

**PARENT SUPPORT PROGRAM GROUP CALENDAR**

**June 2019**

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
<p><b>3</b> 10:30am -12:30pm <b>Healthy Eating, Healthy Living: How to Get Started Early</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>4</b> 10:30am -12:30pm <b>Teddy Bear Picnic! ★</b> <b>(all ages)</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>5</b> 10:30am -12:30pm <b>Teaching Children About Feelings</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>6</b> 9:45am -11:45am <b>Family Literacy Circle &amp; Parent Q&amp;A Drop-In</b> <b>(Week #10 of 10) ★</b></p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p><b>7</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>10</b> <b>10:00am -12:00pm</b> <b>Arts &amp; Crafts to Help Your Children Self-Soothe</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>11</b> 10:30am -11:30am <b>Parent-Child Yoga ★</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>12</b> 10:30am -12:30pm <b>Teaching Children About Their Bodies and Appropriate Touch</b></p> <p>6:00pm – 8:00pm <b>Building Effective Listening Skills</b></p> <p>#102- 5623 Imperial St</p>	<p><b>13</b> No Morning Groups</p> <hr/> <p>6:00pm – 8:00pm <b>Supporting Self-Regulation Through Co-Regulation</b> <b>(Week #1 of 2)</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>14</b> 10:30am -12:30pm <b>Supporting Children With Their Fears &amp; Worries</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>
<p><b>17</b> 10:30am -12:30pm <b>The Whole-Brain Child</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>18</b> NO GROUPS</p> 	<p><b>19</b> No Morning Groups</p> <hr/> <p>6:00pm – 8:00pm <b>Encouraging Your Child to Help Around the House</b></p> <p>#102- 5623 Imperial St</p>	<p><b>20</b> 10:30am -12:30pm <b>Calming the Family Storm: Managing Anger in Families</b></p> <hr/> <p>6:00pm – 8:00pm <b>Supporting Self-Regulation Through Co-Regulation</b> <b>(Week #2 of 2)</b></p> <p>#102- 5623 Imperial St</p>	<p><b>21</b> 10:30am -11:30am <b>Bubbles &amp; Parachutes</b> <b>(all ages) ★</b></p> <p>11:45am-12:45pm <b>Expressive Arts: It's Summertime! ★</b> <b>(18 months+)</b></p> <p>#102- 5623 Imperial St</p>
<p><b>24</b> <b>10:00am -12:00pm</b> <b>Tattle Tales, Lying and Telling the Truth</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>25</b> NO GROUPS</p> 	<p><b>26</b> 10:30am -12:30pm <b>Sibling Rivalry: Will They Ever Get Along?!</b></p> <hr/> <p>6:00pm – 8:00pm <b>Preschool &amp; Kindergarten Readiness</b></p> <p>#102- 5623 Imperial St</p>	<p><b>27</b> 10:30am -12:30pm <b>Brain Development in Young Children: Helping Your Child Grow to Their Full Potential</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p><b>28</b> 10:30am -12:30pm <b>Dental Group</b></p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>

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

★ **Interactive Groups** ★

- **Bubbles and Parachutes** - Bubbles and Parachutes is a chance to enjoy some interactive play with your child. As the title suggests, there will be bubbles, a parachute and a whole bunch of fun. ★
- **Expressive Arts** - 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. ★
- **Parent-Child Free Play (All Ages)** - Come take this opportunity to spend some quality play time with your child. ★
- **Parent-Child Yoga (All Ages)** - Join us for a relaxing hour of yoga with your child. Yoga provides many benefits to adults and children including improved sleep and concentration. ★
- **Teddy Bear Picnic (All Ages)** - Bring your favorite teddy bear or stuffed animal and enjoy a fun filled 2 hours of teddy bear themed stories, songs, snacks and crafts! ★

**Educational Groups (2 hours)**.

- **Arts and Crafts to Help Your Children Self-Soothe**- Parents are invited to join this fun arts & crafts group that will focus on creating items that will assist in helping your child relax in times of frustration.
- **Building Effective Listening Skills** - Join is for this group focusing on healthy and effective communication through active listening and asking open-ended questions. *\*A light dinner will be served for this evening group\**
- **Brain Development in Young Children: Helping Your Child Grow to Their Full Potential** – Join us for this informative 2-hour group on how children’s brains develop and learn what you can do to encourage healthy brain development so your child can grow to their full potential.
- **Dental Group** – The Fraser Health dental team will be coming in to provide screening, fluoride varnish, and information on dental health for children 0-36 months.
- **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!
- **Encouraging your Child to Help Around the House** - Come and learn the importance of involving your children in household chores, and discuss age appropriate responsibilities for children.
- **Healthy Eating, Healthy Living: How to Get Started Early** - In this educational group, you will learn about the appropriate nutrition and exercise our children need to thrive. You will take home practical activities to do with your family, and unique ways to promote health in your home.
- **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. *\*A light dinner will be served for this evening group\**
- **Preschool and Kindergarten Readiness** - Parents will learn how to best prepare their children for both preschool and kindergarten to enhance future learning. *\*A light dinner will be served for this evening group\**
- **Sibling Rivalry: Will They Ever Get Along?!** - Siblings will never get along 100% of the time! In this group, we will focus on how to deal with sibling rivalry and other unique sibling dynamics.
- **Supporting Children with Their Fears and Worries** - Young children can become fearful of and worried about many things throughout their years. Some of these fears seem understandable to us and others seem to make no sense or feel like “no big deal” to us. Join us as we discuss common fears and worries of young children, how their fear impacts their behavior, and how we can support them with these feelings and help them find courage to face their fears.
- **Supporting Self-Regulation Through Co-Regulation (2-Week Series)**- The ability to self-regulate increases over the first five years of life. This two-part series will look at how the developing brain influences a child’s ability to self-regulate. It will focus on the importance of co-regulating with your child to support the healthy development of self-regulation skills and provide strategies to help parents through this process. *\*A light dinner will be served for this evening group\**
- **Tattle Tales, Lying and Telling the Truth** - Ever wonder why your child may tattle or lie? Join us for this informative group to gain an understanding of why children tattle tale and lie and how you can respond to help create an environment of honesty and telling the truth.
- **Teaching Children About Feelings** – Join us for this group filled with skills and activities you can try at home to help teach your children to identify and cope with different feelings.
- **Teaching Children About Their Bodies and Appropriate Touch** – Come and learn about sexual health in children! During this group you will learn what your children need to know about their bodies and how you can approach sexual health topics with your child. We will discuss ways that you can teach your child about appropriate touching and ways to help prevent sexual abuse.
- **The Whole-Brain Child** – Join us for this informative 2-hour group, based on the work of Dan Siegel and Tina Payne Bryson, on how children’s brains develop and learn what you can do to encourage healthy brain development so your child can grow to their full potential.

**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 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.