

PARENT SUPPORT PROGRAM ONLINE GROUP CALENDAR

JULY 2020

Mon	Tue	Wed	Thu	Fri
		1 NO GROUPS 	2 NO GROUPS 	3 10:00am - 11:30am Understanding Your Child's Behaviour <i>Online Group</i>
6 10:00am -11:30am The Importance of play <i>Online Group</i>	7 9:30am -10:15am Circle Time: Magic and Monsters ★ 10:45am -11:30am Parent-Child Mother Goose Program ★ (Week #5 of 6) 6:00pm – 7:00pm Calming the Family Storm (Week #1 of 6) <i>Online Groups</i>	8 10:00am -11:30am Creating Boundaries 6:00pm – 7:30pm General Fears in Children <i>Online Groups</i>	9 NO GROUPS 	10 10:00am – 11:30am How to Help Your Children Calm Down <i>Online Group</i>
13 10:00am -11:30am Encouraging Positive Thinking <i>Online Group</i>	14 9:30am -10:15am Circle Time: On The Road Again ★ 10:45am -11:30am Parent-Child Mother Goose Program ★ (Week #6 of 6) 6:00pm – 7:00pm Calming the Family Storm (Week #2 of 6) <i>Online Groups</i>	15 10:00am -11:30am Mindfulness: The Art of Being Present 6:00pm – 7:30pm Helping Your Child Develop Problem Solving Skills <i>Online Groups</i>	16 NO GROUPS 	17 10:00am – 11:30am How to Bring More Happiness into Your Home <i>Online Group</i>
20 10:00am -11:30am Screen Time and Young Children <i>Online Group</i>	21 9:30am -10:15am Circle Time: PJ Party! ★ 10:30am -11:30am Helping Our Kids Make Mistakes 6:00pm – 7:00pm Calming the Family Storm (Week #3 of 6) <i>Online Groups</i>	22 10:00am -11:30am Grief in Young Children 6:00pm – 7:30pm When Parents Have Different Parenting Styles <i>Online Groups</i>	23 NO GROUPS 	24 10:00am - 11:30am How to Raise Kind Children <i>Online Group</i>
27 10:00am -11:30am Connection is the Real Work of Parenting <i>Online Group</i>	28 NO MORNING GROUPS 6:00pm – 7:00pm Calming the Family Storm (Week #4 of 6) <i>Online Group</i>	29 NO MORNING GROUPS 6:00pm – 7:30pm Firm But Fair <i>Online Groups</i>	30 NO GROUPS 	31 10:00am - 11:30am The Importance of Roughhousing and How to Use Physical Play to Connect With Children <i>Online Group</i>

ALL EDUCATIONAL GROUPS WILL INCLUDE ADDITIONAL TIME AT THE END OF EACH GROUP FOR QUESTIONS AND DISCUSSION

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.

Parent Support Program: Group Descriptions – July 2020

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Interactive Groups: ★

Circle Time: Magic and Monsters (non-scary) - Calling all Wizards, Magicians and Fairies! Join us for this fun-filled circle time where we will sing songs and read stories to take the scary out of all things magic and monsters! Bring yourselves and any wands, wings and hats that will make our time spooktacular!!

Circle Time: On the Road Again – Vroom Vroom Vroom! Join us for this fun-filled circle time where we will sing songs and read stories that will take us around the world of cars, trucks and anything that rolls! Ready, Set, Go!

Circle Time: PJ Party! – Roll out of bed and right into this circle time where we will sing songs and read stories about all things bedtime!

Circle Time: Animals - Join us for this animal themed circle time and enjoy some new songs and some classic ones that bring animals to life!

Parent-Child Mother Goose (6 weeks) – Join us for 45 fun-filled minutes of learning some new (and some old) children's songs where we will keep your children engaged and excited. We encourage families to participate together and take this time to bond and have fun. At the end of the 6 weeks we will email you the lyrics to all of the songs you have learned. ★

Educational Groups:

Calming the Family Storm - This is a practical 6-part workshop based on the book "Calming the Family Storm" by Gary McKay and Steven Maybell. It's normal for families to experience anger especially during COVID when anxiety and stress are high and families are together most of the time. We will explore how to handle anger effectively and work on the changes that will result in less anger leading to a healthier, happier family environment.

Connection is the Real Work of Parenting - Being an effective parent depends on the connection we have with our children. Deepening our connection with our kids and keeping it strong as they grow is the real work of parenting. Join us for this informative group where we will discuss how to keep a solid connection with your child as they grow and develop.

Creating Boundaries – Healthy boundaries with those around us including our children is crucial for our wellbeing. Join us for this informative group where we will look at how you can create healthy boundaries by increasing your confidence and assertiveness skills.

Encouraging Positive Thinking - This groups focuses on learning how our thoughts affects our moods and behaviours and ways to encourage more positive thinking in ourselves and our children.

Firm But Fair - There is a lot of discussion in parenting around picking your battles, keeping the big picture in mind, and not sweating the small stuff. While that perspective is important, there are some small battles that are worth winning in order to cancel out the bigger ones. This group will help parents learn to recognize which small battles have the potential to cause a big impact.

General Fears in Children – Most children experience fears at some time during their lives. In most cases these fears are a normal part of development. Just because many fears are considered normal does not mean that parents should ignore them. Join us for this group where we'll have a look at several things parents can do to help children pass through the stages of normal fears without them developing into more serious concerns.

Grief in Young Children – As all children are unique, grief and loss are also experienced in a unique manner. Knowing how to help your child deal with death and manage losses can help make a difference in how the loss is processed. Join us for a discussion on skills and techniques that can help with this process. *Based on the book Grief in Young Children: A Handbook for Adults by Atle Dyregory and When Children Grieve by John James and Russell Friedman*

Helping Your Child Develop Problem Solving Skills - Problem solving is the foundation of a young child's learning. Opportunities for problem solving occur in the everyday context of a child's life. Instead of giving up or getting frustrated when they encounter a challenge, children with problem-solving skills manage their emotions, think creatively, and persist until they find a solution. This group will explore how parents can use every-day experiences to facilitate problem solving and promote strategies that will be useful in the lifelong process of learning.

How to Bring More Happiness into Your Home – Life with young children can feel hectic and challenging. Join us as we explore how we can find small ways to bring in more joy and happiness into our home and enjoy these years as young families.

How to Help Your Children Calm Down - What do we do when our children are losing their minds? It can feel like no matter what we say or what we do, nothing helps. Join us as we discuss how we can cope with these frustrating moments and find ways to help our children calm down.

How to Raise Kind Children - It's important to many of us that our children grow up to be kind and considerate, but how do we teach young children to be kind, compassionate and generous? When is a good time to start? How do we respond when they aren't being kind? How do we teach them to be kind even when it's hard? Join us as we explore these question and practice tools that help us raise kind and thoughtful children.

Mindfulness: The Art of Being Present - Living in the present moment is the most wonderful gift you can give to yourself and to your family, and often the most challenging practice to master. In this group you will learn how to slow the mind, and techniques, such as intention, mindfulness and compassion, to bring yourself back to the present.

Screen Time and young Children - Join us for this two-hour group about parenting the iTot generation. We will uncover the pros and cons of exposing our kids to technology and how to encourage learning through the use of apps and websites.

The Importance of Play - In this group we will focus on the connection between play and optimal child development. We will discuss how play affects the brain and why it is so important in childhood.

The Importance of Roughhousing and How to Use Physical Play to Connect with Children - As our children get older, it's easy to forget that they still need physical play, touch, silliness and laughter with us. In fact, this type of play helps keep them mentally and emotionally healthy and regulated so they can thrive in all other areas of their lives. Join us as we explore how we can bring this type of play into our homes in a safe and fun way.

Understanding Your Child's Behaviour - Why won't your child stop whining? Why do they keep clinging on to you? What are they screaming about? Why do they keep doing the things you ask them not to do? How do we look behind some of the behaviours we find challenging to understand what our children are trying to communicate with us? Join us as we explore how to move past our frustrations and support our children in a way that helps shift their behaviour.

When Parents have Different Parenting Styles - No matter what your family composition is, when your parenting style differs from that of your partner, or other adults who are involved in your child's life, it can be frustrating at best. At the same time, it is extremely common. While you can agree to disagree, if you would like to discuss some ideas for compromise around popular areas of conflict, this group will be of interest to you.

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.