




PARENT SUPPORT PROGRAM GROUP CALENDAR

January 2017

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>NO GROUPS STAT</p> 	<p>3</p> <p>NO GROUPS</p> 	<p>4</p> <p>10:30am -12:30pm Hitting, Biting, Scratching and Screaming</p> <p>-2 hours-</p> <p>#203- 5623 Imperial St</p>	<p>5</p> <p>9:45am -11:45am Family Literacy Circle★ & Parent Q&A Drop-In (Week #1 of 10)</p> <p><i>NLC Qayqayt Elementary School 85 Merrivale St, New Westminster</i></p> <p>*Priority registration for New Westminster Families</p>	<p>6</p> <p>10:30am -12:30pm Taking Care of Ourselves, So We Can Take Care of Them</p> <p>-2 hours-</p> <p>#203- 5623 Imperial St</p>
<p>9</p> <p>10:30am -11:30am Movement and Music★ (0 - 2 yrs)</p> <p>11:45am -12:45pm Parent-Child Play & Learn: Letters★ (18 months +)</p> <p>#203- 5623 Imperial St</p>	<p>10</p> <p>NO GROUPS</p> 	<p>11</p> <p>10:30am -11:30am Number Fun★ (18 months +)</p> <p>11:45am -12:45pm Expressive Arts (18 months +)★</p> <p>#203- 5623 Imperial St</p>	<p>12</p> <p>9:45am -11:45am Family Literacy Circle★ Parent Q&A Drop-In (Week #2 of 10)</p> <p><i>NLC Qayqayt Elementary School 85 Merrivale St, New Westminster</i></p>	<p>13</p> <p>10:00am -12:00pm Family Literacy Fridays★ & Parent Q&A (Week #1 of 6)</p> <p>*NEW* North Burnaby Neighbourhood House 4908 Hastings Street</p>
<p>16</p> <p>NO MORNING GROUPS</p> <p><i>Annual Deep Clean of all Toys & Surfaces</i></p> <p>3:30pm – 5:30pm Changing the Conversations With Our Inner Critics Note time change. Light dinner provided</p> <p>#203- 5623 Imperial St</p>	<p>17</p> <p>10:00am -12:00pm Let's All Learn About FEELINGS: Happy, Kind, Loved (Week #1 of 6)</p> <p><i>Contract Group: Priority given to Residence of New Westminster</i></p> <p>Centennial Comm. Centre 65 E Sixth Avenue, New Westminster</p>	<p>18</p> <p>10:30am -12:30pm DVD Viewing: Making Sense of Play – Gordon Neufeld</p> <p>-2 hours-</p> <p>#203- 5623 Imperial St</p>	<p>19</p> <p>9:45am -11:45am Family Literacy Circle★ Parent Q&A Drop-In (Week #3 of 10)</p> <p><i>NLC Qayqayt Elementary School 85 Merrivale St, New Westminster</i></p>	<p>20</p> <p>10:00am -12:00pm Family Literacy Fridays★ & Parent Q&A (Week #2 of 6)</p> <p>*NEW* North Burnaby Neighbourhood House 4908 Hastings Street</p>
<p>23</p> <p>10:30am -11:30am Parent-Child Songs and Stories★ (all ages)</p> <p>11:45am -12:45pm Parent-Child Play & Learn: Numbers★ (18 months +)</p> <p>#203- 5623 Imperial St</p>	<p>24</p> <p>10:00am -12:00pm Let's All Learn About FEELINGS: Anger (Week #2 of 6)</p> <p><i>Contract Group: Priority given to Residence of New Westminster</i></p> <p>Centennial Comm. Centre 65 E Sixth Avenue, New Westminster</p>	<p>25</p> <p>10:30am -11:30am Technology and Toddlers</p> <p>-1 hour-</p> <p>#203- 5623 Imperial St</p>	<p>26</p> <p>9:45am -11:45am Family Literacy Circle★ Parent Q&A Drop-In (Week #4 of 10)</p> <p><i>NLC Qayqayt Elementary School 85 Merrivale St, New Westminster</i></p>	<p>27</p> <p>10:00am -12:00pm Family Literacy Fridays★ & Parent Q&A (Week #3 of 6)</p> <p>*NEW* North Burnaby Neighbourhood House 4908 Hastings Street</p>
<p>30</p> <p>10:30am -11:30pm Creative Movement★ (18 months +)</p> <p>11:45am -12:45pm Parent-Child Play & Learn: Shapes★ (18 months +)</p> <p>6:00pm – 8:00pm Crying Heals the Hurt</p> <p>-2 hours-</p> <p>#203- 5623 Imperial St</p>	<p>31</p> <p>10:30am – 11:30am Creative Movement★ (18 months +)</p> <p>Notice of Filming</p> <p><i>*Parts of this group will be filmed for a Cameray Promotional Video. Consent form must be filled out by all group attendees*</i></p> <p>10:00am -12:00pm Let's All Learn About FEELINGS: Scared/Fear (Week #3 of 6)</p> <p>Centennial Comm. Centre 65 E Sixth Avenue, New Westminster</p>			<p>*Please Note: All of our groups require pre-registration. No drops-ins</p>

**Parent Support Program
Burnaby & New Westminster Parenting Groups Descriptions – January 2017**

★Interactive Groups★

- **Creative Movement (18 months +)** - 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.
- **Do-It-Yourself Games!** – Come and learn how to take simple household items and turn them into wonderful new toys! This interactive group will teach your child how to look at ordinary items in creative new ways. You and your child will have fun creating a new toy that encourages their motor development, creativity and teamwork all while leaving the “artistic mess” at Cameray!
- **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.
- **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!
- **Number Fun (18 mo +)** - Join us for this fun-filled hour all about learning numbers and counting. We will sing songs and play games all focused on learning numbers. We will also provide parents with some ideas for teaching letters and reading skills at home
- **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.

Psycho-Educational Groups (2 hours)

- **DVD Viewing: Making Sense of Play** - Making Sense of Play is one of many DVDs from top developmental psychologist Gordon Neufeld. It explores the connection between play and brain development and looks at the kinds of play that benefit children the most. Discussion included.
- **Hitting, Biting, Scratching and Screaming: What To Do When Children Act Out** – If your child exhibits any of these behaviours, join us for this 2-hour group on how to calm your child, how to address the behaviour through problem solving, and how to replace the behaviours with more positive solutions.
- **Taking Care of Ourselves, So We Can Take Care of Them** - Parenting is hard work. We all know that in order to be the parent we want to be and the parent we know our children need, we need to take care of ourselves. Come join us as we spend some time in a fun and relaxing setting, filling our own cups. We will do various activities that will help us see our strengths and celebrate our successes. Practicing self-care and self-compassion as adults enables us to teach our children to be kind and gentle to themselves as they grow up on face new adventures and challenges.
- **Technology & Toddlers (1 – hour)** - Join us for this one hour group about parenting the iTot generation. We will uncover the pros and cons of exposing our kids to technology and how to encourage learning through the use of apps and websites.

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

- **Changing the Conversations With Our Inner Critics** - We all have an internal voice that expresses criticism and disapproval of our actions. Learning how to change our internal dialogue to one that reflects empowerment, nurturing, and love can be challenging. Join us for an informative group where we will learn practical skills to use with our inner critic.
- **Crying Heals the Hurt** - Have you had moments where you wished your child would just stop crying? We all have! Join us as we learn why crying is a natural recovery process and which powerful tool we can use to transform our childrens’ upsets into opportunities for them to gain confidence. (Based on work by Patty Wipfler of Hand in Hand Parenting.)

IMPORTANT Info. Please Read!

- **To sign up: e-mail pspgroupsignup@hotmail.com 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.