







**PARENT SUPPORT PROGRAM GROUP CALENDAR**

May 2019				
Mon	Tue	Wed	Thu	Fri
		<p><b>1</b> 10:30am -11:30am <b>Parent-Child Free Play</b> ★ (all ages)</p> <p>11:45am-12:45pm <b>Expressive Arts: It's Springtime!</b> (18 months +)</p> <hr/> <p>6:00pm – 8:00pm <b>Introducing Stranger Safety to Young Children</b></p> <p>#102- 5623 Imperial St</p>	<p><b>2</b> 9:45am -11:45am <b>Family Literacy Circle &amp; Parent Q&amp;A Drop-In</b> (Week #5 of 10) ★</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p><b>3</b> 10:30am -12:30pm <b>Mommy &amp; Me (Under 18 months)</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>
<p><b>6</b> 10:30am -12:30pm <b>Winning at Parenting</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>7</b> 10:30am -12:30pm <b>Nobody's Perfect Parenting Program™</b> (Week #6 of 6)</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>8</b> 10:30am -11:30am <b>Parent-Child Songs &amp; Stories</b> ★ (all ages)</p> <p>11:45am-12:45pm <b>Mother's Day Crafts</b> ★ (18 months +)</p> <p>#102- 5623 Imperial St</p>	<p><b>9</b> 9:45am -11:45am <b>Family Literacy Circle &amp; Parent Q&amp;A Drop-In</b> (Week #6 of 10) ★</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p><b>10</b> 10:30am -12:30pm <b>Mommy &amp; Me (Under 18 months)</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>
<p><b>13</b> <b>10:00am -12:00pm</b> <b>The Juggling Act of Parenting</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>14</b> 10:30am -12:30pm <b>The Joys and Challenges of Family Relationships</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>15</b> NO GROUPS</p> 	<p><b>16</b> 9:45am -11:45am <b>Family Literacy Circle &amp; Parent Q&amp;A Drop-In</b> (Week #7 of 10) ★</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p><b>17</b> 10:30am -12:30pm <b>Mommy &amp; Me (Under 18 months)</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>
<p><b>20</b> NO GROUPS</p> 	<p><b>21</b> No Morning Groups</p> <hr/> <p>12:30pm – 2:30pm <b>Through the Maze of Motherhood</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>22</b> 10:30am -11:30am <b>Parent-Child Free Play</b> ★ (all ages)</p> <p>11:45am-12:45pm <b>Expressive Arts: Ladybugs</b> ★ (18 months +)</p> <hr/> <p>6:00pm – 8:00pm <b>The Importance of Play</b></p> <p>#102- 5623 Imperial St</p>	<p><b>23</b> 9:45am -11:45am <b>Family Literacy Circle &amp; Parent Q&amp;A Drop-In</b> (Week #8 of 10) ★</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p><b>24</b> NO GROUPS</p> 
<p><b>27</b> <b>10:00am -12:00pm</b> <b>How Birth Order Affects Your Child's Personality</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>28</b> No Morning Groups</p> <hr/> <p>12:30pm – 2:30pm <b>Parenting on Your Own</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>29</b> 10:30am -11:30am <b>Movement &amp; Music</b> ★ (all ages)</p> <p>11:45am-12:45pm <b>Swap &amp; Shop Free Play</b> ★ (all ages)</p> <p>#102- 5623 Imperial St</p>	<p><b>30</b> 9:45am -11:45am <b>Family Literacy Circle &amp; Parent Q&amp;A Drop-In</b> (Week #9 of 10) ★</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p><b>31</b> NO GROUPS</p> 

**Parent Support Program  
Burnaby & New Westminister Parenting Groups Descriptions – May 2019**

★ **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. ★
- **Mother's Day Crafts** - Join us for this fun-filled hour where we will do crafts to celebrate how amazing Moms are! ★
- **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. ★
- **Swap & Shop Free Play (All Ages)** – It's time for spring cleaning! Bring in your gently used children's clothes and toys and trade them for goods from other Cameray families. Take your unwanted items home, or leave them behind to be dropped off for donation to other families in need. ★

**Educational Groups (2 hours).**

- **How Birth Order Affects your Child's Personality** - Have you ever wondered if it makes a difference whether you were the eldest, middle, or youngest child in the family? Come and learn some interesting information about birth order and how this could influence your own growing family.
- **Introducing Stranger Safety to Young Children** - As a parent, keeping your children safe and healthy will always be a major concern. When it comes to teaching young children about stranger safety, where do we start? In this two-hour group, we will discuss basic ways to keep our kids safe and how to teach children what to do when they don't feel safe. *\*A light dinner will be served for this evening group\**
- **Mommy & Me (Under 18 months)** - Mothering young children can be full of joys and challenges. Join us as we connect weekly to socialize, connect, play and learn how to support ourselves and our children during this phase of motherhood so that our parenting experience feels more peaceful, joyful and empowering.
- **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 on Your Own** – Come discuss the joys and challenges of parenting on your own. In this 2-hour group we will share tips and ideas on managing the role of a solo parent. This group is for both single parents and parents who feel like they take on the majority of the parenting challenges in the family.
- **The Importance of Play** - Play is critical for children's development because it provides time and space to explore and gain skills needed for adult life. In this group we'll focus on the connection between play and optimal child development. *\*A light dinner will be served for this evening group\**
- **The Joys and Challenges of Family Relationships** – What kind of relationship do you want to have with your child in 10 years? What about your relationship with your partner? Relationships matter to all of us. Join us in this group where we will discuss how to be proactive in building a solid foundation in our family relationships.
- **The Juggling Act of Parenting** - Parents juggle. And the reality is that sometimes we feel like we're not juggling very well. All too often, it can seem like there just isn't enough time in the day to do all the things we want and need to do. During this group, we'll discuss some helpful time management strategies to manage our own time wisely so that we can model that for our children, and experience a more orderly, less stressful day.
- **Through the Maze of Motherhood** – As women we envision what motherhood might be like, and we can sometimes be disappointed by the realities of being a parent. Join us for this informative group where we will discuss some of the myths of motherhood and how these myths can cause us to feel significant stress and guilt.
- **Winning at Parenting** - Competition, Competition and competition! We live in a society full of competition. Everyone wants to win, and no one wants to lose! Parents are not an exemption when arguments and conflict arise with our children. In this session, we will discuss how we can shift from our emotional focus to the value and quality of our relationships.

**IMPORTANT Info. Please Read!**

- **To sign up:** e-mail [pspgroupsignup@cameray.ca](mailto: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 Westminister 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.