

**PARENT SUPPORT PROGRAM GROUP CALENDAR**

**APRIL 2020**

| Mon   | Tue  | Wed  | Thu  | Fri   |
|---|--|--|--|---|
|   |  | <p><b>1</b><br/>10:00am -12:00pm<br/><b>Sibling Relationships</b></p> <p>#102- 5623 Imperial St</p>  | <p><b>2</b><br/>10:00am -12:00pm<br/><b>Making the Connection: Bonding with Baby</b></p> <p>#102- 5623 Imperial St</p>   | <p><b>3</b><br/>10:00am -12:00pm<br/><b>Circle of Security™ Parenting Program (Week #4 of 6)</b></p> <p>#102- 5623 Imperial St</p>  |
|  <p><b>6</b><br/>10:00am -12:00pm<br/><b>Exploring Potty Training Methods</b></p> <p>#102- 5623 Imperial St</p> | <p><b>7</b><br/>10:00am -11:00am<br/><b>Songs and Stories★</b></p> <p>11:15am -12:15pm<br/><b>Curious Connections★</b></p> <p>#102- 5623 Imperial St</p>                       | <p><b>8</b><br/>10:00am -12:00pm<br/><b>Goals of (Mis)Behaviour</b></p> <p>#102- 5623 Imperial St</p>  | <p><b>9</b><br/>9:45am -11:45am<br/><b>Listen, Learn, Create &amp; Family Support Time (Week #1 of 10) ★</b></p> <p><i>NLC Qayqayt<br/>85 Merrivale St,<br/>New Westminster</i></p>  | <p><b>10</b><br/>NO GROUPS</p>                  |
| <p><b>13</b><br/>NO GROUPS</p>   | <p><b>14</b><br/>10:00am -11:00am<br/><b>Songs and Stories★</b></p> <p>11:15am -12:15pm<br/><b>Purposeful Play With Me★</b></p> <p>#102- 5623 Imperial St</p>                  | <p><b>15</b><br/>10:00am -12:00pm<br/><b>Bilingualism in Young Children</b></p> <p>5:00pm – 7:00pm<br/><b>Parent-Child Circle Time★</b></p> <p><b>*DROP-INS WELCOME*</b></p> <p>#102- 5623 Imperial St</p> | <p><b>16</b><br/>9:45am -11:45am<br/><b>Listen, Learn, Create &amp; Family Support Time (Week #2 of 10) ★</b></p> <p><i>NLC Qayqayt<br/>85 Merrivale St,<br/>New Westminster</i></p> | <p><b>17</b><br/>10:00am -12:00pm<br/><b>Circle of Security™ Parenting Program (Week #5 of 6)</b></p> <p>#102- 5623 Imperial St</p> |
| <p><b>20</b><br/>10:00am -12:00pm<br/><b>Relaxation and Self-Soothing Techniques for Young Children</b></p> <p>#102- 5623 Imperial St</p>   | <p><b>21</b><br/>10:00am -11:00am<br/><b>Music and Motion★</b></p> <p>11:15am -12:15pm<br/><b>Curious Connections★</b></p> <p>#102- 5623 Imperial St</p>                       | <p><b>22</b><br/>NO MORNING GROUPS</p> <p>6:00pm – 8:00pm<br/><b>Artistic Self-Care</b></p> <p><b>*DROP-INS WELCOME*</b></p> <p>#102- 5623 Imperial St</p>   | <p><b>23</b><br/>9:45am -11:45am<br/><b>Listen, Learn, Create &amp; Family Support Time (Week #3 of 10) ★</b></p> <p><i>NLC Qayqayt<br/>85 Merrivale St,<br/>New Westminster</i></p> | <p><b>24</b><br/>10:00am -12:00pm<br/><b>Circle of Security™ Parenting Program (Week #6 of 6)</b></p> <p>#102- 5623 Imperial St</p> |
| <p><b>27</b><br/>10:00am -12:00pm<br/><b>Superhero Training★</b></p> <p>#102- 5623 Imperial St</p>  | <p><b>28</b><br/>10:00am -11:00am<br/><b>Silly Science★</b></p> <p>11:15am -12:15pm<br/><b>Give a Hoot about Owls! Story and Craftivity★</b></p> <p>#102- 5623 Imperial St</p> | <p><b>29</b><br/>10:00am -12:00pm<br/><b>Preventing Bullying: Starting from the Early Years</b></p> <p>#102- 5623 Imperial St</p>  | <p><b>30</b><br/>9:45am -11:45am<br/><b>Listen, Learn, Create &amp; Family Support Time (Week #4 of 10) ★</b></p> <p><i>NLC Qayqayt<br/>85 Merrivale St,<br/>New Westminster</i></p> |    |



## Parent Support Program

### Burnaby & New Westminister Parenting Group Descriptions – April 2020

#### ★ Interactive Groups: ★

- **Curious Connections** – This fun and creative group that allows children to be curious, explore their space, and engage in mindful play. It's also a great way to get some ideas for new ways to play at home! ★
- **Give a Hoot about Owls! Story Time and Craft-ivity** – Join us for this 1-hour group where we will read stories and create crafts together based on what we've read! This is a great way for children to build literacy skills and connect art with reading. ★
- **Listen, Learn, Create & Family Support Time (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. You will also be able to earn **free** children's books simply by attending and reading to your child at home. During the second part 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. For some groups we will focus on particular parenting topics or arrange for guest speakers. ★
- **Music and Motion** – If your child loves to express themselves through music and movement, then they will LOVE this group. This group encourages children to move freely through play, songs, and musical instruments. Come ready to sing, dance, and have lots of fun!
- **Purposeful Play with Me** – This fun group has a mix of structured circle time with some unguided free play. It encourages children to participate in reading stories and singing songs while also giving them time to play on their own and choose whatever they want to do. ★
- **Silly Science** – Come and expand your child's way of thinking through playful and fascinating science experiments. Let your child have tons of fun and we'll clean up all the mess!
- **Songs & Stories** – Join us for a fun hour of songs, rhymes and stories. This is a great time for social interaction for yourself and your child. ★
- **Superhero Training** – Join us for this 2-hour adventure where we will create our own superhero character, do some fun superhero-themed crafts and (most importantly) play some fun games to build our superhero strength! ★

#### Educational Groups:

- **Bilingualism in Young Children** - 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.
- **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.
- **Exploring Potty Training Methods** - Potty training is a very individual process for both parents and little ones and there are many approaches you can take. It's a matter of figuring out what works best for you and your child and working together to reach your goals. Join us for a group discussion to explore some evidence-based training methods.
- **Goals of (Mis)behaviour** – This group will help you understand the goals and purposes of your children's behaviour. Included are children's misbehaviours, parent's feelings and responses to these behaviours and how to respond to various behaviours.
- **Making the Connection: Bonding with Baby** - Babies come into the world ready to communicate and connect to us long before they have the ability to speak words. They communicate their feelings, needs, and wants through facial expressions and body language. Join us to learn how to create a secure attachment with your child and to provide a sensitive and nurturing environment your baby to thrive.
- **Preventing Bullying: Starting from the Early Years** – Join us for this informative group where we will discuss preventative measures you can take as a parent now to help your child foster healthy relationships with peers in the later years.
- **Relaxation and Self Soothing Techniques for Young Children** – Does your child have difficulty calming down? Do you get frustrated when they get overwhelmed and anxious? Join us for this informative group on tools and techniques for young children to help you calm them down and teach them how to self-soothe.
- **Sibling Relationships** – 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.

#### Evening Drop-In 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!
- **Parent-Child Circle Time** - This evening will be a special time for parents and children to share finger plays, rhymes, songs, use rhythm instruments, listen to a story, and participate in movement games and relaxation activities. A light supper will still be available at the beginning of the group. ★

**\*\*PLEASE NOTE that although our evening programming is open to drop-ins, priority for childcare spaces will go to families who register for childminding and then will be filled on a 'first come first serve' basis.**

#### 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.
- 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.