

**PARENT SUPPORT PROGRAM ONLINE GROUP CALENDAR**

<b>NOVEMBER 2020</b>				
Mon	Tue	Wed	Thu	Fri
<b>2</b> 9:30am – 10:15am <b>Let's Talk About... Friendship ★</b>  10:30am -12:00pm <b>Helping Children Develop Good Eating Habits</b>  <i>Online Groups</i>	<b>3</b> 9:30am -11:00am <b>Early Einsteins: Laughing and Learning with our Little Ones ★ (Week #3 of 6) GROUP FULL</b>  <i>Online Groups</i>	<b>4</b> 10:00am -11:30am <b>Dealing With Separation Anxiety</b>  <b>6:00pm – 7:30pm</b> <b>Indoor Activities for Rainy Days</b>  <i>Online Groups</i>	<b>5</b> 9:30am – 10:30am <b>Mistakes Couples Make</b>  11:00am -12:30pm <b>“Good Enough” Parenting in Stressful Times (Week #1 of 5)</b>  <i>Online Groups</i>	<b>6</b> 10:00am -11:30am <b>Circle of Security™ Parenting Program (Week #4 of 8)</b>  <i>Online Group</i>
<b>9</b> 9:30am – 10:15am <b>Let's Talk About... Being Kind ★</b>  10:30am -12:00pm <b>Common Childhood Colds and Illnesses</b>  <i>Online Groups</i>	<b>10</b> 9:30am -11:00am <b>Early Einsteins: Laughing and Learning with our Little Ones ★ (Week #4 of 6) GROUP FULL</b>  <i>Online Groups</i>	<b>11</b> <b>NO GROUPS</b>  	<b>12</b> 9:30am – 10:30am <b>Seven Principles for Making a Marriage Work</b>  11:00am -12:30pm <b>“Good Enough” Parenting in Stressful Times (Week #2 of 5)</b>  <i>Online Groups</i>	<b>13</b> 10:00am -11:30am <b>Circle of Security™ Parenting Program (Week #5 of 8)</b>  <i>Online Group</i>
<b>16</b> 9:30am – 10:15am <b>Let's Talk About... Manners ★</b>  10:30am -12:00pm <b>Child Care Questions Answered: YMCA CCRR Guest Speaker</b>  <i>Online Groups</i>	<b>17</b> 9:30am -11:00am <b>Early Einsteins: Laughing and Learning with our Little Ones ★ (Week #5 of 6) GROUP FULL</b>  <i>Online Groups</i>	<b>18</b> 10:00am -11:30am <b>The Family Mission</b>  <b>6:00pm – 7:30pm</b> <b>How to Stay Calm When Your Child is Not</b>  <i>Online Groups</i>	<b>19</b> 9:30am – 10:30am <b>Understanding Love and Attachment in Couples (Part 1 of 2)</b>  11:00am -12:30pm <b>“Good Enough” Parenting in Stressful Times (Week #3 of 5)</b>  <i>Online Groups</i>	<b>20</b> 10:00am -11:30am <b>Circle of Security™ Parenting Program (Week #6 of 8)</b>  <i>Online Group</i>
<b>23</b> <b>NO GROUPS</b>  	<b>24</b> 9:30am -11:00am <b>Early Einsteins: Laughing and Learning with our Little Ones ★ (Week #6 of 6) GROUP FULL</b>  <i>Online Groups</i>	<b>25</b> <b>6:00pm – 7:30pm</b> <b>Parent-Child Communication</b>  <i>Online Groups</i>	<b>26</b> 9:30am – 10:30am <b>Understanding Love and Attachment in Couples (Part 2 of 2)</b>  <i>Online Group</i>	<b>27</b> 10:00am -11:30am <b>Circle of Security™ Parenting Program (Week #7 of 8)</b>  <i>Online Group</i>
<b>30</b> 9:30am – 10:15am <b>Let's Talk About... Self-Confidence ★</b>  10:30am -12:00pm <b>Parenting with Brain Development in Mind</b>  <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](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 – November 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...(Friendship; Being Kind; Manners; Self-Confidence)** - Join us for this interactive and informative group about different topics that are sometimes hard for parents to discuss with their children. These groups will focus on explaining difficult and complex topics to your young child. We'll also help answer commonly asked questions and email parents a handout afterwards to guide them through some things that they can say or do afterwards. ★

**Educational Groups:**

- **Child Care Questions Answered** – Join our guest speaker from the YMCA Child Care Resource and Referral program. They will review commonly asked questions and concerns regarding preschool and childcare and will be available to address any participant questions.
- **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.
- **Common Childhood Colds & Illnesses** - Winter season is often the time children catch common colds and illnesses. Come and learn about these illnesses and find out ways to prevent them.
- **Dealing with Separation Anxiety** – This group will focus on learning some reasons why separation anxiety occurs in young children and provides some strategies for helping children cope with separation and learn to be independent.
- **“Good Enough” Parenting in Stressful Times** - Parenting always has its challenges but Covid-19, Zoom fatigue and the “new normal” have added even more stress to our daily family lives. Striving for parenting perfection only results in disappointment, as we know it doesn't exist and are bound to make mistakes along the way. Join us for this 5-week discussion group to learn simple strategies for parenting your kids in a way that is “good enough” for them to thrive, even while the world around us changes every day.
- **Helping Children Develop Good Eating Habits** – Helping children learn to eat well and to enjoy healthy food is one of the earliest challenges of parenting. In this group we will discuss tips for establishing good eating habits, how to deal with children who are fussy eaters, and how to deal with dinner table problems.
- **How to Stay Calm When Your Child is Not** – Want to stay calm as a parent? Wondering how to keep calm when your child is losing it? Or if the kids are fighting (again)? We all know it never seems to help when you get angry at your kids. It just seems to add fuel to the fire. An explosive combination. During tonight's group well look for a more peaceful approach – let's see how to stay calm, and parent from there.
- **Indoor Activities for Rainy Days** – Being stuck inside does not have to mean being bored. Join us for this group discussion about activities you can do with your child and activities for independent play when you need options for indoor activities.
- **Mistakes Couples Make** – This group looks at the expertise of relationship expert Dr. John Gottman. We will be looking at his research that uncovers the mistakes couples make that can lead to separation. "The first step toward enhancing your relationship is to understand what happens when relationships fail."
- **Parent-Child Communication** – It is important for parents to understand value of communication between themselves and their child. Most parents feel frustrated that their child just does not listen. Join us for this informative group where we'll talk about things that contribute to communication challenges and how to replace ineffective communication strategies with ones that are reflective, empathic, and effective.
- **Parenting with the Brain in Mind** – Join us for this informative 2-hour group, based on the book, “The Whole-Brain Child” by Dan Siegel and Tina Payne Bryson, on how children's brains develop and learn what you can do to encourage healthy brain development so your child can grow to their full potential.
- **Seven Principles for Making a Relationship Work** – Based on the work of relationship expert Dr. John Gottman, this group will explore the seven principles to live by to make your relationships thrive and last.
- **The Family Mission** – In this session we will discuss how to create your family culture where the members feel deeply connected and enjoy being together, based on the book “The 7 Habits of Highly Effective Families” Stephen Covey
- **Understanding Love and Attachment in Relationships (2 Parts)** - This group will be discussing the theory of attachment and how it relates to our adult relationships. We will discuss how our first relationship with our caregiver(s) influences the way we connect in our romantic partnerships. This group is based off of the work of relationship expert, Dr. Sue Johnson.

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.