

PARENT SUPPORT PROGRAM GROUP CALENDAR

February 2017

Please Note: All of our groups require pre- registration. No drops-ins Parent-Child Songs and Stories. (all ages) Family Liter Circle * (all ages) 6 7 ************************************	Fri	Thu	Wed	Tue	Mon
All of our groups require pre- registration. No drops-ins Farent-Child Song and Stories *, (all ages) Family Liter & Parent Child Song and Stories *, (all ages) Family Liter & Parent Child Song and Stories *, (all ages) 6 7 8 9 10:30am -11:30am Movement and Music *, (Dopm - 6:00pm Parent-Child Play & Learn: Colours/Patterns *, (18 months -) 10:00am -12:00pm Let's All Learn About FEELINGS: Sad, Lonely (Week #4 of 6) 10:30am -11:30am Moris Art Time: Making Valentine's Day Cards 9 10:30am -11:30am Moris Art Time: Colours/Patterns *, (18 months -) Centernial Corm. Centre 65 E Stah Avenue, New Westminster -1 hour- NLC Gayage Parent-Child Song and Stories *, (all ages) 13 14 10:30am -11:30pm The Importance of Routines 9:45am -11:4 Family Liter Parent CaA D (Week #5 of 6) 9:45am -11:4 Family Liter Parent CaA D (Week #5 of 6) 20 10:30am -11:30pm The Importance of Residence of New Westminster 10:30am -11:30pm The Importance of Routines 9:45am -11:4 Family Liter Parent CAA D (Week #5 of 6) 20 20 20 10:30am -11:30pm The Importance of Residence of New Westminster 9:45am -11:4 Family Liter Parent CAA D (Week #5 of 6) 20 20 10:30am -11:30pm The Importance of Residence of New Westminster 9:45am -11:4 Family Liter 20 20 20:30am -11:30pm The Importance of S E Stah Avenue, New Westminster 9:45am -11:4 Fam	3	2	1		
6 7 8 9 10:30am -11:30am Movement and Music * (18 months *) 10:00am -12:00pm (14:5am -12:45pm Parent-Child Play & Learn 10:00am -12:00pm (14:5am -12:45pm Parent-Child Play & Learn 10:00am -12:00pm (14:5am -12:45pm Parent-Child Play & Learn 10:00am -12:00pm (Week #4 of 6) 10:00am -11:30am Movins Art Time Making Valentine's Day Cards 9:45am -11:4 Parent-Child Play & Learn 10:00am -12:00pm (Week #4 of 6) 10:00am -11:30am Movins Art Time Making Valentine's Day Cards Parent-CAR Parent-CAR (Week #6 of 10:00am -12:00pm 10:00am -11:30am Movins Art Time Making Valentine's Day Cards M.C Gayage Plasmatrix 2.0 hours- e203-5623 Imperial St Centennial Comm. Certre 65 E Stinh Avenue, New Westminster 10:03am -11:30pm The Importance of Routines M.C Gayage Plasmatrix 20 0:03am -11:30am Mo GROUPS FAMILY DAY STAT 14 15 16 20 0:03am -11:30am Mo GROUPS FAMILY DAY STAT 21 22 23 20 21 0:03am -11:30am Mo GROUPS NO GROUPS (Week #5 of 6) NO GROUPS MLC Gayage Plasmatrix 20 21 10:00am -12:00pm Parent-Child Songs and Stories* (It fimonths +) 22 23 27 28 NO GROUPS Parent Q&A D (Week #8 of Storrware, New Westminster NC Gayage Plasmatrix 27 28 NO GROUPS Plasmatrix Plasmatrix 11:45am -12:45pm Parent-Child Songs and Stories* (It fimonths +)	P- Family Literacy Fridays★ & Parent Q&A (Week #4 of 6)	& Parent Q&A Drop-	Parent-Child Songs and Stories ★ (all ages) 11:45am -12:45pm		All of our groups require pre- registration. No
10:30am - 11:30am 10:00am - 12:00pm 10:30am - 11:30am 9:45am - 11:4 10:30am - 12:45pm Learn About More S Art Time: More S Art Time: Parent-Child Play & Lonely Parent Child Play & Lo	*NEW* North Burnaby Neighbourhood House 4908 Hastings Street	NLC Qayqayt Elementary School 85 Merrivale St, New Westminster	Missing Cupcakes" Story Time & Craft <mark>(18 months +</mark>)★		
Inside Out	Family Literacy Fridays★ -In & Parent Q&A	9:45am -11:45am Family Literacy	10:30am -11:30am Mom's Art Time: Making Valentine's Day Cards	10:00am -12:00pm Let's All Learn About FEELINGS: Sad, Lonely (Week #4 of 6) Contract Group: Priority given to Residence of New	10:30am -11:30am Movement and Music * (0 - 2 yrs) 11:45am -12:45pm Parent-Child Play & Learn: Colours/Patterns * (18 months +) 4:00pm - 6:00pm
13 14 15 16 NO GROUPS FAMILY DAY STAT 10:00am -12:00pm Let's All Learn About FEELINGS: Embarrassed (Week #5 of 6) 10:30am -11:30pm The Importance of Routines 9:45am -11:4 Family Liter Circle * Parent Q&A DI (Week #7 of 20 Contract Group: Priority given to Residence of New Westminster **203-5623 Imperial St NLC Qaygaj Elementary Sc 85 Merrivale. New Westminster 20 21 10:00am -12:00pm Let's All Learn About FEELINGS: Jealous (Week #6 of 6) 22 23 10:30am -11:30am Parent-Child Songs and Stories * (I8 months +) 10:00am -12:00pm Let's All Learn About FEELINGS: Jealous (Week #6 of 6) 22 23 11:45am -12:45pm Expressive Arts * (18 months +) Contract Group: Priority given to Residence of New Westminster NO GROUPS 9:45am -11:4 Family Liter. Circle * Parent Q&A DI (Week #6 of 6) 27 28 NO GROUPS NLC Qaygaj Elementary Sc 85 Merrivale. No GROUPS #203- 5623 Imperial St 27 28 10:30am -11:30pm Creative Movement * (2-5 years) NO GROUPS 11:45am -12:45pm Parent-Child Free Play * (all ages) NO GROUPS 6:00pm - 8:00pm DVD and Discuss: Raising an Emotionally NO GROUPS	*NEW* North Burnaby Neighbourhood House 4908 Hastings Street	NLC Qayqayt Elementary School 85 Merrivale St, New Westminster	#203- 5623 Imperial St	65 E Sixth Avenue, New	Inside Out -2 hours-
NO GROUPS FAMILY DAY STAT10:00am -12:00pm Let's All Learn About FEELINGS: Embarrassed (Week #5 of 6)10:30am -11:30pm The Importance of Routines9:45am -11:4 Family Liter Circle * Parent Q&A DI (Week #7 of20Contract Group: Priority given to Residence of New Westminster-1 hour-9:45am -11:4 Family Liter Circle * Parent Q&A DI (Week #7 of20Contract Group: Priority given to Residence of New Westminster#203-5623 Imperial StNLC Gayrag 22 35 Merrivale. ND GROUPS202110:00am -12:00pm Let's All Learn About FEELINGS: Jealous (Week #6 of 6)22 NO GROUPS9:45am -11:4 Family Liter Circle * New Westminster11:45am -12:45pm #203-5623 Imperial StContract Group: Priority given to Residence of New Westminster09:45am -11:4 Family Liter Circle * ND GROUPS2728 NO GROUPSNLC Cayrag Parent Child Free Play* (all ages)NLC Gayrag Parent Child Free Play* (all ages)11:45am -12:45pm Parent-Child Free Play* (all ages)NO GROUPSNLC Cayrag Parent Child Free Play* (all ages)11:45am -12:45pm Parent-Child Free Play* (all ages)NO GROUPSNLC Cayrag Parent Child Free Play* (all ages)11:45am -12:45pm Parent-Child Free Play* (all ages)NO GROUPS	17	16		14	
Contract Group: Priority given to Residence of New Westminster#203-5623 Imperial StNLC Qayqay Elementary Sc 85 Merrivade New Westminster2021222310:30am -11:30am Parent-Child Songs and Stories * (all ages)10:00am -12:00pm Let's All Learn About FEELINGS: Jealous (Week #6 of 6)NO GROUPS9:45am -11:4 Family Liter Circle * Parent Q&A DI (Week #6 of 6)11:45am -12:45pm Expressive Arts * (18 months +)Contract Group: Priority given to Residence of New Westminster0NLC Qayqay 9:45am -11:42727Contract Group: Priority given to Residence of New WestminsterNLC Qayqay Periority given to Residence of New WestminsterNLC Qayqay Periority given to Residence of New Westminster2728NO GROUPS10:30am -11:30pm Creative Movement* (all ages)28NO GROUPS11:45am -12:45pm Parent-Child Free Play* (all ages)28NO GROUPS6:00pm - 8:00pm DVD and Discuss: Raising an EmotionallyAA	n 10:00am -12:00pm Family Literacy Fridays★ -In & Parent Q&A	9:45am -11:45am Family Literacy	10:30am -11:30pm The Importance of Routines	10:00am -12:00pm Let's All Learn About FEELINGS: Embarrassed	NO GROUPS FAMILY DAY
65 E Sixth Avenue, New Westminster#203- 5623 Imperial StCast Merrivale Bit Merrivale New Westminit2021222310:30am -11:30am Parent-Child10:00am -12:00pm Let's All Learn About FEELINGS: Jealous (Week #6 of 6)NO GROUPS9:45am -11:411:45am -12:45pm Expressive Arts * (18 months +)Contract Group: Priority given to Residence of New Westminster00NLC Qayqaj Elementary Sc 85 Merrivale New Westminster2728NO GROUPSNLC Qayqaj Elementary Sc 85 Merrivale No GROUPSNLC Qayqaj Elementary Sc 85 Merrivale New Westminster2728NO GROUPSNo GROUPS11:45am -12:45pm Parent-Child Free Play* (all ages)NO GROUPSNew Westmin6:00pm - 8:00pm DVD and Discuss: Raising an EmotionallyImage Sc Image Sc ScImage Sc Place	*NEW* North Burnaby	NLC Qayqayt		Priority given to Residence of New Westminster	
10:30am -11:30am Parent-Child Songs and Stories* (all ages) 10:00am -12:00pm Let's All Learn About FEELINGS: Jealous (Week #6 of 6) NO GROUPS 9:45am -11:4 Family Liter. Circle * Parent Q&A Du (Week #8 of 11:45am -12:45pm Expressive Arts * (18 months +) Contract Group: Priority given to Residence of New Westminster NO GROUPS 9:45am -11:4 Family Liter. Circle * Parent Q&A Du (Week #8 of #203- 5623 Imperial St Contract Group: Priority given to Residence of New Westminster NLC Qayqay Elementary Sc 85 Merrivale New Westmin: 27 28 NO GROUPS NLC Qayqay Elementary Sc 85 Merrivale New Westmin: 11:45am -12:45pm Parent-Child Free Play* (all ages) NO GROUPS 6:00pm - 8:00pm DVD and Discuss: Raising an Emotionally Image: Discussion of the play * (all ages)	Neighbourhood House 4908 Hastings Street	85 Merrivale St, New Westminster	#203- 5623 Imperial St	65 E Sixth Avenue, New	
10:30am -11:30am Parent-Child Songs and Stories * (all ages) 10:00am -12:00pm Let's All Learn About FEELINGS: Jealous (Week #6 of 6) NO GROUPS 9:45am -11:4 Family Liter. Circle * Parent Q&A Du (Week #8 of 11:45am -12:45pm Expressive Arts * (18 months +) Contract Group: Priority given to Residence of New Westminster 0	24	23	22	21	20
Image: Contential strip Westminster Westminster Centennial Comm. Centre 65 E Sixth Avenue, New Westminster NLC Qaygay Elementary Sc. 85 Merrivale New Westminster 27 28 10:30am -11:30pm Creative Movement * (2-5 years) NO GROUPS 11:45am -12:45pm Parent-Child Free Play* (all ages) Image: Component * Component * Com	Nobody's Perfec Parenting -In Program	9:45am -11:45am Family Literacy		10:00am -12:00pm Let's All Learn About FEELINGS: Jealous (Week #6 of 6) Contract Group: Priority given to	10:30am -11:30am Parent-Child Songs and Stories★ (all ages) 11:45am -12:45pm Expressive Arts★
272810:30am -11:30pm Creative Movement ★ (2-5 years)NO GROUPS11:45am -12:45pm Parent-Child Free Play★ (all ages)Image: Composition of the second	#203- 5623 Imperial S	NLC Qayqayt Elementary School 85 Merrivale St, New Westminster		Centennial Comm. Centre 65 E Sixth Avenue, New	
10:30am -11:30pm NO GROUPS Creative Movement * (2-5 years) 11:45am -12:45pm NO GROUPS Parent-Child Free Play * (all ages) 6:00pm - 8:00pm DVD and Discuss: Raising an Emotionally Image: Play *					27
Parent-Child Free Play* (all ages) 6:00pm – 8:00pm DVD and Discuss: Raising an Emotionally					10:30am -11:30pm Creative Movement ★
					Parent-Child Free Play★ (all ages) 6:00pm – 8:00pm DVD and Discuss: Raising an Emotionally
-2 hours-					-



Child & Family Services

Parent Support Program

Burnaby & New Westminster Parenting Groups Descriptions - February 2017

Interactive Groups

- Creative Movement (2 5 yrs) This fun hour allows you and your child to explore movement and dance together through music, imagination, improvisation and play. Creative movement allows you and your child to build emotional connectedness and intimacy.
- Expressive Arts (18 mo +) Join us for this group where children will have the opportunity to express themselves through artistic works.
- Family Literacy Circle and Parent Q&A (Qayqayt Elementary School) During this 10-week series, you and your child will enjoy songs, rhymes, and stories, which promote literacy and reading at home. BONUS: For every 10 books you read with your child at home, we will GIVE you 1 one free NEW book for you to keep (up to a maximum of 5 books during the series). Join us for this very special program. **During the second half of this group we will provide children some time to play and enjoy literacy activities, while parents have to opportunity to socialize with each other and/or ask questions to our facilitator about parenting, child development, and community resources. Please note that priority registration for this group will be given to New Westminster residents.
- Family Literacy Fridays and Parent Q&A (North Burnaby Neighbourhood House) During this 6-week series, you and your child will enjoy songs, rhymes, and stories, which promote literacy and reading at home. BONUS: For every 10 books you read with your child at home, we will GIVE you 1 one free NEW book for you to keep (up to a maximum of 5 books during the series). Join us for this very special program. **During the second half of this group we will provide children some time to play and enjoy literacy activities, while parents have to opportunity to socialize with each other and/or ask questions to our facilitator about parenting, child development, and community resources.
- Let's All Lean About Feelings Separate flyer attached to monthly calendar email regarding this special contract group.
- Movement and Music (0 2 yrs) The fun hour allows you and your little one to explore movement together through
 music. There will be age appropriate props and activities to help you introduce music to your child. This class will allow
 you to build emotional connectedness between you and your child while having fun!
- Parent-Child Free Play (All Ages) Come take this opportunity to spend some quality play-time with your child.
- Parent-Child Play and Learn: Letters, Numbers, Colours/Patterns, & Shapes (18 months +) These parent-child interactive groups help with your child's cognitive development and help get them pre-school and kindergarten ready. Parents can also learn new skills and activities that can be used at home to help foster academic development. This is NOT a series, parents can sign up for just one or all four groups.
- Parent-Child Songs and Stories (All Ages) Join us for a fun hour of songs, rhymes, and stories. This is a great time for social interaction for yourself and your child.
- Pete the Cat and the Missing Cupcakes' Story Time and Craft (18 months +) Join us for this one hour story and craft activity where we will learn about finding the good in life and learning to see experiences from a positive perspective.

Psycho-Educational Groups (1 hour)

- Mom's Art Time During this group, moms will have the opportunity to create their own gift cards. This is the perfect opportunity to focus on yourself and express your emotions in a calm, supportive, and creative atmosphere. No art talent required, and children will be in the childminding room.
- Nobody's Perfect (2 hours) Separate flyer attached to monthly calendar email regarding this special contract group.
- The Importance of Routines With all of the things parents have to balance in life, it can be hard to implement a routine in your child's life. Come and learn about the importance of creating routines and how to start using them in your day-to-day life.

After Hours: Evening Groups (2 hours): *A light dinner will be provided at all evening groups.

- DVD and Discuss: Raising an Emotionally Intelligent Child Come join us as we view and discuss this informative DVD workshop led by John Gottman, PhD, one of North America's foremost researchers on marriage and relationships. This group will discuss how successful parents use 'emotion coaching' as a means to raise children with the exceptional social and emotional skills necessary to succeed in school and life.
- Parenting from the Inside Out Our childhood experiences influence us in many ways. Join us for an informative group where we will discuss how a deeper self-understanding can help us raise children who thrive!

IMPORTANT Info. Please Read!

- To sign up: e-mail <u>pspgroupsignup@hotmail.com</u> or call 604 436 9449. Please provide the names of all adults and children attending as well as children's ages and city of residence (Burnaby or New West).
- If you sign up for a series group (i.e. Part #1 of 2, or Week #1 of 3) this means that you are signed up for the entire series.
 Groups are for participants of the Parent Support Program. Please call or email ahead to register for groups. No drop-ins
- please.
 Parenting groups are free of charge for Burnaby and New Westminster residents. Bus tickets are available upon request.
- * Some groups are "interactive" which means your child stays with you during the group time. These are marked with *
- Some groups are for parents only; so free on-site child minding is available if pre-arranged.
- If you are signed up for a group and cannot make it **PLEASE** call or email to cancel as we often have waitlists for our groups.