

PARENT SUPPORT PROGRAM ONLINE GROUP CALENDAR

FEBRUARY 2021

Mon	Tue	Wed	Thu	Fri
<p>1 10:00am -11:30am Building the Foundation for Social-Emotional Intelligence (Part 1 of 3)</p> <p>4:00pm – 4:45pm Let's Talk About... FAMILY ★KIDS GROUP★</p> <p><i>Online Groups</i></p>	<p>2 9:30am -11:00am Family Literacy Circle ★KIDS GROUP★ (Week #5 of 8)</p> <p>GROUP FULL</p> <p><i>Online Group</i></p>	<p>3 10:00am -11:30am Through the Labyrinth of Motherhood (Part 1 of 3)</p> <p>6:00pm – 7:30pm Creating Structure and Rules</p> <p><i>Online Groups</i></p>	<p>4 9:30am – 10:30am Little Dreamers Story Time ★KIDS GROUP★</p> <p>10:30am -12:00pm How to Be a Playful Parent</p> <p><i>Online Groups</i></p>	<p>5 10:00am -11:30am Mom's Support Group: Who am I Other Than Being a Mother? Finding Our Way Back to Ourselves</p> <p><i>Online Group</i></p>
<p>8 10:00am -11:30am Building the Foundation for Social-Emotional Intelligence (Part 2 of 3)</p> <p>4:00pm – 4:45pm Let's Talk About... FRIENDS ★KIDS GROUP★</p> <p><i>Online Groups</i></p>	<p>9 9:30am -11:00am Family Literacy Circle ★KIDS GROUP★ (Week #6 of 8)</p> <p>GROUP FULL</p> <p><i>Online Group</i></p>	<p>10 10:00am -11:30am Through the Labyrinth of Motherhood (Part 2 of 3)</p> <p>6:00pm – 7:30pm Understanding ADHD in Young Children</p> <p><i>Online Group</i></p>	<p>11 NO GROUPS</p> 	<p>12 10:00am -11:30am Mom's Support Group: Routines and Rituals That Bring Joy to Your Home</p> <p><i>Online Group</i></p>
<p>15 NO GROUPS</p> 	<p>16 9:30am -11:00am Family Literacy Circle ★KIDS GROUP★ (Week #7 of 8)</p> <p>GROUP FULL</p> <p><i>Online Group</i></p>	<p>17 10:00am -11:30am Through the Labyrinth of Motherhood (Part 3 of 3)</p> <p>6:00pm – 7:30pm Parenting Through an Anti-Racist Lens: Moving From Tolerance and Inclusion to Anti-Racism (Part 1 of 2)</p> <p><i>Online Groups</i></p>	<p>18 9:30am – 10:30am Little Dreamers Story Time ★KIDS GROUP★</p> <p>10:30am -12:00pm More Love For Me, More Love For You</p> <p><i>Online Groups</i></p>	<p>19 10:00am -11:30am Mom's Support Group: Lessons Learned From Our Mothers and Lessons We Want to Pass Down to Our Children</p> <p><i>Online Group</i></p>
<p>22 10:00am -11:30am Building the Foundation for Social-Emotional Intelligence (Part 3 of 3)</p> <p>4:00pm – 4:45pm Let's Talk About... KINDNESS ★KIDS GROUP★</p> <p><i>Online Groups</i></p>	<p>23 9:30am -11:00am Family Literacy Circle ★KIDS GROUP★ (Week #8 of 8)</p> <p>GROUP FULL</p> <p><i>Online Group</i></p>	<p>24 10:00am -11:30am Unconditional Love: What Is It? And Why Is It Important?</p> <p>6:00pm – 7:30pm Parenting Through an Anti-Racist Lens: Moving From Tolerance and Inclusion to Anti-Racism (Part 2 of 2)</p> <p><i>Online Groups</i></p>	<p>25 9:30am – 10:30am Little Dreamers Story Time ★KIDS GROUP★</p> <p><i>Online Group</i></p>	<p>26 10:00am -11:30am Mom's Support Group: Raising Children with Healthy Racial Identities</p> <p><i>Online Group</i></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 – February 2021

★ Interactive Children's Groups: ★

- **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...(Family, Friends, Kindness)** – 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. ★
- **Little Dreamers Story Time** - This story time group is based on the 'Little People, Big Dreams' book series, which showcases the life stories of well-known men and women in history. Join us for this group where children can learn about little people who grew up to do big things. Each week we'll look at books and stories about real people from around the world to help educate our children in a fun and exciting way. ★

Education and Support Groups:

- **Building the Foundation for Social-Emotional Intelligence** – Children with higher amounts of social-emotional intelligence are better able to manage their emotions, pay attention longer, have more positive relationships, and so much more. Join us for this 3-part group where we will discuss how to help our children develop social-emotional skills. We will focus in coping with emotions, getting along with others, empathy, kindness, and self-esteem.
- **Creating Structure and Rules** - Family rules help create structure. A family rule is a specific, clear statement about behaviors you expect from your child. Rules work best when there is consistency, predictability, and follow-through. Join us for this informative group to find out more about importance of structure and rules for child development and how to create rules for your family.
- **How to Be a More Playful Parent** – Laughter is a critical part of a child's development. Help your kids harness its healing power at an early age. In this group, we will discuss the benefits of playful parenting and how to make your young children LOL!
- **Mom's Support Group** - Motherhood is one of the hardest jobs, if not the hardest. And with the right support, it can be the most rewarding experience. Join us as we gather each week to support each other and celebrate our wins and practice simple tools that help us feel more calm and empowered. Our discussion each week will be guided by a unique theme that allows for us to connect and share with each other.
- **More Love For Me, More Love For You** - When we can love ourselves no matter what, even when things feel like they are falling apart, we become an even bigger strength and support for our families. Join this discussion group to share our experiences with self-compassion and to practice a little too. Come and feel the love!
- **Parenting Through an Anti-Racist Lens: Moving from Tolerance and Inclusion to Anti-Racism** - Children need adults to help them develop respect for and acceptance of others, yet it's simply not enough to teach children to be inclusive and kind. Helping your child understand that people are more important than the colour of their skin and cultural background is just the first step. To help counteract any prejudicial messages children might receive, it is important for parents to take the conversation further and help their children understand how skin colour affects how people are treated. This two-part group will help parents learn how to talk to children about racism, and move from just talking about it, to actively working against it.
- **Through the Labyrinth of Motherhood** – Join us for this 3-part series where we will discuss some of the myths of motherhood and how these myths can cause us to feel significant stress and guilt, how to strengthen loving relationships while getting to be yourself and hold boundaries, and how to take care of ourselves.
- **Unconditional Love: What is it? And Why is it Important?** – This 2-hour group will discuss the importance of unconditional love, focusing on how to show your child unconditional love and how to help your child understand that there are no restrictions on your love for them.
- **Understanding ADHD** – As a parent, you might wonder whether your preschooler has ADHD or is just being rambunctious and acting typical for his or her age. During this evening group, you will find out more about ADHD in young children and what to do if you are concerned about your child.

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.