







PARENT SUPPORT PROGRAM GROUP CALENDAR

December 2018				
Mon	Tue	Wed	Thu	Fri
3 10:30am -12:30pm Expressive Arts for Parents: Holiday Edition! - 2 Hours - <i>#102- 5623 Imperial St</i>	4 10:30am -12:30pm The Good News About Bad Behaviour: How to Set Limits - 2 Hours - <i>#102- 5623 Imperial St</i>	5 10:30am -12:30pm How to Manage the Overwhelm of the Holiday Season - 2 Hours - <i>#102- 5623 Imperial St</i>	6 10:30am – 12:30pm Yoga for Self-Regulation (Week #4 of 4) <i>NLC Qayqayt 85 Merrivale St, New Westminster</i>	7 NO GROUPS 
10 10:00am -12:00pm How to Transform Waiting Time Into Play Time - 2 Hours - <i>#102- 5623 Imperial St</i>	11 2:30pm -3:30pm Circus Animal Craftivity ★ (2-5 Years) 3:45pm – 4:45pm Swap & Shop Free Play ★ (all ages) <i>#102- 5623 Imperial St</i>	12 10:30am -12:30pm Dental Group - 2 Hours - <i>#102- 5623 Imperial St</i>	13 10:30am -12:30pm How to Help Children Uncover Their Strengths & Talents - 2 Hours - <i>#102- 5623 Imperial St</i>	14 10:30am -12:30pm Mom's Nurturing and Support Circle - 2 Hours - <i>#102- 5623 Imperial St</i>
17 10:0am -11:00am Root Your Family in Rituals 11:15am-12:15pm Holiday Crafting ★ (2-5 Years) <i>#102- 5623 Imperial St</i>	18 NO GROUPS 	19 No Daytime Groups 6:00pm – 8:00pm Managing Conflict Between Children - 2 Hours - <i>#102- 5623 Imperial St</i>	20 10:30am -12:30pm CAMERAY HOLIDAY PARTY! ★ - 2 Hours - <i>#102- 5623 Imperial St</i>	21 10:30am -12:30pm Pamper the Parents - 2 Hours - <i>#102- 5623 Imperial St</i>
24 NO GROUPS PROGRAM CLOSED FOR HOLIDAYS	25 NO GROUPS PROGRAM CLOSED FOR HOLIDAYS	26 NO GROUPS PROGRAM CLOSED FOR HOLIDAYS	27 NO GROUPS PROGRAM CLOSED FOR HOLIDAYS	28 NO GROUPS PROGRAM CLOSED FOR HOLIDAYS
31 NO GROUPS PROGRAM CLOSED FOR HOLIDAYS				

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

★ **Interactive Groups** ★

- **Cameray Holiday Party** – Join us for our annual winter party where your kids can play and you can relax and connect with other families. We'll have food and some fun activities for the kids.
- **Circus Animal Craftivity (2-5 years)** - Come one, come all! Join us for this exhilarating hour of Animal Circus related activities and fun!
- **Holiday Crafting (2-5 years)** - This fun hour allows parents and children to create holiday-themed art together. Take your creation home and let us clean up the mess!
- **Swap and Shop Free Play** - Do you have toys and clothes that you don't need anymore that are ready to be given to a new home? Would you like to clear some space in your home? Bring it to our children's Swap and Shop group where we can share our gently used items with others who can use it. All leftover items will be donated to Big Brothers.

Educational Groups (2 hours)

- **Dental Group** – The Fraser Health dental team will be coming in to provide screening, fluoride varnish, and information on dental health for children 0-36 months.
- **Expressive Arts for Parents: Holiday Edition!** - 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 Help Our Children Uncover Their Strengths and Talents** - All successful people know the importance of using their strengths and talents to their advantage. Join us as we discuss how we can help our children uncover their unique strengths and talents and how we can nurture those qualities so that they can use them to reach their goals and dreams. We will also look at how to support our children in areas that they find more challenging.
- **How to Manage the Overwhelm of the Holiday Season** – 'Tis the season to be jolly...and overwhelmed! Feeling stressed during the holiday season is common. In this group, we'll look at some of the most common things that contribute to burnout over the holidays and how to avoid them, as well as how to shift from feeling overwhelmed to feeling calm.
- **How to Transform Waiting Time into Play Time** - Let's face it, it's frustrating and boring to have to wait, both for children and for adults. It doesn't put anyone in a good mood. But there are ways to change boring to fun, by turning waiting time into a chance to learn and connect. Come join this group discussion and discover some tools that will help you give your child a better way to get your attention than whining.
- **Managing Conflict Between Children** – Children need to develop problem solving and conflict resolution skills in order to get along with other kids. In this group, we will learn how to manage conflict and arguments between children (siblings, friends, playmates, etc.) and teach them how to get along with others. **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.
- **Pamper the Parents** – Parents can enjoy some quiet time over a cup of tea while children play in the playroom.
- **Root Your Family in Rituals** - In our stress-filled, chaotic world, routines and rituals are important to the health and well-being of today's families. During this one hour group, parents will discuss how rituals impact family relationships and explore ways to incorporate rituals into your daily life.
- **The Good News About Bad Behaviour: How to Set Limits** – No child wakes up in the morning and thinks, "I'm going to disappoint my teachers and parents today." Every child wants to behave, they just don't have the skills yet. Join us to learn the framework for setting limits for our kids that leave them feeling respected, helpful and loved. This group is based on the work of Katherine Reynolds Lewis, author of The Good News About Bad Behaviour.
- **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.