

PARENT SUPPORT PROGRAM GROUP CALENDAR

January 2020				
Mon	Tue	Wed	Thu	Fri
		1 NO GROUPS	2 10:30am -12:30pm Parenting Highly Sensitive Children	3 NO GROUPS
			- 2 Hours - <i>#102- 5623 Imperial St</i>	
6 10:00am -12:00pm Managing Transitions With Your Child	7 10:30am -12:30pm Conscious Communication	8 10:30am -11:30am Positive Parenting Tools for Everyday Life (Week #1 of 3)	9 9:45am -11:45am Family Literacy Circle & Parent Q&A (Week #1 of 10) ★	10 NO GROUPS
- 2 Hours - <i>#102- 5623 Imperial St</i>	- 2 Hours - <i>#102- 5623 Imperial St</i>	- 2 Hours - <i>#102- 5623 Imperial St</i>	- 2 Hours - <i>NLC Qayqayt 85 Merrivale St, New Westminster</i>	
13 10:30am -12:30pm Physical Activity for Parents	14 10:30am -12:30pm The Good News About Bad Behaviour: How to Set Limits	15 No Morning Groups 6:00pm – 8:00pm Healthy Sleep for You and Your Child	16 9:45am -11:45am Family Literacy Circle & Parent Q&A (Week #2 of 10) ★	17 NO GROUPS
- 2 Hours - <i>#102- 5623 Imperial St</i>	- 2 Hours - <i>#102- 5623 Imperial St</i>	- 2 Hours - <i>#102- 5623 Imperial St</i>	- 2 Hours - <i>NLC Qayqayt 85 Merrivale St, New Westminster</i>	
20 10:00am -12:00pm Knowing What to Expect at Every Developmental Stage	21 10:30am -12:30pm Guest Speaker: Freedom Starts from Within: Prevent, End and Heal Toxic Relationships	22 10:30am -12:30pm Positive Parenting Tools for Everyday Life (Week #2 of 3)	23 9:45am -11:45am Family Literacy Circle & Parent Q&A (Week #3 of 10) ★	24 10:30am – 12:30pm Circle of Security™ Parenting Program (Week #1 of 6)
- 2 Hours - <i>#102- 5623 Imperial St</i>	- 2 Hours - <i>#102- 5623 Imperial St</i>	- 2 Hours - <i>#102- 5623 Imperial St</i>	- 2 Hours - <i>NLC Qayqayt 85 Merrivale St, New Westminster</i>	- 2 Hours - <i>#102- 5623 Imperial St</i>
27 10:30am -12:30pm Building Social & Emotional Intelligence	28 NO GROUPS	29 10:30am -12:30pm Positive Parenting Tools for Everyday Life (Week #3 of 3)	30 9:45am -11:45am Family Literacy Circle & Parent Q&A (Week #4 of 10) ★	31 10:30am – 12:30pm Circle of Security™ Parenting Program (Week #1 of 6)
- 2 Hours - <i>#102- 5623 Imperial St</i>		- 2 Hours - <i>#102- 5623 Imperial St</i>	- 2 Hours - <i>NLC Qayqayt 85 Merrivale St, New Westminster</i>	- 2 Hours - <i>#102- 5623 Imperial St</i>

**Parent Support Program
Burnaby & New Westminster Parenting Groups Descriptions – January 2020**

★ **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 the opportunity to socialize and ask questions about parenting. ★

Educational Groups (2 hours).

- **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**
- **Building Social & Emotional Intelligence**- When it comes to building our children's knowledge and intelligence, many parents turn their attention to ABC's and 1-2-3's rather than coping with emotions and getting along with others. This group will explore ways of helping children develop useful social skills and emotional resiliency.
- **Circle of Security™ Parenting Program** - Sometimes it's hard to tell what your child needs, what his/her behaviors mean and if you're doing right by her/him. Imagine what it might feel like if you could make sense of what your child is really asking from you. Circle of Security Parenting™ is a 6-week group where you'll learn to: Strengthen your relationship with your child; Be present with your child during the best and toughest of times; Recognize your child's needs and make sense of his or her behaviour; Meet your child's needs by being bigger, stronger, wiser and kind.
- **Conscious Communication** – In this practical session we will practice new strategies to use positive communication with your kids and partner to facilitate loving and respectful communication.
- **Guest Speaker: Freedom Starts from Within: Prevent, End and Heal Toxic Relationships** - Vanessa Wideski is joining us to facilitate a workshop that helps women avoid toxic relationships by understanding the hidden warning signs. For those who are in relationships, this presentation will help them to identify unhealthy aspects and if necessary, learn how to safely remove themselves and heal from toxic relationships. This informative group also educates women on how to help others who are stuck in, or recovering from toxic relationships.
- **Healthy Sleep for You and Your Child** - Sleep is very important to your child's health and well-being, and Parents need sleep too! Come and learn strategies to help your child establish healthy sleeping patterns so that both of you can sleep through the night. **A light dinner will be served for this evening group**
- **Knowing What to Expect at Every Developmental Stage** - Parents are not only caretakers, but they are instrumental in the development of their child. If you know what to expect from your child at different stages of development, you won't feel as disappointed or frustrated. Join us for this group discussion to learn more about child development during the early years.
- **Managing Transitions with your Child** - Have you every wondered why children have such a difficult time transiting from one activity to the next? Come and learn why children find it difficult to transition and find some ideas to help them build the skills to finish one activity and start another without becoming overwhelmed.
- **Parenting Highly Sensitive Children** – Your child may be one of 15 -20% of children who are born with a highly sensitive temperament. While their deeply reflective and creative nature can be wonderfully rewarding, highly sensitive kids can also be difficult to parent. This workshop will help you understand the major attributes of sensitive kids and support you in developing parenting skills tailored to your child's sensitive temperament.
- **Positive Parenting Tools for Everyday Life (3 Sessions)** – Join us for this fun and interactive group where we will explore practical parenting strategies to use in everyday life situations.
- **Physical Activity for Parents** – Come and learn some practical movements and physical activities that you can do at home with your children. Specialists recognize now the importance of physical movement and its impact in young children on their physical, emotional and mental development. Please wear comfortable clothes.
- **The Good News About Bad Behaviour: How to Set Limits** – No child wakes up in the morning and thinks, "I'm going to disappoint my teachers and parents today." Every child wants to behave; they just don't have the skills yet! Join us to learn the framework for setting limits for our kids that leave them feeling respected, helpful and loved. This group is based on the work of Katherine Reynolds Lewis, author of The Good News About Bad Behaviour.

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.