

PARENT SUPPORT PROGRAM GROUP CALENDAR

October 2018

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>10:30am -12:30pm Siblings: When Will They Stop Fighting?</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>2</p> <p>10:30am -11:30am Parent-Child Songs & Stories ★ (all ages)</p> <p>11:45am-12:45pm Parent-Child Free Play ★ (all ages)</p> <p>#102- 5623 Imperial St</p>	<p>3</p> <p>10:30am -12:30pm Managing Difficult Feelings: Learning How to Self-Regulate (Week #1 of 3)</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>4</p> <p>10:30am – 12:30pm Circle of Security New Westminster (Week #1 of 6)</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p>5</p> <p>NO GROUPS</p> 
<p>8</p> <p>NO GROUPS</p> 	<p>9</p> <p>10:30am -12:30pm The Magic of Mistakes: How Mistakes Teach Kids to Strive and Thrive!</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>10</p> <p>10:30am -12:30pm Managing Difficult Feelings: Learning How to Self-Regulate (Week #2 of 3)</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>11</p> <p>10:30am – 12:30pm Circle of Security New Westminster (Week #2 of 6)</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p> <hr/> <p>6:00pm – 8:00pm Documentary Screening: Born to Learn</p> <p>#102- 5623 Imperial St</p>	<p>12</p> <p>10:30am -12:30pm Healthy Habits For a More Peaceful Home</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>
<p>15</p> <p>10:00am -12:00pm Supporting a Child with Social Anxiety</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>16</p> <p>10:30am -11:30am Parent-Child Songs & Stories ★ (all ages)</p> <p>11:45am-12:45pm Parent-Child Free Play ★ (all ages)</p> <p>#102- 5623 Imperial St</p>	<p>17</p> <p>NO GROUPS</p> 	<p>18</p> <p>10:30am – 12:30pm Circle of Security New Westminster (Week #3 of 6)</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p>19</p> <p>NO GROUPS</p> 
<p>22</p> <p>10:30am -12:30pm Mom's Nurturing and Support Circle</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>23</p> <p>10:30am -12:30pm The Ups and Downs of Motherhood (0-18months)</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>24</p> <p>10:30am -12:30pm Managing Difficult Feelings: Learning How to Self-Regulate (Week #3 of 3)</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>25</p> <p>10:30am – 12:30pm Circle of Security New Westminster (Week #4 of 6)</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p> <hr/> <p>6:00pm – 8:00pm Enhancing Early Communication</p> <p>#102- 5623 Imperial St</p>	<p>26</p> <p>NO GROUPS</p> 
<p>29</p> <p>10:30am -12:30pm Yoga for Self-Regulation</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>30</p> <p>10:30am -12:30pm Howl-O-Ween Hootenany ★ (all ages)</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>31</p> <p>10:30am -11:30am Creative Movement: All About the Body ★ (2-5 Years)</p> <p>11:45am-12:45pm All About Bedtime Story & Craft-ivity ★ (all ages)</p> <p>#102- 5623 Imperial St</p>		

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

★ **Interactive Groups** ★

- **All About Bedtime Story and Craft-ivity** - Join us for this fun filled hour of stories and activities that are all about bedtime. Children and parents will learn about bedtime routines and rituals.
- **Creative Movement: All About the Body (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. We will be learning about the human body, with lots of fun activities to teach children about the different parts of their body!
- **Howl-O-Ween Hootenany!** - Calling all werewolves, superheros and spooksters to our Cameray Halloween Party where we will celebrate all things tricky and treaty. Costumes are encouraged!
- **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).

- **Circle of Security™ (New Westminster)** - 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.
- **Documentary Screening: Born to Learn** - Science points to the first five years as life as a critical period for brain development. The KSPS documentary Born to Learn explores core concepts of early brain development and the young brain's potential for learning. We will watch the documentary and have time for discussion. **A light dinner will be served for this evening group**
- **Enhancing Early Communication** - Did you know that there is much more to communication than learning words? Your child's ability to communicate shapes the way that he or she experiences learning, relationships, regulating emotions and more. Join us as we explore the progression of communication skills in early development and share resources for supporting early communication development. **A light dinner will be served for this evening group**
- **Healthy Habits For a More Peaceful Home:** Life can feel stressful and overwhelming as a parent. The list of to-do's seems never-ending. Join us as we explore how we can incorporate simple habits in our daily lives to make life more peaceful and enjoyable for everyone.
- **Managing Difficult Feelings: Learn to Self regulate (3-Week Series)** – Uncomfortable feelings like anger, frustration, and sadness are often present in the early years of parenting. Explore strategies that will help you manage your own justified and unjustified feelings moment to moment. You will also leave with strategies to help your kids manage their feelings.
- **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.
- **Siblings - When will they stop fighting?** - As much as we wish that siblings would get along, the reality is that sibling relationships can be full of fighting, pestering, pushing, screaming and other aggressive or competitive behaviours. Join us as we discuss how to help our children build healthy and strong sibling relationships and how we can remain calm during their sibling blowouts so that we can help them work through these moments.
- **Supporting a Child with Social Anxiety** – Some children find it difficult to socialize with others because of their fears. Come join us for this educational group where we will explore the difference between fears and anxiety and discuss how best to support our children in social environments.
- **The Magic of Mistakes: How Mistakes Teach Kids to Strive and Thrive!** - Nobody likes making mistakes, especially when it is followed by a story line of "I can't do it and I give up!". But what if you were told that mistakes are actually the missing component between successful and unsuccessful people? This group will begin by exploring what mistakes mean to you and your children and journey into how to speak to your children about the empowerment of grit and not giving up.
- **The Ups and Downs of Motherhood** - Whether you are welcoming your first, second or more, raising a baby is considered THE most challenging job in the human experience, and most of us mom's are doing it alone. Should I play with them more? When can I introduce nuts? How do I make sure they grow up strong and confident? In this group, you will have an opportunity to address questions like this, as well as the challenges of motherhood, like overwhelm and loneliness, in a safe, supportive environment. Snacks and coffee will be provided as well as a safe area for your baby to explore. **Open to families with children ages 0-18 months.*
- **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 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.