

PARENT SUPPORT PROGRAM GROUP CALENDAR

November 2018

Mon	Tue	Wed	Thu	Fri
			<p>1 10:30am – 12:30pm Circle of Security New Westminster (Week #5 of 6)</p>  <p><i>NLC Qayqayt</i> 85 Merrivale St, New Westminster</p>	<p>2 10:30am -12:30pm Calming the Storm: How to Handle Children's Meltdowns</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>
<p>5 10:30am -12:30pm Expressive Arts for Parents</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>6 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>7 10:30am -12:30pm How to Raise Children With a Positive Body Image</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>8 10:30am – 12:30pm Circle of Security New Westminster (Week #6 of 6)</p>  <p><i>NLC Qayqayt</i> 85 Merrivale St, New Westminster</p>	<p>9 NO GROUPS</p>
<p>12 NO GROUPS</p> 	<p>13 10:30am -12:30pm Encouraging Children to Work Hard & Work Smart</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>14 10:30am -11:30am Creative Movement for Self Soothing ★ (2-5 Years)</p> <p>11:45am-12:45pm Arts and Crafts to Help Children Self Soothe ★ (2-5 Years)</p> <p>#102- 5623 Imperial St</p>	<p>15 10:30am – 12:30pm Yoga for Self- Regulation (Week #1 of 4)</p> <p><i>NLC Qayqayt</i> 85 Merrivale St, New Westminster</p>	<p>16 NO GROUPS</p> 
<p>19 10:30am -12:30pm Mom's Nurturing and Support Circle</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>20 NO GROUPS</p> 	<p>21 NO GROUPS</p> 	<p>22 10:30am – 12:30pm Yoga for Self- Regulation (Week #2 of 4)</p> <p><i>NLC Qayqayt</i> 85 Merrivale St, New Westminster</p>	<p>23 NO GROUPS</p> 
<p>26 10:30am -12:30pm Parenting With Patience: Turning Frustration Into Connection</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>27 10:30am -11:30am Fall Fun Story & Craftivity ★ (all ages)</p> <p>11:45am-12:45pm Pyjama Party ★ (all ages)</p> <p>#102- 5623 Imperial St</p>	<p>28 10:30am -12:30pm Play & Learn: How to Connect With Your Child Through Play</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>29 10:30am – 12:30pm Yoga for Self- Regulation (Week #3 of 4)</p> <p><i>NLC Qayqayt</i> 85 Merrivale St, New Westminster</p>	<p>30 10:30am -12:30pm The Energized Parent: Getting the Energy You Need to Raise Healthy Children</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>

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

★ **Interactive Groups** ★

- **Arts and Crafts to Help Children Self Soothe (2-5 years)** – 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 for Self Soothing (2-5 years)** – This fun hour allows parent and child to explore how to use sensory processing, movement, imagination, improvisation and play to help your child self-regulate.
- **Fall Fun Story and Craftivity** - Join us for some fun Fall inspired activities and games.
- **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.
- **Pyjama Party** - Bring your stuffies, wear your favourite pyjamas and join us for a “nighttime PJ party”! This group is ideal for kids who may be afraid of the dark or have challenges with going to sleep.

Educational Groups (2 hours).

- **Calming the Storm: How to Handle Children’s Meltdowns** - Children are born expressive. They can be loud and persistent when things don’t go their way. They are not concerned with who is watching or how tight your schedule is. When they have had enough, they explode. These emotional meltdowns can be very triggering for us as parents. Join us as we explore the purpose of these meltdowns and how to support our children through them and stay sane at the same time.
- **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.
- **Encouraging Children to Work Hard and Work Smart** - Are your kids struggling with perfection, procrastination or persistence? Do you sometimes hear, “I’m not good at it and I want to give up!”? Join us for this two hour discussion group where we will examine how some phrases work better than others to encourage grit and hard work ethic. Parents will leave with resources for what to say and how to say it!
- **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!
- **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.
- **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.
- **Parenting with Patience: Turing Frustration Into Connection** – Based on the book by Judy Arnall, this group will explore the three easy steps of how to calm yourself and your child in intense situations. We will also discuss how to build skills of self-control, patience, and compassionate communication.
- **Play & Learn: How To Connect with Your Child Through Play** – During this group we will discuss the importance of play and how you can use play to nurture cooperation, connections and communication with our kids. During the second hour of group, parents will have the opportunity to connect with their children through play with the guidance of the facilitator.
- **The Energized Parent: Getting the Energy You Need to Raise Healthy Children** - Parenting is tough. It’s easy to fall into ruts and feel emotionally and physically depleted. Join us as we explore simple ways that can help us re-energize even when we have young children and often feel pressed for time.
- **Yoga for Self-Regulation (New Westminster)** - 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.