








PARENT SUPPORT PROGRAM ONLINE GROUP CALENDAR

MAY 2021				
Mon	Tue	Wed	Thu	Fri
3 10:00am -11:30am THE FIRST YEAR (& BEYOND): Baby and Toddler Sleep <i>Online Group</i>	4 9:30am -11:00am Early Einsteins: <i>Laughing and Learning With Our Little Ones</i> ★KIDS GROUP★ (Week 4 of 6) GROUP FULL <i>Online Group</i>	5 10:00am -11:30am Circle of Security™ Parenting Program (Week 5 of 8) GROUP FULL 6:00pm – 7:30pm Coping Strategies for Kids <i>Online Groups</i>	6 9:30am – 10:30am Circle Time! ★KIDS GROUP★ <i>Online Group</i>	7 10:00am -11:30am Mom's Support Group: Lessons We Can Learn From Our Children <i>Online Group</i>
10 10:00am -11:30am THE FIRST YEAR (& BEYOND): Relaxation and Self Soothing Techniques for Little Ones <i>Online Group</i>	11 9:30am -11:00am Early Einsteins: <i>Laughing and Learning With Our Little Ones</i> ★KIDS GROUP★ (Week 5 of 6) GROUP FULL <i>Online Group</i>	12 10:00am -11:30am Circle of Security™ Parenting Program (Week 6 of 8) GROUP FULL 6:00pm – 7:30pm Children and Sibling Rivalry <i>Online Groups</i>	13 9:30am – 10:30am Circle Time! ★KIDS GROUP★ <i>Online Group</i>	14 10:00am -11:30am Mom's Support Group: Telling the Truth – How to Have Hard Conversations <i>Online Group</i>
17 10:00am -11:30am THE FIRST YEAR (& BEYOND): Dealing With Separation Anxiety <i>Online Group</i>	18 9:30am -11:00am Early Einsteins: <i>Laughing and Learning With Our Little Ones</i> ★KIDS GROUP★ (Week 6 of 6) GROUP FULL <i>Online Group</i>	19 10:00am -11:30am Circle of Security™ Parenting Program (Week 7 of 8) GROUP FULL 6:00pm – 7:30pm Setting Your Child Up for Success in School by Perfecting Fine Motor Skills <i>Online Groups</i>	20 9:30am – 10:30am Circle Time! ★KIDS GROUP★ <i>Online Group</i>	21 10:00am -11:30am Mom's Support Group: The Importance of Friendships for Our Children and For Us <i>Online Group</i>
24 NO GROUPS 	25 NO GROUPS 	26 10:00am -11:30am Circle of Security™ Parenting Program (Week 8 of 8) 6:00pm – 7:30pm Summer Time and Sensory Sensitivities <i>Online Groups</i>	27 9:30am – 10:30am Circle Time! ★KIDS GROUP★ <i>Online Group</i>	28 NO GROUPS 
31 10:00am -11:30am THE FIRST YEAR (& BEYOND): Healthy Eating, Healthy Living, and Getting Started Early <i>Online Groups</i>				

These groups are for Burnaby and New Westminister 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 – May 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. ★
****GROUP FULL – Email for wait list for next series****

Educational Groups:

- **Children and Sibling Rivalry** – Sibling rivalry is normal. However, it can become a problem, particularly among children who are the same gender and close together in age. Join us for this informative group discussion to find out steps you can take to promote peace in your household and help your children have healthier interactions with their siblings more often. **Evening Group**
- **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.
****GROUP FULL – Email for wait list for next series****
- **Coping Strategies for Kids** - Kids experience a vast array of feelings, just as adults do. While most of us experience any number of emotions from day to day, we are not necessarily taught how to deal with them or how to cope. During tonight's group we will discuss strategies to teach your children coping skills that can help them face their fears, calm themselves down, and cheer themselves up. **Evening Group**
- **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.
- **Setting Your Child Up For Success in School by Perfecting Fine Motor Skills** - Development of fine motor skills is vital for developing independence, self- confidence, and even social skills. This reliance on fine motor control for learning continues throughout childhood. Children naturally learn with their hands and increasing the skill level with which they are able to use their hands is so important. Join us tonight and discover fun activities to strengthen your child's fine motor control. **Evening Group**
- **Summer and Sensory Sensitivities** - From the sand on the beach to the fireworks on Canada Day, the summer is full of exciting but potentially difficult experiences. An unfamiliar playground, a visit to an amusement park, a messy ice cream cone: all involve sensory surprises that can be overwhelming or upsetting if a child is unusually sensitive to light, noise, and tactile sensations. Tonight, we'll discuss preparation and planning to help children with sensory issues get the most out of summertime. **Evening Group**
- **THE FIRST YEAR (& BEYOND): Baby and Toddler Sleep** – Parents need sleep too! Come and learn strategies to help your child establish healthy sleeping patterns that work for the whole family.
- **THE FIRST YEAR (& BEYOND): Dealing With Separation Anxiety** - This group will focus on learning some reasons why separation anxiety occurs in young children and provides some strategies for helping children cope with separation and learn to be independent.
- **THE FIRST YEAR (& BEYOND): Healthy Eating, Healthy Living, and Getting Started Early** – In this educational group, you will learn about the appropriate nutrition and exercise our children need to thrive. You will take home practical activities to do with your family, meals and snacks to make, and ways to promote health in your home.
- **THE FIRST YEAR (& BEYOND): Relaxation and Self-Soothing Techniques for Little Ones** - Does your child have difficulty calming down? Do you get frustrated when they get overwhelmed and anxious? Join us for this informative one-hour group on tools and techniques for young children to help you calm them down and teach them how to self-soothe.

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.