

PARENT SUPPORT PROGRAM ONLINE GROUP CALENDAR

DECEMBER 2020

Mon	Tue	Wed	Thu	Fri
	<p>1 NO GROUPS</p> 	<p>2 10:00am -11:30am Conscious Communication</p> <p>6:00pm – 7:30pm Meaningful Holiday Traditions for Families</p> <p><i>Online Groups</i></p>	<p>3 9:30am – 10:30am Love in the Time of Corona</p> <p>11:00am -12:30pm “Good Enough” Parenting in Stressful Times (Week #4 of 5)</p> <p><i>Online Groups</i></p>	<p>4 10:00am -11:30am Circle of Security™ Parenting Program (Week #8 of 8)</p> <p><i>Online Group</i></p>
<p>7 10:00am -11:30am Helping Siblings Get Along</p> <p>4:00pm – 4:45pm Let’s Talk About... the Seasons ★ KIDS GROUP ★</p> <p><i>Online Groups</i></p>	<p>8 9:30am -11:00am Play-Dough Pandemonium! ★ KIDS GROUP ★</p> <p><i>Online Groups</i></p>	<p>9 10:00am -11:30am Mindfulness: The Art of Being Present</p> <p>6:00pm – 7:30pm Dealing with Overwhelm: First Things First</p> <p><i>Online Groups</i></p>	<p>10 9:30am – 10:30am Parenting With Your Partner</p> <p>11:00am -12:30pm “Good Enough” Parenting in Stressful Times (Week #5 of 5)</p> <p><i>Online Groups</i></p>	<p>11 10:00am -11:30am How to Help Yourself and Your Children Move Through Challenging Times</p> <p><i>Online Group</i></p>
<p>14 10:00am -11:30am How to Get Your Children to Play by Themselves</p> <p>4:00pm – 4:45pm Let’s Talk About... the Holidays ★ KIDS GROUP ★</p> <p><i>Online Groups</i></p>	<p>15 NO GROUP</p> 	<p>16 NO GROUP</p> 	<p>17 9:30am – 10:30am Mindful Meditation for Parents</p> <p><i>Online Groups</i></p>	<p>18 10:00am -11:30am Creating a Sense of Calm Through Nurturing Touch</p> <p><i>Online Group</i></p>
<p>21 NO GROUP</p> 	<p>22 NO GROUP</p> 	<p>23 NO GROUP</p> 	<p>24 NO GROUP</p> 	<p>25 NO GROUP</p> 
<p>28 NO GROUP</p> 	<p>29 NO GROUP</p> 	<p>30 NO GROUP</p> 	<p>31 NO GROUP</p> 	

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 – December 2020
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EACH GROUP FOR QUESTIONS AND DISCUSSION

★ **Interactive Groups:** ★

- **Let's Talk About... the Holidays** – Join us for this interactive group where we will read books, learn about the holidays, and will encourage children to express their ideas. ★
- **Let's Talk About... the Seasons** - Join us for this interactive group where we will read books, learn about the seasons, and will encourage children to express their ideas. ★
- **Play-Dough Pandemonium!** - Please join us for this fun and creative group where we will use play dough to create some of our favourite book characters! Please bring a few cans of play dough to the group for your child to sculpt with. The facilitator will also be available to discuss additional parenting topics near the end of the group. ★

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.
GROUP FULL
- **Conscious Communication** - In this group you will learn how to use positive communication with your kids and partner to facilitate loving and respectful family dynamics. There will be opportunities for families to share personal communication struggles and practice new strategies to weave empathy and validation into their responses.
- **Creating a Sense of Calm Through Nurturing Touch** - Parenting life can feel overwhelming and chaotic at times. We don't always have time for the self-care that we know we need. Luckily there are many things we can sprinkle into our day that only take a few seconds or minutes to help us shift how we feel in the moment. Join us as we practice simple tools you can bring into your everyday (hectic) life to help you and your family feel less overwhelmed and more at peace.
- **Dealing with Overwhelm: First Things First** - What do you do when it all feels overwhelming? Some days parenting feels trouble-free. Other times, however, parenting seems really hard, and so complex! There are so many decisions to make and so much advice to sift through. In spite of all the 'helpful' input at our disposal, or maybe because of it, sometimes it's hard to recognize the right thing to do. Tonight's group offers information to help you start thinking about how to simplify parenting – both the concept and the end goal. **EVENING GROUP**
- **“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. **GROUP FULL**
- **Helping Siblings Get Along** – When a new baby brother or sister arrives it isn't always love at first sight for an older sibling. This group will look at ways to foster great sibling relationships from the beginning and how to help siblings get along.
- **How to Get your Children to Play by Themselves** – An important skill for your child's development, and for your sanity, independent play allows your child to play on their own and strengthen their imagination. Join us while we discuss ways to help your child build the skills necessary to learn to play on their own.
- **How to Help Yourself and Your Children Move Through Challenging Times** - Life has a way of throwing many unexpected things on our path, some of them or joyful others stir up sadness, disappointment, frustration and fear. Join us as we explore simple tools that help us feel centred and grounded through these times in a way that allows us to support our children through their challenging experiences.
- **Love in the Time of Corona** – Parenting in a pandemic, working from home, increased stress... who has time for romance? This group will discuss how the pandemic has impacted your relationship and explore ways to enhance your connection to your partner.
- **Meaningful Holiday Traditions for Families** - Like most things this year, the holiday season will be marked by the coronavirus pandemic. For you and your family, it may feel like one more disappointment at the end of a long, challenging year. Join us for this group discussion to hear ways to experience more family joy and deeper meaning this holiday season. It is possible! Sharing of ideas is encouraged :) **EVENING GROUP**
- **Mindfulness Meditation for Parents** – The holidays are here and we know that can sometimes increase stress. Take this hour to relax your mind and body. This group will offer one hour of mindful meditation and relaxation to help you start the holidays off from a place of zen.
- **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 in the most chaotic situations, and techniques, such as intention, mindfulness and compassion, to bring yourself back to the present.
- **Parenting With Your Partner** – Do you and your partner have different parenting styles? Do you find you and your significant other arguing often about parenting decisions? This group will explore the golden rules for successful parenting with your partner.

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.