

PARENT SUPPORT PROGRAM ONLINE GROUP CALENDAR

JANUARY 2021

| Mon | Tue | Wed | Thu | Fri |
|--|---|---|---|---|
|  | | | | 1 NO GROUP  |
| 4 NO GROUP  | 5 9:30am -11:00am Family Literacy Circle ★KIDS GROUP★ (Week #1 of 8) <i>Online Groups</i> | 6 10:00am -11:30am How to Set Limits <i>Online Group</i> | 7 9:30am – 10:30am Circle Time! ★KIDS GROUP★ 10:30am -12:00pm Managing The Social and Emotional Risks of COVID to Your Young Child <i>Online Groups</i> | 8 NO GROUP  |
| 11 10:00am -11:30am How to Help Children Deal With Stress 4:00pm – 4:45pm Let's Talk About... LOVE ★KIDS GROUP★ <i>Online Groups</i> | 12 9:30am -11:00am Family Literacy Circle ★KIDS GROUP★ (Week #2 of 8) <i>Online Groups</i> | 13 10:00am -11:30am Helping Children Learn to Apologize... and Mean It 6:00pm – 7:30pm Three Mindful Parenting Tips <i>Online Groups</i> | 14 9:30am – 10:30am Melody Makers and Body Shakers ★KIDS GROUP★ 10:30am -12:00pm How Your Parenting Style Affects Your Child <i>Online Groups</i> | 15 10:00am -11:30am How to Harness the Power of Your Mind to Empower You and Your Family <i>Online Group</i> |
| 18 NO GROUPS  | 19 9:30am -11:00am Family Literacy Circle ★KIDS GROUP★ (Week #3 of 8) <i>Online Groups</i> | 20 6:00pm – 7:30pm How to Interact With Your Strong-Willed Child <i>Online Groups</i> | 21 9:30am – 10:30am Circle Time! ★KIDS GROUP★ 10:30am -12:00pm How to Talk to Your Child in a Way That Invites Listening <i>Online Groups</i> | 22 10:00am -11:30am The Power of Our Words: How to Speak in Ways That Support Mental Health <i>Online Group</i> |
| 25 4:00pm – 4:45pm Let's Talk About... When I Miss My Mom ★KIDS GROUP★ <i>Online Groups</i> | 26 9:30am -11:00am Family Literacy Circle ★KIDS GROUP★ (Week #4 of 8) <i>Online Groups</i> | 27 10:00am -11:30am Building Confidence in Children 6:00pm – 7:30pm Why Manners Matter <i>Online Groups</i> | 28 9:30am – 10:30am Play-Dough Pandemonium! ★KIDS GROUP★ 10:30am -12:00pm How Children Try to Manipulate Their Parents and What to Do About It <i>Online Groups</i> | 29 10:00am -11:30am Understanding the Nervous System: How to Help the Whole Family "Calm Down" <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 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 – January 2021

★ Interactive Children's 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. ★
- **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 a free gift card to purchase a brand new book (up to a maximum of 5 gift cards for the duration of the series).* ★
- **Let's Talk About...(LOVE, When I Miss My Mom)** - 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 have time to help answer commonly asked questions. ★
- **Melody Makers and Body Shakers** – In this group we will be using our bodies to make some beautiful music! Get ready to shake, rattle, and rock! ★
- **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 doh to the group for your child to sculpt with (we can also provide a recipe for home-made play dough if you don't have any at home). The facilitator will be also available to discuss additional parenting topics near the end of the group. ★

Educational Groups:

- **Building Confidence in Children** – This group will focus on how to build your child's sense of confidence and mastery by helping them feel competent and creating a sense independence.
- **Helping Children Learn How to Apologize...and Mean It** – We all want to raise socially intelligent children. Ones 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 Children Try to Manipulate Their Parents and What To Do About It** – Would you like your children to help maintain your household and do age-appropriate chores? It's best to start young! Kids as young as two years old can take on some responsibilities. But some days, they might not want to. Learn three ways children try to manipulate parents so they get out of doing things they don't want to do and compassionate ways to hold them accountable.
- **How to Harness the Power of your Mind to Empower You and Your Family** - Our minds are very powerful. Our mind has the power to deeply impact that way we see ourselves, others and what's happening in the moment. On a good day, you might find that your mind is your friend and on your side, helping you move through your day with ease. On a more challenging day, it might have you stuck in unhelpful thoughts. Join us as we explore how the simple practice of "noticing our minds" opens us up to more empowering ways to approach challenges.
- **How to Help Children Deal With Stress** – As rates of childhood stress and anxiety are on the rise, come and learn some ways of preventing stress and anxiety in young children. We will also discuss how to teach children to manage feelings of stress and anxiety and how to cope with them in healthy ways.
- **How to Interact With Your Strong-Willed Child** – Few parents acknowledge the positive side of having a strong-willed child – at least not until the child has emerged from childhood! But when you look at our leaders, sports heroes, and people who have achieved significantly, you are usually looking at people who, as children, were strong-willed. They have harnessed their strengths and directed them into causes that impact others positively. Our group discussion will explore ways to set your strong-willed child up for success.
- **How to Set Limits** - Learn how to implement rules and limits so that your children will learn to follow them.
- **How to Talk to Your Child in a Way That Invites Listening** – As parents we've all had times when we wish our child would just listen to what we say and do what we ask. In this group we will explore some tips for language we can use that invites listening and cooperation.
- **How Your Parenting Style Affects Your Child** – The way we parent affects many aspects of our children - including their curiosity, self-esteem, ability to accept responsibility and to think for themselves, and willingness to ask for help. Learn about three different parenting styles and how we can adapt our own style to help our children thrive.
- **Managing the Social and Emotional Risks of COVID to Your Young Child** – Life as we know it has changed. In the wake of the Covid-19 pandemic, many parents feel anxious and increasingly stressed out, and miss their friends and family. But what are the social and emotional risks to our babies, toddlers and preschoolers? In this group, we will discuss some of these risks and possible ways to counteract them.
- **The Five Languages of Apology** - Apology. That simple gesture requiring us to own our part and take responsibility for how we might be contributing to an issue. For some reason, most of us find apologizing incredibly hard to do. On the other hand, we might all agree that to be on the receiving end of an apology can be life giving and life changing. But who knew that there was more than one way to apologize? Tonight, we will discuss this valuable communication skill and why it's important parenting tool.
- **The Power of Our Words: How to Speak in Ways That Support Our Mental Health** - Words are powerful. They have the ability to hurt us or empower us. The language we choose to use when we speak to ourselves and others has the ability to impact our mental and emotional health greatly. Learn how to transform the way you speak to yourself and your family so that everyone feels less overwhelmed, more at ease and more confident.
- **Three Mindful Parenting Tips** - Mindfulness is a buzz word in our ongoing search for more balance and happier lives. There is now strong evidence to show that everyone from children to multinational corporations are benefitting from mindfulness. It may seem ironic to add a new technique to your already busy life, to simplify it. Join us for tonight's group to learn three ways to create a calmer mind and improve your parenting.
- **Understanding the Nervous System: How to Help the Whole Family "Calm Down"** - Many of us feel exhausted, stressed and overwhelmed these days. This can leave us agitated and overreacting (only to feel guilty afterwards) or stuck, frustrated and procrastinating. All of these are signs of our nervous systems being overloaded. It's not a fun state to live in, yet it's become familiar and almost "normal" to all of us. Join us as we learn how to see the signs of nervous system dysregulation and simple tools to help us bring regulation back to our system so that we can move through the day with more ease.
- **Why Manners Matter** - Good manners never go out of style. It is more about attitude than etiquette. Courtesy, kindness, and respect for others are important social skills. When we teach our children good manners, we hand them a passport to future success. That's the theory – but how do you ingrain these manners? Join us for tonight's group to find out more.

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.