

PARENT SUPPORT PROGRAM GROUP CALENDAR

April 2019				
Mon	Tue	Wed	Thu	Fri
1 10:00am -12:00pm Helicopters or Protectors: How to Keep Kids Safe Without Unhelpful Hovering <hr/> 6:00pm – 8:00pm Communication for Co-Parenting <i>#102- 5623 Imperial St</i>	2 10:30am -12:30pm Nobody's Perfect Parenting Program™ (Week #1 of 6) - 2 Hours - <i>#102- 5623 Imperial St</i>	3 10:30am -11:30am Parent-Child Songs & Stories ★ (all ages) 11:45am-12:45pm Expressive Arts: What Do Plants Need to Grow? ★ (18 months +) <i>#102- 5623 Imperial St</i>	4 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>	5 10:30am -12:30pm How to Free Ourselves and Our Children from Negative Thoughts - 2 Hours - <i>#102- 5623 Imperial St</i>
8 10:30am -12:30pm Screen Time: The Good, the Bad, and the 'What Are You Watching?! <i>#102- 5623 Imperial St</i>	9 10:30am -12:30pm Nobody's Perfect Parenting Program™ (Week #2 of 6) - 2 Hours - <i>#102- 5623 Imperial St</i>	10 10:30am -11:30am Parent-Child Free Play ★ (all ages) 11:45am-12:45pm Expressive Arts: Making Puppets ★ (18 months +) 6:00pm – 8:00pm Children Don't Think Like We Do <i>#102- 5623 Imperial St</i>	11 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>	12 10:30am -12:30pm Calming Our Minds and Bodies - 2 Hours - <i>#102- 5623 Imperial St</i>
15 10:00am -12:00pm Parenting in Public: Dealing with the Judgement of Strangers <hr/> 6:00pm – 8:00pm Just for Dads <i>#102- 5623 Imperial St</i>	16 10:30am -12:30pm Nobody's Perfect Parenting Program™ (Week #3 of 6) - 2 Hours - <i>#102- 5623 Imperial St</i>	17 NO GROUPS 	18 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>	19 NO GROUPS 
22 NO GROUPS 	23 10:30am -12:30pm Nobody's Perfect Parenting Program™ (Week #4 of 6) - 2 Hours - <i>#102- 5623 Imperial St</i>	24 10:30am -11:30am Movement & Music ★ (all ages) 11:45am-12:45pm Expressive Arts ★ (all ages) 6:00pm – 8:00pm The Courage to Be Imperfect <i>#102- 5623 Imperial St</i>	25 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>	26 10:30am -12:30pm Expressive Arts for Parents - 2 Hours - <i>#102- 5623 Imperial St</i>
29 10:30am -12:30pm Understanding Your Child's Temperament <hr/> 6:00pm – 8:00pm The Growing Brain: From Birth to Age 5 <i>#102- 5623 Imperial St</i>	30 10:30am -12:30pm Nobody's Perfect Parenting Program™ (Week #5 of 6) - 2 Hours - <i>#102- 5623 Imperial St</i>			

★ Interactive Groups ★

- **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. 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 (All Ages)** - 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. ★
- **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.

Educational Groups (2 hours).

- **Calming Our Minds and Bodies** - Life with young children can often feel busy and stressful. Join us as we learn and practice simple everyday practices that help us to regulate our minds and nervous systems so that we can respond to ourselves and our loved ones with patience, love and generosity.
- **Children Don't Think Like We Do** - In our relationships with other people, we imagine that what goes on in their heads is something like what goes on in ours. When it comes to small children, this is often not true. As parents, we need to understand how our children think, so we don't misinterpret uncooperative behaviour as willful defiance. In this group discussion we'll explore realistic expectations and choosing discipline tools that are better adapted to our children's level of development. **A light dinner will be served for this evening group**
- **Communication for Co-Parenting** - Communication is integral to the seamless workability of teamwork and partnership. Research has shown that effective communication skills can drastically improve the enjoyment within partnerships, particularly in the area of parenting. Join us as we delve into the world of communication and learn new ways to communicate that reduce misunderstandings and increase your patience within your family. **A light dinner will be served for this evening group**
- **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!
- **Just for Dads** – (This group is for fathers only) This group will help you understand the invaluable and irreplaceable role you have in child's life. This is a great opportunity to connect with other fathers and support each other in your parenting journey. **A light dinner will be served for this evening group**
- **Helicopters or Protectors: How to Keep Kids Safe Without Unhelpful Hovering** - As parents, we want so much for our children to be happy and safe that we have to be careful not to deprive them of the opportunity to make their own mistakes, face consequences, overcome failure and develop independence. Join us as we discuss how to find a healthy balance between keeping our kids safe and giving them an opportunity to learn from their experiences.
- **How to Free Ourselves and Our Children from Negative Thoughts** - Sometimes we get stuck in a "negative thinking" trap that affects our mood and the people around us. Even when we know our mindset is not helpful, it can be hard to snap out of it. Join us as we discuss how we can notice our negative thoughts and work with them in a way to transform them into more positive, accurate and helpful thoughts.
- **Nobody's Perfect Parenting Program™** – This nationally recognized parenting program runs for 6 weeks. Participants choose the topics they wish to learn more about in a supportive environment where sharing is encouraged. Topics include (but are not limited to): discipline, time management/routines, managing anger, safety, etc. This program is ideal for parents who want to improve their parenting skills through discussion and activity-based learning.
- **Parenting in Public: Dealing with the Judgment of Strangers** - Even though we try to ignore it, all parents have moments when they feel like their parenting is being judged by others in public. Join us for this discussion based group where we will discuss the impact others can have on our parenting, our confidence in ourselves, and the behaviours of our children. We will also discuss how to deal with rude or inappropriate comments from others while we are with our children.
- **Screen Time: The Good, the Bad, and the 'What Are You Watching?!'** - Join us for this two-hour group about parenting the iTot generation. We will uncover the pros and cons of exposing our kids to technology and how to encourage learning through the use of apps and websites.
- **The Courage to Be Imperfect** - We all know that everyone makes mistakes, and that those mistakes do not define who we are as individuals. Join us for this interesting group where you will learn to teach children how to have courage develop skills and try new things without the pressure and anxiety of failure. **A light dinner will be served for this evening group**
- **The Growing Brain: From Birth to Age 5** - In this workshop we will help you understand how your child's brain is developing and give you insight into how you can support healthy brain development. **A light dinner will be served for this evening group**
- **Understanding Your Child's Temperament** – Why are some children quiet and sensitive and others energetic and social? This group will discuss the different personalities children have and how you can better understand your child's temperament. Understanding your child temperament will help you to adapt your parenting strategies, support your child anticipating issues that might present difficulties for him.

IMPORTANT Info. Please Read!

- To sign up: e-mail pspgroupsignup@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.