

PARENT SUPPORT PROGRAM ONLINE GROUP CALENDAR

APRIL 2021				
Mon	Tue	Wed	Thu	Fri
			1 NO GROUPS 	2 NO GROUPS 
5 NO GROUPS 	6 NO GROUPS 	7 10:00am -11:30am Circle of Security™ Parenting Program (Week 1 of 8) 6:00pm – 7:30pm How Stress Affects Child Development in the Early Years <i>Online Groups</i>	8 NO GROUPS 	9 NO GROUPS 
12 10:00am -11:30am Helping Your Child Learn Multiple Languages <i>Online Groups</i>	13 9:30am -11:00am Early Einsteins: Laughing and Learning With Our Little Ones ★KIDS GROUP★ (Week 1 of 6) <i>Online Group</i>	14 10:00am -11:30am Circle of Security™ Parenting Program (Week 2 of 8) 6:00pm – 7:30pm The Five Languages Of Apology <i>Online Groups</i>	15 9:30am -10:30am Circle Time! ★KIDS GROUP★ <i>Online Group</i>	16 10:00am -11:30am Mom's Support Group: How Comparing Ourselves to Other Affects Us <i>Online Group</i>
19 10:00am -11:30am How to Deal With Temper Tantrums <i>Online Groups</i>	20 9:30am -11:00am Early Einsteins: Laughing and Learning With Our Little Ones ★KIDS GROUP★ (Week 2 of 6) <i>Online Group</i>	21 10:00am -11:30am Circle of Security™ Parenting Program (Week 3 of 8) 6:00pm – 7:30pm What To Do When Your Child Loses it Outside the Home <i>Online Groups</i>	22 9:30am -10:30am Circle Time! ★KIDS GROUP★ <i>Online Group</i>	23 10:00am -11:30am Mom's Support Group: We Aren't Meant to Raise Children Alone – How to Create a Trusted network of Adults for Your Children <i>Online Group</i>
26 10:00am -11:30am Sibling Relationships <i>Online Groups</i>	27 9:30am -11:00am Early Einsteins: Laughing and Learning With Our Little Ones ★KIDS GROUP★ (Week 3 of 6) <i>Online Group</i>	28 10:00am -11:30am Circle of Security™ Parenting Program (Week 4 of 8) 6:00pm – 7:30pm The Skill of Reframing <i>Online Groups</i>	29 9:30am -10:30am Circle Time! ★KIDS GROUP★ <i>Online Group</i>	30 10:00am -11:30am Mom's Support Group: How to Stop Being So Hard on Ourselves and Become Our Own Cheerleaders <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 – APRIL 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. ★
- **Early Einsteins: *Laughing and Learning with our Little Ones (6 weeks)*** – Let's get ready for school! Based on the BC curriculum, we will explore a variety of topics (such as literacy, math, and gross motor skills) to give our kids a head start in learning. Each week will focus on a different theme and be delivered through stories, songs and craft-ivities. Materials can be provided for families who may not be able to get them on their own, please email us to find out how. ★

Education and Support 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.
- **Helping Your Child Learn Multiple Languages** – This group focuses on language development from 0-5 years old and how the learning of multiple languages affects development. We will also discuss how to help our children to learn and absorb multiple languages.
- **How to Deal With Temper Tantrums** - This group addresses how to approach our children when they are having a temper tantrum, how to help them calm down, and how to more effectively prevent them from occurring the next time.
- **How Stress Affects Child Development in the Early Years** – Stress surrounds us daily. From traffic delays to work projects, worries about finances or health, and news reports of world events. The demands of our everyday lives produce both positive and negative stress. Even positive events like weddings and job promotions cause stress. Join us for this informative group to find out how stress may affect child development and learn how to identify signs of stress in your child.
- **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 clam and empowered. Our discussion each week will be guided by a unique theme that allows for us to connect and share with each other.
- **Sibling Relationships** - Siblings will never get along 100% of the time! In this group, we will focus on how to deal with sibling rivalry and other unique sibling dynamics.
- **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 Skill of Reframing** - The words you use when you talk to your children about them or their behavior have a strong impact on your children's self-image. Interestingly, your words also influence your own thoughts, perspectives, and attitudes. During tonight's group we'll explore how simply changing the words you use to describe your children, can change how your children see and think about themselves and how you see and think of them.
- **What to do When Your Child Loses it Outside the Home** - Most parents of young children live in terror of their little one losing it in public. It's hard to avoid feeling judged and ashamed of out-of-control behavior. So, what can you do in these moments to reduce the stress both for yourself and your child—with the added benefit of feeling competent and effective instead of defeated and humiliated? Join us for tonight's group to discuss effective strategies.

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.