

PARENT SUPPORT PROGRAM GROUP CALENDAR

September 2018				
Mon	Tue	Wed	Thu	Fri
3 NO GROUPS CLOSED FOR PROGRAM DEVELOPMENT	4 NO GROUPS CLOSED FOR PROGRAM DEVELOPMENT	5 NO GROUPS CLOSED FOR PROGRAM DEVELOPMENT	6 NO GROUPS CLOSED FOR PROGRAM DEVELOPMENT	7 NO GROUPS CLOSED FOR PROGRAM DEVELOPMENT
10 NO GROUPS CLOSED FOR PROGRAM DEVELOPMENT	11 NO GROUPS CLOSED FOR PROGRAM DEVELOPMENT	12 NO GROUPS CLOSED FOR PROGRAM DEVELOPMENT	13 NO GROUPS CLOSED FOR PROGRAM DEVELOPMENT	14 NO GROUPS CLOSED FOR PROGRAM DEVELOPMENT
17 10:30am -12:30pm Yoga for Self- Regulation - 2 Hours - <i>#102- 5623 Imperial St</i>	18 10:30am -12:30pm Mom's Nurturing and Support Circle - 2 Hours - <i>#102- 5623 Imperial St</i>	19 NO GROUPS  - 2 Hours -	20 10:30am -12:30pm Helping Children Forgive - 2 Hours - <hr style="width: 50%; margin: 0 auto;"/> 6:00pm – 8:00pm Mindful Parenting - 2 Hours - <i>#102- 5623 Imperial St</i>	21 10:30am -12:30pm Expressive Arts for Parents - 2 Hours - <i>#102- 5623 Imperial St</i>
24 10:30am -12:30pm Parent-Child Free Play★ (all ages) - 2 Hours - <i>#102- 5623 Imperial St</i>	25 NO GROUPS  - 2 Hours -	26 10:30am -12:30pm How to Raise Children With A Positive Body Image - 2 Hours - <i>#102- 5623 Imperial St</i>	27 10:30am -12:30pm Family Emergency Preparedness - 2 Hours - <i>#102- 5623 Imperial St</i>	28 NO GROUPS  - 2 Hours -

★ Interactive Groups ★

- **Parent-Child Free Play (All Ages)** - Come take this opportunity to spend some quality play time with your child.

Educational Groups (2 hours).

- **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!
- **Family Emergency Preparedness** - Is "Safety Planning" an item that never seems to leave your to-do list? Do you find just thinking about it creates overwhelm and don't know where to start? Well, start here! In this two hour group we will complete a 10 step Safety Plan, review what is needed in a family emergent kit and have time to answer some questions.
- **Helping Children Forgive** - Do your kids have a hard time letting go of upset and anger? Do they ruminate over negative events, words or feelings? In this two hour group, parents will learn child friendly ways to practice forgiveness and how to teach it in child appropriate ways. Only 8 seats available, so sign up quickly!
- **How to Raise Children with a Positive Body Image** - As parents we can promote a healthy body image in our children from a young age. Join us for an educational group where we will discuss the factors that contribute to developing a positive body image and the actions parents can take in facilitating this.
- **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.
- **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 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.