

PARENT SUPPORT PROGRAM GROUP CALENDAR

March 2019

Mon	Tue	Wed	Thu	Fri
				<p>1 10:30am -12:30pm What Happens After We Fight In Front of The Kids?</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>
<p>4 10:00am -12:00pm The 5 Love Languages: Expressing Love in a Language Your Child Understands</p> <hr/> <p>6:00pm – 8:00pm The Heart of Parenting: Emotion Coaching (Week #1 of 2)</p> <p>#102- 5623 Imperial St</p>	<p>5 NO GROUPS</p> 	<p>6 No Morning Groups</p> <hr/> <p>12:30pm – 2:30pm Expressive Arts for Parents</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>7 10:30am -12:30pm Parent-Child Free Play ★ (all ages)</p> <p>#102- 5623 Imperial St</p> <hr/> <p>9:45am -11:45am Family Literacy Circle & Parent Q&A Drop-In (Week #9 of 10) ★</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p>8 10:00am -11:00am Yoga for Self-Regulation</p> <p>- 1 Hour -</p> <p>#102- 5623 Imperial St</p>
<p>11 10:30am -12:30pm Attachment Parenting: What Is It and Why Is It Important?</p> <hr/> <p>6:00pm – 8:00pm The Heart of Parenting: Emotion Coaching (Week #2 of 2)</p> <p>#102- 5623 Imperial St</p>	<p>12 10:30am -11:30am Movement & Music: Everything Green ★ (all ages)</p> <p>11:45am-12:45pm Snack Time Fun: Going Green! ★ (all ages)</p> <p>#102- 5623 Imperial St</p>	<p>13 10:30am -11:30am Story Time & Craft: The Very Hungry Caterpillar ★ (18 months +)</p> <p>11:45am-12:45pm Parent-Child Free Play ★ (all ages)</p> <hr/> <p>6:00pm – 8:00pm Family Sleep Routines</p> <p>#102- 5623 Imperial St</p>	<p>14 10:30am -12:30pm Pamper the Parents</p> <p>#102- 5623 Imperial St</p> <hr/> <p>9:45am -11:45am Family Literacy Circle & Parent Q&A Drop-In (Week #10 of 10) ★</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p>15 10:00am -11:00am Yoga for Self-Regulation</p> <p>- 1 Hour -</p> <p>#102- 5623 Imperial St</p>
<p>18 10:30am -12:30pm Guest Speaker: Affordable Childcare</p> <hr/> <p>2pm – 4pm Circle Time & Free Play ★ (all ages)</p> <p>#102- 5623 Imperial St</p>	<p>19 10:30am -11:30am Movement & Music ★ (all ages)</p> <p>11:45am-12:45pm Expressive Arts: Butterflies ★ (18 months +)</p> <p>#102- 5623 Imperial St</p>	<p>20 10:30am -11:30am Parent-Child Free Play ★ (all ages)</p> <p>11:45am-12:45pm Parent-Child Songs & Stories: Puppets ★ (all ages)</p> <p>#102- 5623 Imperial St</p>	<p>21 10:30am -12:30pm Getting Angry...Without Yelling, Spanking, or Punishing</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>22 10:30am -12:30pm Happy and Healthy Families: Bringing Positivity Into the Home</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>
<p>25 10:00am -11:00am Highlighting Artistic Process Instead of Product</p> <p>11:15am-12:12pm Parent-Child Expressive Arts ★ (18 months +)</p> <p>#102- 5623 Imperial St</p>	<p>26 10:30am -11:30am Expressive Arts: Spring has Sprung! ★ (18 months +)</p> <p>11:45am-12:45pm Parent-Child Free Play ★ (all ages)</p> <p>#102- 5623 Imperial St</p>	<p>27 10:30am -12:30pm Mindful Mommas: The Art of Being Present</p> <hr/> <p>6:00pm – 8:00pm Positive Discipline vs. Punishment: How Are They Different?</p> <p>#102- 5623 Imperial St</p>	<p>28 10:30am -12:30pm Taking Care of Ourselves So We Can Take Care of Them</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>29 10:30am -12:30pm How Parenting Styles Affect Our Children</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>

★ Interactive Groups ★

- **Circle Time and Free Play (All Ages)** - 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** - During this 10-week series, you and your child will enjoy songs, rhymes, and stories, which promote literacy and reading at home. During the second half of this group we will provide children time to play and enjoy literacy activities, while parents have to opportunity to socialize and ask questions about parenting.
- **Movement & Music: Everything Green (All Ages)** - Join us for an hour of musical fun with instruments and songs as we try to find everything green. Don't forget to wear green!
- **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.
- **Snack Time Fun: Going Green! (All Ages)** - Come and join us for an hour of creating healthy green snacks - make fruit shish kabobs, ants on a log, and cucumber stars!
- **Story Time & Craft: The Very Hungry Caterpillar (18 months+)** - Join us for a story about a very hungry caterpillar and make your very own hungry caterpillar to share your snack with!

Educational Groups (2 hours).

- **Guest Speaker: Affordable Child Care** - In September 2018, the BC Government launched the newly expanded and amended child care subsidy program called the Affordable Child Care Benefit. A consultant from the YMCA Child Care Resource & Referral program will provide information regarding eligibility for the new Affordable Child Care Benefit, as well as information about how CCRR can assist families, including finding child care placements.
- **Attachment Parenting: What Is It and Why Is It Important?** – Come and learn the importance of a strong parent-child relationship. In this group parents will learn what attachment is, the three kinds of attachment as well as how to best meet their child's needs by building their child's sense of trust.
- **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 Sleep Routines** - Parents need sleep too! Come and learn strategies to help your child establish healthy sleeping patterns that work for the whole family. **A light dinner will be served for this evening group**
- **Getting Angry...Without Yelling, Spanking, or Punishing** – Have you ever gotten angry with your child? Do you find yourself feeling guilty about it (whether it was intentional or not)? Join us for this two-hour group where we will explore the concept of allowing ourselves to be angry without taking it out on our children or others.
- **Happy and Healthy Families: Bringing Positivity Into the Home:** Research has shown that relationships are healthier and people are happier when we experience five positive experiences for every one negative experience. Join us as we learn how we can use acknowledgments and appreciations to shift the energy in the home and increase cooperation between all family members.
- **Highlighting Artistic Process Instead of Product** - When you do art and craft activities with children, the process — how things happen — is often much more important than the product (the object you end up with). Join us for a one-hour discussion on how to encourage your child in the artistic process.
- **How Parenting Styles Affect Our Children:** We all have a different strengths and styles as parents. Join us as we discover what our parenting styles and strengths are and how our parenting styles impact our children. We will also explore the qualities that make our children unique and which of our strengths we can use to support our children.
- **Mindful Mommas: The Art of Being Present** - Living in the present moment is the most wonderful gift you can give to yourself and to your family, and often the most challenging practice to master. In this group you will learn how to slow the mind in the most chaotic situations with techniques, such as intention, mindfulness and compassion.
- **Pamper the Parents** – Parents can enjoy some quiet time over a cup of tea while children play in the playroom.
- **Positive Discipline vs. Punishment: How Are They Different?** - Join us for this informative group which will discuss what positive discipline is and how it is different from traditional punishment. We will also discuss the benefits and drawbacks of each technique and how to learn which is best for your family.
- **Taking Care of Ourselves, So We Can Take Care of Them** - Parenting is hard work. Come join us as we spend time in a fun and relaxing setting where we will do activities that help us see our strengths and celebrate our successes.
- **The 5 Love Languages: Expressing Love in a Language Your Child Understands** - Every child has a primary language of love, a way in which he or she understands a parent's love best. This group, based on the book by bestselling authors Gary Chapman and Ross Campbell, will introduce you to all five love languages of children and help you determine the primary languages in which your child hears your love.
- **The Heart of Parenting: Emotion Coaching** –Building our children's emotional intelligence can be one of the biggest gifts we give them. Join us for this two-week series, developed by The Gottman Institute, to learn how we can teach our children how to manage their feelings in a positive way so that they can eventually regulate their own behaviour. **A light dinner will be served for this evening group**
- **What happens after we fight in front of the kids?** It's bound to happen at some point that our children see us fighting with our partner or other caregivers. Join us as we discuss how do these fights and arguments impact our kids and what can we do afterwards to support our children.
- **Yoga for Self-Regulation (for Parents)** -. 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 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 pspgroups@cameray.ca 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.