











PARENT SUPPORT PROGRAM GROUP CALENDAR

January 2019

Mon	Tue	Wed	Thu	Fri
	1 NO GROUPS	2 NO GROUPS	3 NO GROUPS	4 NO GROUPS
				
7 10:30am -12:30pm Ending Power Struggles - 2 Hours - #102- 5623 Imperial St	8 10:30am -12:30pm Yoga for Self-Regulation - 2 Hours - #102- 5623 Imperial St	9 NO GROUPS 	10 9:45am -11:45am Family Literacy Circle & Parent Q&A Drop-In (Week #1 of 10) ★ <i>NLC Qayqayt 85 Merrivale St, New Westminster</i>	11 NO GROUPS 
14 10:00am -12:00pm Circle Time and Free Play★ (all ages) 6:00pm – 8:00pm Peaceful Parent, Happy Kids (Week #1 of 3) #102- 5623 Imperial St	15 10:30am -12:30pm Parent-Child Free Play★ (all ages) - 2 Hours - #102- 5623 Imperial St	16 NO GROUPS 	17 9:45am -11:45am Family Literacy Circle & Parent Q&A Drop-In (Week #2 of 10) ★ <i>NLC Qayqayt 85 Merrivale St, New Westminster</i>	18 10:30am -12:30pm Expressive Arts for Parents - 2 Hours - #102- 5623 Imperial St
21 10:00am -12:00pm Family Communication: How to Run Family Meetings 6:00pm – 8:00pm Peaceful Parent, Happy Kids (Week #2 of 3) #102- 5623 Imperial St	22 10:30am -11:30am Parent-Child Songs & Stories★ (all ages) 11:45am-12:45pm Expressive Arts (18 months +)★ #102- 5623 Imperial St	23 10:30am -12:30pm Parent-Child Free Play★ (all ages) - 2 Hours - #102- 5623 Imperial St	24 9:45am -11:45am Family Literacy Circle & Parent Q&A Drop-In (Week #3 of 10) ★ <i>NLC Qayqayt 85 Merrivale St, New Westminster</i>	25 10:30am -12:30pm Bringing Joy Back into Parenting: How to Manage Frustration - 2 Hours - #102- 5623 Imperial St
28 10:30am -12:30pm Mom's Nurturing and Support Circle 6:00pm – 8:00pm Peaceful Parent, Happy Kids (Week #3 of 3) #102- 5623 Imperial St	29 NO GROUPS 	30 10:30am -11:30am Playdough Fun★ (all ages) 11:45am-12:45pm Parent-Child Free Play★ (all ages) 6:00pm – 8:00pm Balancing Love, Work and Play #102- 5623 Imperial St	31 9:45am -11:45am Family Literacy Circle & Parent Q&A Drop-In (Week #4 of 10) ★ <i>NLC Qayqayt 85 Merrivale St, New Westminster</i>	

Parent Support Program
Burnaby & New Westminster Parenting Groups Descriptions – January 2019

Interactive Groups ★

Circle Time and Free Play - Join us for this fun-filled 2-hour group that will include both interactive and free play activities focused on helping your child get pre-school and kindergarten ready.

Expressive Arts (18 months+) - Join us for this interactive group where children will have the opportunity to express themselves through artistic works. ★

Family Literacy Circle and Parent Q&A (EYC at Qayqayt Elementary School) - During this 10-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 1 one free NEW book for you to keep (up to a maximum of 5 books during the series). Join us for this very special program. **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.

Playdough Fun (All Ages) – Join us for this interactive group where you and your child will have the opportunity to roll and mold Playdough into wonderful creations!

Educational Groups (2 hours).

Balancing Love, Work and Play - In order to stay focused on what is important to you as a parent, you have to be able to recover repeatedly from the miscellaneous problems of daily living. Taking care of yourself is a good antidote to the stress and struggle of parenting. Self-care is one of the best things you can do for your children. Join us for a discussion on how you can find ways to regularly take care of yourself and indulge in activities that bring you pleasure. **A light dinner will be served for this evening group**

Bringing Joy Back Into Parenting: How to Manage Frustration - Children do many things each day that can get on our nerves. They demand things be a certain way, they yell and scream if they don't get their way, they refuse to do what we ask of them...all of those things can leave us really frustrated. Join us as we explore what we can do to lower our frustration and bring the joy back to parenting.

Ending Power Struggles - It's exhausting going back and forth fighting about every little thing with our children. As parents, we are often tired and overwhelmed and just want our children to cooperate. Join us as we explore why power struggles are happening and what we can do to prevent and work through them so that we can all feel more peaceful.

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 Communication: How to Run Family Meetings – Join us to learn how family meetings can help your family communicate and how to structure and run useful family meetings in your home with both older and younger children.

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.

Peaceful Parent, Happy Kids (3-week series) - This group is based on the book "Peaceful Parent, Happy Kids" by Dr Laura Markham. During this group we will explore ways of regulating yourself (including gaining a deeper understanding of emotions, discovering how to heal yourself and using mindfulness to manage angry moments); connecting with your kids (including developing empathy, playing, special time and routines); and learning to coach children instead of controlling them. **A light dinner will be served for this evening group**

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 pspgroupssignup@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.