

PARENT SUPPORT PROGRAM ONLINE GROUP CALENDAR

OCTOBER 2020

Mon	Tue	Wed	Thu	Fri
			1 NO GROUPS 	2 NO GROUPS 
5 9:30am – 10:15am <b>Let's Talk About... Where Do Babies Come From?★</b>  10:30am -12:00pm <b>Relaxation and Self- Soothing Techniques for Young Children</b>  <i>Online Groups</i>	6 9:30am -10:30am <b>Mini Mozarts★</b>  10:30am -11:30am <b>Ready, Set, Read!★</b>  <i>Online Groups</i>	7 10:00am -11:30am <b>Trauma-Proofing Your Young Children</b>  <b>6:00pm – 7:30pm</b> <b>Realistic Expectations About Children's Self-Control</b>  <i>Online Groups</i>	8 NO GROUPS 	9 NO GROUPS 
12 NO GROUPS STAT HOLIDAY  	13 NO GROUPS 	14 10:00am -11:30am <b>Discipline Without Drama (Week #1 of 2)</b>  <b>6:00pm – 7:30pm</b> <b>Language, Literacy, and Communication</b>  <i>Online Groups</i>	15 10:00am -11:00am <b>How to "Fight" in Front of Your Kids</b>  <i>Online Group</i>	16 10:00am -11:30am <b>Circle of Security™ Parenting Program (Week #1 of 8)</b>  <i>Online Group</i>
19 9:30am – 10:15am <b>Let's Talk About... Emotions★</b>  <i>Online Groups</i>	20 9:30am -10:30am <b>Early Einsteins: Laughing and Learning with our Little Ones (Week #1 of 6)★</b>  <i>Online Groups</i>	21 10:00am -11:30am <b>Discipline Without Drama (Week #2 of 2)</b>  <b>6:00pm – 7:30pm</b> <b>Is This TMI (Too Much Information)?</b>  <i>Online Groups</i>	22 10:00am -11:00am <b>The Highly Active Child</b>  <i>Online Group</i>	23 10:00am -11:30am <b>Circle of Security™ Parenting Program (Week #2 of 8)</b>  <i>Online Group</i>
26 NO GROUPS 	27 9:30am -10:30am <b>Early Einsteins: Laughing and Learning with our Little Ones (Week #2 of 6)★</b>  <i>Online Group</i>	28 10:00am -11:30am <b>Coping With Stress in Families</b>  <b>6:00pm – 7:30pm</b> <b>Tips to Combat Parental Burnout</b>  <i>Online Groups</i>	29 10:00am -11:00am <b>Mommy Guilt and How to Cope With it</b>  <i>Online Group</i>	30 10:00am -11:30am <b>Circle of Security™ Parenting Program (Week #3 of 8)</b>  <i>Online Group</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](mailto: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 – October 2020**  
ALL EDUCATIONAL GROUPS WILL INCLUDE ADDITIONAL TIME AT THE END OF  
EACH GROUP FOR QUESTIONS AND DISCUSSION

★**Interactive Groups:**★

- **Early Einsteins: *Laughing and Learning with our Little Ones (6 weeks)*** – Let's get ready for school! Based on the BC curriculum, we will explore a variety of topics (such as literacy, math, and gross motor skills) to give our kids a head start in learning. Each week will focus on a different theme and be delivered through stories, songs and craft-ivities. Materials can be provided for families who may not be able to get them on their own, please email us to find out how. ★
- **Let's Talk About...Emotions** - Join us for this interactive and informative group about different topics that are sometimes hard for parents to discuss with their children. This group will focus on explaining emotions, and how to identify and manage them, to your young child. 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. ★
- **Let's Talk About...Where do Babies Come From?** - Join us for this interactive and informative group about different topics that are sometimes hard for parents to discuss with their children. This group will focus on explaining 'where babies come from' and how to answer other questions about sex to your young child. 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. ★
- **Mini Mozarts** – Come make music with us! In this group, we will explore the world of rhythm using our voices and instruments hidden around the house. Please bring things that can shake, drum and tingle for our orchestra. ★
- **Ready, Set, Read** – Come join this literacy group where we will explore the adventurous world of reading. Together, we will build a love for new stories and characters. ★

**Educational Groups:**

- **Circle of Security™ Parenting Program (8 weeks)**- 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 8-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 in Families** –Parents! Come out and learn some relaxation techniques and lifestyle tips for leading a **less** stressful life.
- **Discipline Without Drama (2 parts)** – We all have good intentions when it comes to parenting, but sometimes we slip into less-than-effective habits quickly and end up disciplining in ways that might not bring out our best or the best in our children. Come join us as we discuss how we can avoid making these mistakes or get back on track when we're headed in the wrong direction. Based on material from, "no drama discipline", by Dr. Dan Siegel and Dr. Tina Payne Bryson
- **How to "Fight" in Front of Your Kids** – All families argue. Instead of trying to hide it from our children, come and learn about healthy ways of having a disagreement in front of our kids.
- **Is This TMI (Too Much Information)?** – What is appropriate to share with children, in what way, at what ages: It can be hard to know what, when, and how to share difficult information and discuss sensitive topics with young children. This group will offer guidelines for what's developmentally appropriate, and how and when to give children accurate information in a way that they can handle and understand.
- **Language, Literacy, and Communication** – Many parents read to their young children regularly. Giving children literacy experiences at home can develop your child's reading ability, comprehension, and language skills. Join us for tonight's group where we'll explore ways to make story time more interactive, and additional ways to build your child's literacy skills.
- **Mommy Guilt and How to Cope With it** – "My child doesn't get screen time," "I only let my children eat home-made organic food," "I never get angry with my child," "I got my child a \$300 birthday gift and we had a huge party." As a mom (or dad) we hear other parents make comments like these ones that make us feel like we are not being an adequate caregiver. This can sometimes result in 'mom guilt' about not being able to do things that other families are doing or not meeting standards we've set for ourselves. Join us for this group where we will explore our tendency to compare ourselves to others and how to feel good about ourselves as parents even when we're not always at our best.
- **Realistic Expectations About Children's Self-Control** – Have you experienced your child having a tantrums or a meltdown and wondered... "Is it the age, is it the stage, is it something I'm doing or not doing?". If so, you are not alone! This 90-minute group will give you some insight into realistic expectations about when children start developing self-control.
- **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.
- **The Highly Active Child** – Does it seem like your child never slows down? Is your child full of energy? Joins us for this informative group on active children and how to occupy, discipline and handle them
- **Tips to Combat Parental Burnout** – The fatigue that can come with parenting is a legitimate daily struggle for many of us. What we may not think about is that there is a range of different types of exhaustion. Understanding what type of tiredness you're experiencing can help you choose a self-care approach that is most likely to help you reconnect with the energy necessary to face the challenges of parenthood. Remember, you need to put on your own oxygen mask before assisting others!
- **Trauma-Proofing Your Young Children** – Join us for an in-depth discussion regarding trauma and its effect on children and their resilience. Based on the book "Trauma Proofing Your Kids" by Peter Levine and Maggie Kline.

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.