









PARENT SUPPORT PROGRAM ONLINE GROUP CALENDAR
SEPTEMBER 2020

Mon	Tue	Wed	Thu	Fri
	1 9:30am -10:30am Family Literacy Circle★ (Week #5 of 8) 10:30am -11:30am Circle Time: Going on an Adventure!★ <i>Online Groups</i>	2 10:00am -11:30am Positive Discipline 6:00pm – 7:30pm Creating Routines for Connection and Learning <i>Online Groups</i>	3 10:00am -11:00am Changing Your Story (Part #1 of 2) <i>Online Group</i>	4 NO GROUPS 
7 NO GROUPS STAT HOLIDAY 	8 9:30am -10:30am Family Literacy Circle★ (Week #6 of 8) 10:30am -11:30am Circle Time: PJ Party!★ <i>Online Groups</i>	9 6:00pm – 7:30pm Coping With Transitions: Starting Preschool or Kindergarten <i>Online Groups</i>	10 10:00am -11:00am Changing Your Story (Part #2 of 2) 1:00pm-2:00pm Helping Kids with Preschool and Kindergarten Sleep Transitions <i>Online Group</i>	11 NO GROUPS 
14 9:30am – 10:15am Little Dreamers Story Time★ (Week #5 of 6) 10:30am -12:00pm Building Self-Esteem in Young Children <i>Online Groups</i>	15 9:30am -10:30am Family Literacy Circle★ (Week #7 of 8) 10:30am -11:30am Circle Time: Animals!★ <i>Online Groups</i>	16 10:00am -11:30am Emotional Reactivity: Learning to Think Before You Act 6:00pm – 7:30pm Fall Activities to do From Home <i>Online Groups</i>	17 NO GROUPS 	18 NO GROUPS 
21 9:30am – 10:15am Little Dreamers Story Time★ (Week #6 of 6) 10:30am -12:00pm Understanding Your Child's Temperament <i>Online Groups</i>	22 9:30am -10:30am Family Literacy Circle★ (Week #8 of 8) 10:30am -11:30am Circle Time: Goodbye Summer!★ <i>Online Groups</i>	23 10:00am -11:30am The Negative Side to Rescuing Our Children 6:00pm – 7:30pm When Friends Won't Share <i>Online Groups</i>	24 10:00am -11:30am Attachment Parenting: What is it and Why is it Important? <i>Online Group</i>	25 NO GROUPS 
28 9:30am – 10:30am Let's Talk About... Our Bodies★ <i>Online Groups</i>	29 9:30am -10:30am Circle Time★ <i>Online Group</i>	30 10:00am -11:30am Socially Skilled: Building the Foundation for Social Intelligence 6:00pm – 7:30pm The Waiting Game: Encouraging Self-Regulation in Young Children <i>Online Groups</i>		

These groups are for Burnaby and New Westminister 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 – September 2020
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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: Animals** - Join us for this animal themed circle time and enjoy some new songs and some classic ones that bring animals to life! ★
- **Circle Time: Going on an Adventure** - Calling all Adventurers! Pack your bags, maps and telescopes and join us for this adventure-themed songs and stories. ★
- **Circle Time: Goodbye Summer** - Join us for this summer themed circle time where we will sing songs and tell stories in honour of the sun, beach and water!
- **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!
- **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. ★

Educational Groups:

- **Attachment Parenting: What is it and Why is it Important?** - Come and learn the importance of a strong parent-child relationship. In this group parents will learn what attachment is, the three kinds of attachment as well as how to best meet their child's needs by building their child's sense of trust.
- **Building Self-Esteem in Children** – This group will focus on how to help your child to develop self-awareness and self-esteem.
- **Emotional Reactivity** – Have you ever found yourself getting frustrated or angry with your children and you're not even sure why you reacted so strongly? This group will help parents learn about emotional triggers and why we react without thinking. We will also focus on ways to manage our reactivity, how to calm down, and how to repair relationships in times where we can't control our reactions.
- **Changing Your Story** - In this workshop we will work to uncover the personal narrative that informs you life, the decisions you make, and the way you think. We will reflect on the underlying belief systems that create these narratives and work to create a new story.
- **Coping with Transition: Preschool or Kindergarten** – Many young children transition into their academic career starting with preschool, or kindergarten sometime between the ages of 3 – 6 years. For children and their parents, it is an exciting and daunting time. Tonight's group will focus on factors to consider (beyond chronological age) when determining whether children are ready for school. We'll also discuss how to strengthen the link between home and school to set your child up for success.
- **Creating Routines for Connection and Learning** – For most of us, our lives involve a series of patterns—routines we perform almost every day, like stopping at the same place each day for coffee on the way to work. This is also very true for young children. Join us for this informative group to find out more about importance of routines for child development.
- **Fall Activities to do at Home** - Fall activities are a great way to introduce children to a new season, a season of change, and all the fun that comes with it. Fall is here and this is a great time to get some new ideas for so new fall-themed art and sensory activities!
- **Helping Kids with Preschool and Kindergarten Sleep Transitions** – This 1-hour workshop will be facilitated by guest speaker Jolan Holmes, a sleep consultant from Good Night Sleep. She will be sharing information that helps you understand the sleep your child needs. She will be looking at some common sleep issues that arise as kids transition to new routines.
- **Let's Talk About...Our Bodies!** - Join us for this interactive and informative group about different topics that are sometimes hard for parents to discuss with their children. We'll teach your children about these commonly asked questions and email parents a handout afterwards to guide them through some things that they can say or do afterwards.
- **Positive Discipline** - Learn how to use age-appropriate positive discipline techniques for children ages 0-5 years. We will discuss developmental expectations and how to deal with misbehaviors in a way your child can learn from.
- **Socially Skilled: Building the Foundation for Social Intelligence** - The social world is a complicated one and children are needing the help of their parents to navigate it. Join us for this educational session where we will discuss how you as parents, can provide your children with the skill set necessary for the development of social intelligence.
- **The Negative Side to Rescuing Our Children (How to Prevent Co-dependence and Irresponsibility in Kids)** - As a parent it can be uncomfortable to see our children feeling anxious, disappointed or frustrated. We may want to rescue our child from the situation or help them make the situation better rather than allowing them to feel the natural consequence of the situation. Learn how we can put our own discomfort aside so that we can guide our children in building new life skills and give them an opportunity to discover their inherent resilience.
- **The Waiting Game: Encouraging Self-Regulation in Young Children** - If you're like most parents, you work hard with your child to understand the rules of sharing in your own home, but what happens when your child has a playdate and becomes upset that friends don't share? Join us for this 90-minute group where we'll discuss some things to consider as children work through the challenges of learning socialization
- **Understanding You Child's Temperament** - Why are some children quiet and sensitive and others energetic and social? This group will discuss the different personalities children have and how you can better understand your child's temperament.
- **When Friends Won't Share** – If you're like most parents, you work hard with your child to understand the rules of sharing in your own home, but what happens when your child has a playdate and becomes upset that friends don't share? Join us for this 90-minute group where we'll discuss some things to consider as children work through the challenges of learning socialization.

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.