

PARENT SUPPORT PROGRAM ONLINE GROUP CALENDAR
AUGUST 2020

Mon	Tue	Wed	Thu	Fri
3 NO GROUPS 	4 9:30am -10:30am Family Literacy Circle★ (Week #1 of 8) 10:30am -11:30am Circle Time: Fairy Tales★ 6:00pm – 7:00pm Calming the Family Storm (Week #5 of 6) <i>Online Groups</i>	5 10:00am -11:30am Kids Have Stress Too: How To Help Our Children Deal With Stress 6:00pm – 7:30pm Talking to Children About Racial Bias <i>Online Groups</i>	6 NO GROUPS 	7 NO GROUPS 
10 9:30am – 10:15am Little Dreamers Story Time★ (Week #1 of 6) 10:30am -12:00pm Learning to Build Assertiveness Skills <i>Online Groups</i>	11 9:30am -10:30am Family Literacy Circle★ (Week #2 of 8) 10:30am -11:30am Circle Time: Creative Movement ★ 6:00pm – 7:00pm Calming the Family Storm (Week #6 of 6) <i>Online Groups</i>	12 10:00am -11:30am How to Deal with Temper Tantrums 4:30pm – 5:00pm Educational Scavenger Hunt★ 6:30pm – 7:00pm Sleepy Storytime★ <i>Online Groups</i>	13 9:30am -10:30am Circle Time★ <i>Online Group</i>	14 NO GROUPS 
17 9:30am – 10:15am Little Dreamers Story Time★ (Week #2 of 6) 10:30am -12:00pm Unconditional Love: What is it? And Why is it Important? <i>Online Groups</i>	18 9:30am -10:30am Family Literacy Circle★ (Week #3 of 8) 10:30am -11:30am Circle Time: Furry Friends★ <i>Online Groups</i>	19 10:00am -11:30am How to Help Our Children Learn to Apologize... and Mean It 6:00pm – 7:30pm Helping Your Children Learn About Personal Space <i>Online Groups</i>	20 10:00am -11:30am How Your Parenting Style Affects Your Child <i>Online Group</i>	21 NO GROUPS 
24 9:30am – 10:15am Little Dreamers Story Time★ (Week #3 of 6) 10:30am -12:00pm Happy Marriage, Happy Family: Tips for Creating a Positive Home Environment <i>Online Groups</i>	25 9:30am -10:30am Family Literacy Circle★ (Week #4 of 8) <i>Online Group</i>	26 10:00am -11:30am Child Sense: Connecting and Communicating in a Way They Understand <i>Online Group</i>	27 NO GROUPS 	28 NO GROUPS 
31 9:30am – 10:15am Little Dreamers Story Time★ (Week #4 of 6) <i>Online Groups</i>				

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

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

Parent Support Program: Group Descriptions – August 2020
ALL EDUCATIONAL GROUPS WILL INCLUDE ADDITIONAL TIME AT THE END OF
EACH GROUP FOR QUESTIONS AND DISCUSSION

★ **Interactive Groups:** ★

- **Circle Time** – Join us for this fun-filled online group with interactive activities focused on helping our children get pre-school and kindergarten ready. ★
- **Circle Time: Creative Movement** - Let's get our bodies moving in all sorts of ways in this story time. Feel free to bring any material, such as scarves or ribbons to use in this group. ★
- **Circle Time: Fairy Tales** - Bibbidi Boppity Boo! Sometimes it's fun to explore a world outside of our own that is filled with brave princesses and strong princes. Join us for this fairy tale circle time where we might encounter dragons, magic, and castles. ★
- **Circle Time: Furry Friends** – Woof, Meow and Squeak your way to our furry friend story time. Real and stuffed, we'd love to see all your favorite furry friends. ★
- **Educational Scavenger Hunt** - One of the most beneficial ways of teaching a child something is through hands-on learning. Practical learning is always the best way to teach children things in a way that ensures it remains in their memories for much longer. Join us for this 30-minute group and have some fun helping your child to identify colours, shapes, textures and more. Everyone's a winner! ★
- **Family Literacy Circle** – During this 8-week online series, you and your child will enjoy songs, rhymes, and stories, which promote literacy and reading at home. A special incentive is that for every group that you attend and share your favourite books that you have been reading at home, we will GIVE you 1 one free NEW book for you to keep (up to a maximum of 5 books for the duration of the series). By the end of the 8 weeks, you could have 5 brand new free books for you to read at home and treasure for the years to come! ★ ***At the end of the series we will arrange for you to pick up your free books at our office, or we can have them dropped off.*
- **Little Dreamers Story Time** - This story time group is based on the 'Little People, Big Dreams' book series, which showcases the life stories of well-known men and women in history. Join us for this 6-week series where children can learn about little people who grew up to do big things. Each week we'll look at books and stories about real people from around the world to help educate our children in a fun and exciting way. ★
- **Sleepy Storytime** - This 30-minute story time is a great addition to your bedtime routine. We will read bedtime books and sing soothing lullabies together as an entertaining way to help calm your child in the evening. ★

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. **GROUP FULL**
- **Child Sense: Connecting and Communicating in a Way They Understand** – Influenced by the book: "Child Sense: From Birth to Age 5, How to Use the 5 Senses to Make Sleeping, Eating, Dressing, and Other Everyday Activities Easier While Strengthening Your Bond with Your Child" by Priscilla Dunstan this group will focus on using your child's strongest senses as a way to make communication, learning, and bonding easier.
- **Happy Marriage, Happy Family: Tips For Creating a Positive Home Environment** – Join us for this informative group on learning how to create a happier home atmosphere by improving positive communication with your spouse and children.
- **Helping Your Children Learn About Personal Space** - Personal space is an especially important social skill for children to learn, practice and grow. Understanding and keeping good personal space helps children to engage more successfully in everyday interactions and in personal relationships with peers and adults, as well as helping them to stay safe. In this group, we'll explore ways to help children learn what good personal space is, how to tell if they are invading someone else's personal space, and if they are, what to do about it.
- **How to Deal With Temper Tantrums** – Temper Tantrums can be trying and difficult to deal with, especially when they occur in public places. This group addresses how to approach our children when they are having a temper tantrum (depending on where we are at the time), how to help them calm down, and how to more effectively prevent them from occurring the next time.
- **How to Help Our Children Learn to Apologize...and Mean It** – We all want to raise socially intelligent children who know how to repair relationships and make amends when they have done something that has hurt someone else. Apologizing is a very important life skill that doesn't always come easily to people in our culture. Should we force our children to "say sorry"? Come join us as we discuss this question and learn how we can guide our children in learning the skill of apologizing graciously.
- **How Your Parenting Style Affects Your Child** - In this group, we will learn about the three main parenting styles and how these affect our children. We will discuss how to best balance love and limits with children and explore the parenting style of our family of origin and how this relates to our parenting style today.
- **Kids Have Stress Too: How to Help Our Children Deal With Stress** - Come join us as we discuss the day-to-day stresses and chronic/long-term stresses our preschoolers may face and how we can support them. This group is based on information from the program "Kids Have Stress Too!® developed by the Psychology Foundation of Canada.
- **Learning to Build Assertiveness Skills** - In this group, we will focus on the importance of being assertive in our relationships. We will also learn the different types of assertion and how to become an assertive person. Assertive people are confident and communicate their thoughts and opinions in a clear, direct and non-aggressive way.
- **Talking to Children About Racial Bias** - From a young age, children may have questions about racial differences and parents must be prepared to answer them. These conversations begin to lay the groundwork for your child to accept and respect everyone's differences and similarities, but, it's important to keep your child's developmental readiness in mind. Join us for this conversation to gain a better understanding of how racial bias works in children, as well as strategies to help them deal with and react to racial differences.
- **Unconditional Love: What is it? And Why is it Important?** - This group will be focused on how to show your child unconditional love and how to help your child understand that there are no restrictions on your love for them. We will also discuss the importance of unconditional love for helping children develop a strong sense of self-esteem and confidence.

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.