








PARENT SUPPORT PROGRAM ONLINE GROUP CALENDAR

MAY 2020				
Mon	Tue	Wed	Thu	Fri
				<p>1 10:00am -11:30am Circle of Security™ Parenting Program (Week #3 of 6)</p> <p><i>Zoom online group</i></p>
<p>4 10:00am -11:30am Mindset: The Psychology of Success</p> <p><i>Zoom online group</i></p>	<p>5 9:15am -10:00am Circle Time: Dress Up Party! ★ 10:15am -11:00am Winning Against Whining!</p> <p><i>Zoom online group</i></p>	<p>6 10:30am -12:00am Getting Angry...Without Yelling, Spanking, or Punishing 6:00pm – 7:30pm Social-Emotional Development in Young Children</p> <p><i>Zoom online group</i></p>	<p>7 1:00pm-1:30pm How to Keep Your Child(ren) Busy While You Get Things Done</p> <p><i>Zoom online group</i></p>	<p>8 10:00am -11:30am Circle of Security™ Parenting Program (Week #4 of 6)</p> <p><i>Zoom online group</i></p>
<p>11 10:00am -11:30am Creating a Family Routine</p> <p><i>Zoom online group</i></p>	<p>12 9:15am -10:00am Circle Time: Rhythm and Rhymes★ 10:15am -11:00am Circle Time: Boredom Blasters★</p> <p><i>Zoom online group</i></p>	<p>13 10:30am -12:00am The Surprising Purpose of Anger: Learning to Become Less Emotionally Reactive</p> <p><i>Zoom online group</i></p>	<p>14 9:30am -11:00am Helping Your Kids Cope With Their Feelings of Disappointment and Fear During COVID</p> <p><i>Zoom online group</i></p>	<p>15 10:00am -11:30am Circle of Security™ Parenting Program (Week #5 of 6)</p> <p><i>Zoom online group</i></p>
<p>18 NO GROUPS</p> 	<p>19 9:15am -10:00am Circle Time: Shapes and Colours★ 10:15am -11:00am Keeping Siblings From ‘Killing Each Other’ While We Are Sheltering in Place</p> <p><i>Zoom online group</i></p>	<p>20 10:30am -12:00am Coping With Stress and Burnout 6:00pm – 7:30pm Parenting During a Health Crisis</p> <p><i>Zoom online group</i></p>	<p>21 9:30am -11:00am Marriage Research Boils Down to These Three Things for a Strong and Happy Relationship 1:00pm-1:30pm Preschool Activities to Help Your Child Learn at Home</p> <p><i>Zoom online group</i></p>	<p>22 10:00am -11:30am Circle of Security™ Parenting Program (Week #6 of 6)</p> <p><i>Zoom online group</i></p>
<p>25 NO GROUPS</p> 	<p>26 9:15am -10:00am Circle Time: Stuffie Show Time★ 10:15am -11:00am Helping Our Kids Play Independently</p> <p><i>Zoom online group</i></p>	<p>27 6:00pm – 7:30pm Move, Sleep, & Sit: How to Balance Rest and Physical Activity</p> <p><i>Zoom online group</i></p>	<p>28 9:30am -11:00am How to Cope with Fear and Worry During the Pandemic</p> <p><i>Zoom online group</i></p>	<p>29 NO GROUPS</p>  <p><i>Zoom online group</i></p>

These groups are for Burnaby and New Westminster residents with one or more children under the age of 5 years old.

Email us at pspgroupsignup@cameray.ca to sign up for groups.

Please provide your full name and the specific groups you would like to sign up for. You will be sent a confirmation email along with instructions on how to sign up for and use Zoom to attend our online groups. Our workers will also be available by phone to help you through this process if needed.

Please note that no internet-based group is 100% confidential. However, in an effort to keep information private, we will require a meeting password to enter each group and we will not allow any recording of groups. We also ask that any information learned about other participants in group is kept between participants only.

Parent Support Program: Group Descriptions – May 2020

★Interactive Groups:★

- **Circle Time: Boredom Blasters** - Join us for some exciting games and songs that we can play at home with every day materials. Recommended materials to bring to the group: small bedsheet or blanket, a ball, and 5 rolls of toilet paper (if you have some to spare for the group time). ★
- **Circle Time: Dress Up Party!** – Entertaining your children at home isn't easy, so let us try to help! Come dressed up in our favourite **COSTUME** and get ready for to listen and learn. We encourage families to participate together and take this time to bond and have fun. ★
- **Circle Time: Rhythm and Rhymes** – Entertaining your children at home isn't easy, so let us try to help! In this group, we will practice patterns and rhythms by getting our bodies moving and dancing. We encourage families to participate together and take this time to bond and have fun. ★
- **Circle Time: Shapes and Colours** – Entertaining your children at home isn't easy, so let us try to help! Come dressed up in your favourite **COLOUR** and get ready for to listen and learn. We encourage families to participate together and take this time to bond and have fun. ★
- **Circle Time: Stuffie Showtime** – Entertaining your children at home isn't easy, so let us try to help! We want to meet your special stuffies! Please bring them to this group so we can include them in our songs and stories. We encourage families to participate together and take this time to bond and have fun. ★

Educational Groups:

- **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.
- **Coping With Stress and Burnout** – Parent tension and stress seems to be on high these days. Now more than ever parents are taking on much more than they can handle. During this group we will learn how to prioritize important things, identify stress triggers, and learn how to better manage our stress so that we don't burn out.
- **Creating a Family Routine** - With all of the things parents have to balance in life it can be hard to implement a routine in your child's life. Come and learn about the importance of creating routines and how to start using them in your day-to-day life.
- **Getting Angry...Without Yelling, Spanking, or Punishing** – Have you ever gotten angry with your child? Do you find yourself feeling guilty about it (whether it was intentional or not)? In this group we will explore the concept of allowing ourselves to be angry without taking it out on our children or others.
- **Helping Our Kids Play Independently** - Whether you are working remotely, your school-aged kids are home, or your preschooler can't make it to the park, all parents need some reprieve in the way of independent play. Join us this week to learn ways to encourage and practice independent play in our homes that will enhance your child's imagination and creative skills.
- **Helping Your Kids Cope with their Feelings of Disappointment and Fear During COVID** - COVID has meant many difficult feelings for kids. Disappointment over cancelled birthday parties, holidays and visits with Grandparents; anxiety over changed schedules; and fear over COVID. In this group we will offer you tools and techniques for helping kids cope with difficult feelings.
- **How to Cope with Fear and Worry During the Pandemic** - It's normal and easy to feel fearful and anxious right now. In this workshop we will be exploring what you can do when you start experiencing fear and worry; how you can take charge of your thoughts; and develop a way of "being" that is empowering to you and your family.
- **How to Keep Your Child(ren) Busy While You Get Things Done** – Having young children around means that you're always on 'parenting duty.' This can be difficult when you also need to work from home, clean, make food, etc. Join us for this quick and easy information session where we will share our top tips for keeping your young children busy for longer chunks of time without having to put on the TV. We also ask that participants share their own tips that they've used to keep their own kids busy.
- **Keeping Siblings From Killing Each Other While We Are "Sheltering in Place"** - If your house is like mine, sometimes it feels like the fighting lasts all day long. And while we are all doing our part to flatten the curve, it means more time inside with each other. *How do we keep our kids from each others' throats when we're all home, all the time?!"* In this group, we will talk about a few ways to help lessen the fighting and increase the peace.
- **Marriage Research Boils Down To These 3 Things for a Strong and Happy Relationship** - During these stressful days there are things we can do to make our relationship with our partner stronger. In this workshop we will discuss the 3 main findings of John Gottman's research into what makes a happy marriage.
- **Mindset: The Psychology of Success** – Discover the power of *mindset* and its important influence in the success in every area of life. Using this information, we will explore how parents can foster accomplishment in their children.
- **Move, Sleep, & Sit: How to Balance Rest and Physical Activity** - We think of young children as busy, but that doesn't mean they're active. Many Canadian children are getting too little physical activity. The new Canadian 24-Hour Movement Guidelines for the Early Years (ages 0-4) show there is an important relationship between how much sleep, sedentary behaviour and physical activity children get in a 24-hour period. Join us for this informative group to find out more!
- **Parenting During A Health Crisis** - The recent pandemic seems to have turned the world upside-down. Most people are working from home, schools are closed, and social distancing is the norm. In these uncertain times, having your kids around can be a blessing, but it can also be a struggle to engage with them constantly. You may be concerned about the impact of this disease on your children and whether your child could have it. You may also be wondering how to talk to them about the virus and help them deal with their emotions at this time. Hopefully this interactive group helps to ease some of your worries.
- **Preschool Activities to Help Your Child Learn at Home** – Although homeschooling isn't a requirement for younger children, it's always great to be expanding their minds and teaching new things. Join us for this short information session where we will share our top ideas for easy (and cheap!) at-home learning. As a bonus, these activities will also help keep your child's attention for a longer period of time so you can get some time to yourself.
- **Social-Emotional Development in Young Children** - How children think about and manage themselves, their feelings and behavior, and their relationships is what we call social-emotional development. The development of these skills is as important in children's success in school as are other skills, such as language and literacy and mathematics. Join us for this interesting discussion to find out how you can set your child up for success in this area of development.
- **The Surprising Purpose of Anger: Learning to Become Less Emotionally Reactive** – This group is based in the works of Nonviolent Communication founder Marshall B. Rosenberg and will focus on discovering the purpose of your anger, learning how to get your needs met, and reducing angry outbursts without suppressing your anger.
- **Winning Against Whining!** - Whining is on the rise in most houses and if you're like me, the sound makes me want to rip my ears off. But what can be done? Should children get what they want by whining? Absolutely not. Should they learn that they can get their way by marshaling good arguments and making them in a reasonable, humorous, charming way that meets your needs as well as theirs? Absolutely, if you want them to get anywhere in life. But how to help them make that transition? In this group, we will discuss 6 ways to battle the whining and increase calm and workability back into the family. Based on the teaching of Dr. Laura Markham.