

PARENT SUPPORT PROGRAM GROUP CALENDAR

September 2019

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>NO GROUPS CLOSED FOR PROGRAM DEVELOPMENT</p>	<p>3</p> <p>NO GROUPS CLOSED FOR PROGRAM DEVELOPMENT</p>	<p>4</p> <p>No Morning Groups</p> <hr/> <p>6:00pm – 8:00pm How to Talk to Young Children About Difficult Topics</p> <p>#102- 5623 Imperial St</p>	<p>5</p> <p>9:45am -11:45am Family Literacy Circle & Parent Q&A (Week #1 of 10) ★</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p>6</p> <p>NO GROUPS CLOSED FOR PROGRAM DEVELOPMENT</p>
<p>9</p> <p>10:00am -12:00pm Healthy Snacks Young Children Can Make ★ (2-5 Years)</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>10</p> <p>NO GROUPS CLOSED FOR PROGRAM DEVELOPMENT</p>	<p>11</p> <p>NO GROUPS CLOSED FOR PROGRAM DEVELOPMENT</p>	<p>12</p> <p>9:45am -11:45am Family Literacy Circle & Parent Q&A (Week #2 of 10) ★</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p> <hr/> <p>10:00am -12:00pm Nobody's Perfect Parenting Program - Mandarin- (Week #1 of 6)</p> <p>#102- 5623 Imperial St</p>	<p>13</p> <p>NO GROUPS CLOSED FOR PROGRAM DEVELOPMENT</p>
<p>16</p> <p>10:30am -12:30pm All About Temperament</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>17</p> <p>10:30am -12:30pm Sexual Health: Teaching Children About Appropriate Touch</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>18</p> <p>No Morning Groups</p> <hr/> <p>6:00pm – 8:00pm Artistic Self Care</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>19</p> <p>9:45am -11:45am Family Literacy Circle & Parent Q&A (Week #3 of 10) ★</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p> <hr/> <p>10:00am -12:00pm Nobody's Perfect Parenting Program - Mandarin- (Week #2 of 6)</p> <p>#102- 5623 Imperial St</p>	<p>20</p> <p>10:30am -12:30pm Mommy & Me★ (0-18 months)</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>
<p>23</p> <p>10:00am -12:00pm Benefits of Play in Natural Settings</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>24</p> <p>No Morning Groups</p> <hr/> <p>12:30-2:30pm Expressive Arts for Parents</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>25</p> <p>NO GROUPS</p> 	<p>26</p> <p>9:45am -11:45am Family Literacy Circle & Parent Q&A (Week #4 of 10) ★</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p> <hr/> <p>10:00am -12:00pm Nobody's Perfect Parenting Program - Mandarin- (Week #3 of 6)</p> <p>#102- 5623 Imperial St</p>	<p>27</p> <p>10:30am -12:30pm How to Be Less Critical of Ourselves, Our Children, and Partners</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>
<p>30</p> <p>NO GROUPS</p> 				

★ Interactive Groups ★

- **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. ★
- **Healthy Snacks Young Children Can Make** - Giving young children opportunities to help with food preparation teaches them to make healthy food choices and satisfies their need for independence. This will be a 2-hour group where the first hour will be spent discussing healthy eating for children according to the Canada Food Guide. During the second hour children and parents can have fun making a nutritious snack together. ★
- **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. ★

Educational Groups (2 hours).

- **All About 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.
- **Artistic Self-Care** - Whether it's drawing, sculpting, colouring, painting or crafts, making time for art can be excellent self-care. No matter what your ability level or amount of experience, art making has been shown to lower stress hormone levels. Bring your creativity and we'll provide the art supplies! **A light dinner will be served for this evening group**
- **All About 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.
- **Benefits of Play in Natural Settings** - At a younger and younger age, children are spending their time indoors, often in structured, supervised activities. This means that children have little time left for free play outdoors. Join us for this informative group discussion to explore how spending time in natural settings impacts child development.
- **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!
- **How to Be Less Critical of Ourselves, Our Children and Our Partners** - It's easy to fall into the habit of criticizing and complaining about our children or our partners. Sometimes our critical voice is also strong towards ourselves. Join us as we learn how to break this pattern and create more positive energy at atmosphere in our homes.
- **How to Talk to Young Children about Difficult Topics** - One of the toughest jobs of parenting is talking to your kids about difficult subjects. Addressing the tough stuff makes your child feel safer, strengthens your bond and teaches them about the world. Join us for this 2-hour discussion and learn how to use your child's age and developmental stage as a guide to starting conversations. **A light dinner will be served for this evening group**
- **Nobody's Perfect Parenting Program™ (For Mandarin speaking families)** – 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.
- **Sexual Health: Teaching Children About Appropriate Touch** – Come and learn about sexual health in children, what your children need to know about their bodies, and how you can approach sexually related topics with your child. We will discuss ways that you can teach your child about appropriate touching and ways to help prevent sexual abuse.

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.