

**PARENT SUPPORT PROGRAM GROUP CALENDAR**

**February 2019**

Mon	Tue	Wed	Thu	Fri
				<p><b>1</b> 10:30am -12:30pm <b>Help! My Child is So Stubborn</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>
<p><b>4</b> <b>10:00am -12:00pm</b> <b>The Importance of Physical Activity for Children</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>5</b> 10:30am -11:30am <b>Story Time &amp; Craft: The Biggest, Best Snowman</b> ★ <b>(all ages)</b></p> <p>11:45am-12:45pm <b>Parent-Child Free Play</b> ★ <b>(all ages)</b></p> <p>#102- 5623 Imperial St</p>	<p><b>6</b> NO GROUPS</p> 	<p><b>7</b> 9:45am -11:45am <b>Family Literacy Circle &amp; Parent Q&amp;A Drop-In</b> <b>(Week #5 of 10) ★</b></p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p><b>8</b> 10:30am -12:30pm <b>Helping Children Become Good Problem Solvers</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>
<p><b>11</b> <b>10:00am -12:00pm</b> <b>Building Social &amp; Emotional Intelligence</b></p> <hr/> <p>6:00pm – 8:00pm <b>Conscious Communication</b></p> <p>#102- 5623 Imperial St</p>	<p><b>12</b> 10:30am -12:30pm <b>Story Time &amp; Craft: The Things I Love About Friends</b> ★ <b>(18 months+)</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>13</b> 10:30am -12:30pm <b>Parent-Child Free Play</b> ★ <b>(all ages)</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>14</b> 9:45am -11:45am <b>Family Literacy Circle &amp; Parent Q&amp;A Drop-In</b> <b>(Week #6 of 10) ★</b></p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p><b>15</b> <b>10:00am -11:00am</b> <b>Yoga for Self-Regulation</b></p> <p>- 1 Hour -</p> <p>#102- 5623 Imperial St</p>
<p><b>18</b> NO GROUPS</p> 	<p><b>19</b> 10:30am -11:30am <b>Parent-Child Songs &amp; Stories</b> ★ <b>(all ages)</b></p> <p>11:45am-12:45pm <b>Expressive Arts: All About Colours</b> ★ <b>(18 months +)</b></p> <p>#102- 5623 Imperial St</p>	<p><b>20</b> No Daytime Groups</p> <hr/> <p>6:00pm – 8:00pm <b>Learning to Set Boundaries with Others</b></p> <p>#102- 5623 Imperial St</p>	<p><b>21</b> 9:45am -11:45am <b>Family Literacy Circle &amp; Parent Q&amp;A Drop-In</b> <b>(Week #7 of 10) ★</b></p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p><b>22</b> <b>10:00am -11:00am</b> <b>Yoga for Self-Regulation</b></p> <p>- 1 Hour -</p> <p>#102- 5623 Imperial St</p>
<p><b>25</b> 10:30am -12:30pm <b>Mom's Nurturing and Support Circle</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>26</b> 10:30am -11:30am <b>Parent-Child Songs &amp; Stories</b> ★ <b>(all ages)</b></p> <p>11:45am-12:45pm <b>Expressive Arts</b> ★ <b>(18 months +)</b></p> <p>#102- 5623 Imperial St</p>	<p><b>27</b> 10:30am -11:30am <b>Creative Movement</b> ★ <b>(18 months +)</b></p> <p>11:45am-12:45pm <b>Expressive Arts</b> ★ <b>(18 months +)</b></p> <hr/> <p>6:00pm – 8:00pm <b>No More Hitting Podcast and Discussion</b></p> <p>#102- 5623 Imperial St</p>	<p><b>28</b> 9:45am -11:45am <b>Family Literacy Circle &amp; Parent Q&amp;A Drop-In</b> <b>(Week #8 of 10) ★</b></p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p> 	

★ **Interactive Groups** ★

- **Creative Movement (18 months+)** - 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.
- **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.
- **Story Time & Craft: The Things I Love About Friends (18 months+)** – What makes a friend special? Join us for an hour of stories and crafts inspired by the book “The Things I Love About Friends” by Trace Moroney. Children can make a friendship bracelet to keep or give to a friend!
- **Story Time & Craft: The Biggest, Best Snowman** - How do you build the best snowman? The importance of helping and working together will be emphasized. Children will paint and decorate their own snowman to take home.

**Educational Groups (2 hours).**

- **Building Social & Emotional Intelligence**- When it comes to building our children’s knowledge and intelligence, many parents turn their attention to ABC’s and 1-2-3’s rather than coping with emotions and getting along with others. This group will explore ways of helping children develop useful social skills and emotional resiliency.
- **Conscious Communication** – In this group you will learn how to use positive communication with your kids and partner to facilitate loving and respectful family dynamics. There will be opportunities for families to share personal communication struggles, and practice new strategies to weave empathy and validation into their responses. *\*A light dinner will be served for this evening group\**
- **Help! My Child Is So Stubborn** - We’ve all had those moments where our children are stuck on wanting what they want! No matter how hard we try, we can’t seem to convince them to change their mind. Join us as we explore how to stay calm during these moments and how we can support our children in learning how to be more flexible thinkers.
- **Helping Children Become Good Problem Solvers** - Some problems that seem small to us as parents, feel really big to our children. To them, it seems as though the problem is too big to handle and they often feel so frustrated that they give up easily. Join us as we discuss how we can help our children learn to solve big and small problems in creative ways.
- **Learning to Set Boundaries with Others**- In this group parents will learn to establish healthy limits with others, including their children. Healthy boundaries lead to calm, centred, and focused personal relationships. *\*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.
- **No More Hitting Podcast and discussion**- Have a child who hits, bites or pushes other kids? Discover what’s behind our children’s impulsive behavior, and what to do about it. This podcast teaches us how to use warmth and authority to help our children shift into happier interactions. The material used for this session is a podcast presented by Patty Wipfler from Hand in Hand Parenting and Dr. Laura Markham from AHA Parenting. *\*A light dinner will be served for this evening group\**
- **The Importance of Physical Activity for Children** - “Is it okay to stay in all day when it’s raining outside?” “Is it bad if my child doesn’t join any sports or activities?” “How do I help my child get out all their energy?” If you’ve ever asked yourself these questions, then this is the group for you. We will explore the importance of physical movement for young children and the impact it has on their physical and mental development.
- **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](mailto: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.