







PARENT SUPPORT PROGRAM GROUP CALENDAR

October 2019

Mon	Tue	Wed	Thu	Fri
	<p>1 NO GROUPS</p> 	<p>2 No Morning Groups</p> <hr/> <p>6:00pm – 8:00pm Turning Mistakes into Learning Opportunities</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>3</p> <p>9:45am -11:45am Family Literacy Circle & Parent Q&A (Week #5 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 #4 of 6)</p> <p>#102- 5623 Imperial St</p>	<p>4</p> <p>10:30am -12:30pm Getting Children to Listen Without Losing Our Cool (Week #1 of 6)</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>
<p>7 10:00am -12:00pm Hidden Messages of Misbehaviour</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>8 NO GROUPS</p> 	<p>9 NO GROUPS</p> 	<p>10</p> <p>9:45am -11:45am Family Literacy Circle & Parent Q&A (Week #6 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 #5 of 6)</p> <p>#102- 5623 Imperial St</p>	<p>11</p> <p>10:30am -12:30pm Getting Children to Listen Without Losing Our Cool (Week #2 of 6)</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>
<p>14 NO GROUPS</p> 	<p>15</p> <p>10:30am -12:30pm How to Deal with Tantrums, Meltdowns, and Shocking Behaviours</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>16</p> <p>No Morning Groups</p> <hr/> <p>6:00pm – 8:00pm Communication: How to Talk to Children in a Language They Will Understand</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>17</p> <p>9:45am -11:45am Family Literacy Circle & Parent Q&A (Week #7 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 #6 of 6)</p> <p>#102- 5623 Imperial St</p>	<p>18</p> <p>10:30am -12:30pm Getting Children to Listen Without Losing Our Cool (Week #3 of 6)</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>
<p>21 10:00am -12:00pm Balancing the Relationship Bank Account</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>22</p> <p>10:30am -12:30pm Connecting Deeply With Your Child: Daily Habits to Strengthen the Parent-Child Relationship</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>23</p> <p>10:30am -12:30pm Teaching Young Children About Kindness & Empathy</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>24</p> <p>9:45am -11:45am Family Literacy Circle & Parent Q&A (Week #8 of 10) ★</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	<p>25</p> <p>10:30am -12:30pm Getting Children to Listen Without Losing Our Cool (Week #4 of 6)</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>
<p>28</p> <p>10:30am -12:30pm Bilingualism in Young Children: Separating Fact from Fiction</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>29</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>30</p> <p>10:30am -12:30pm The Whole-Brain Child</p> <hr/> <p>6:00pm – 8:00pm Common Childhood Colds & Illnesses</p> <p>- 2 Hours -</p> <p>#102- 5623 Imperial St</p>	<p>31</p> <p>9:45am -11:45am Family Literacy Circle & Parent Q&A (Week #9 of 10) ★</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p>	

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

★ **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. ★

Educational Groups (2 hours).

- **Balancing the Relationship Bank Account:** A relationship between two people is like money in a joint bank account. Both people make deposits through the way they act with one another. Positive feelings, built up through daily interactions, are like the money on deposit: love, respect, appreciation, etc. During this group we'll talk about deposits, withdrawals, and how to balance the books!
- **Bilingualism in Young Children: Separating Fact from Fiction** - This group focuses on language development from 0-5 years old, and how the learning of multiple languages affects development. We will also discuss some tips and tricks for helping children learn and absorb multiple languages.
- **Common Childhood Colds and Illnesses** - Fall and winter is often the time children catch common call kids and illnesses. Come and learn about these illnesses and find out ways to prevent them. **A light dinner will be served for this evening group**
- **Communication: How to Talk to Children in a Language They Will Understand** - Join is for this informative 2-hour group where we will illustrate various ways parents can communicate with their children with words and non-verbal cues they can understand. **A light dinner will be served for this evening group**
- **Connecting Deeply with Your Child: Daily Habits to Strengthen the Parent-Child Relationship** - We often talk about the importance of a strong connection between parent and child. It is believed to be the key element needed to allow us to guide and direct our children, but how do we strengthen this connection in daily life? Join us to explore small, manageable things we can fit into our daily lives that will help improve our connection with our children and increase the chances that they will "listen" to us.
- **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!
- **Getting Children to Listen Without Losing Our Cool (6-week series)** - Our children's feelings can be intense sometimes and at times we think that our children are being incredibly "stubborn". As a parent, it can be really challenging to know what to do when our children have emotional outbursts or refuse to cooperate. Join us as we explore how brain science and brain development impact our children's behaviours and what we can do to help support our children's regulation so that they are more willing and better able to cooperate with us. This series is based on the course: "Managing Your Children's Moods and Behaviors" created by Lisa Dion (Licensed Professional Counsellor & Registered Play Therapy Supervisor).
- **Hidden Messages of Misbehaviour:** This group will help you understand the purposes of your child's misbehaviours, parent's feelings and responses to these behaviours, and how to respond to various behaviours.
- **How to Deal with Tantrums, Meltdowns, and Shocking Behaviours** - All parents have moments where they are embarrassed, hurt, and simply shocked by their child's behaviour. Sometimes it is to the point where a parent doesn't know what to say or do, especially when those behaviours occur in front of others. Join us for this informative group where we will explore why children act intensely and aggressively, and what we can do to help ourselves and our children through those moments.
- **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.
- **Teaching Young Children About Kindness and Empathy** – This group will help parents learn how to introduce the concept of kindness to children and how to encourage children to be kind to one another. It will also focus on the true meaning of empathy and discovering creative ways of modelling and teaching it to your children.
- **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.
- **Turning Mistakes into Learning Opportunities** - When your children break a rule, whether on purpose or by mistake, do you dwell on the details of the fault...and all the other times it has happened in the past? Emphasizing past mistakes, you can mean missing out on a chance to teach your children how you expect them to behave. Join this 2-hour group discussion to find ways to turn mistakes into opportunities for learning. **A light dinner will be served for this evening group**

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.