth? Do we lie? Can they handle the truth? Is the truth too much? Join us as we explore how we can find the balance in nurturing our children's curiosity and cultivating their trust in us while giving them information that's appropriate for their age and stage of development.
- **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!*

IMPORTANT Info. Please Read!

- **To sign up: e-mail 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.