








PARENT SUPPORT PROGRAM GROUP CALENDAR

JANUARY 2022

Mon	Tue	Wed	Thu	Fri
<p>3 NO GROUPS</p> 	<p>4 NO GROUPS</p> 	<p>5 10:00am -11:30am Building Confidence in Children: Developing Your Child's Sense of Competence and Independence</p> <p>Online Group</p>	<p>6 NO GROUPS</p> 	<p>7 10:00am -12:00pm Mom's Support Group: Tapping Into Your Inner Strength</p> <p>IN-PERSON GROUP</p> <p>Group Room 102-5623 Imperial St Burnaby</p>
<p>10 NO MORNING GROUP</p> <p>6:00pm – 7:30pm Hold me Tight® Program: A Couples Guide to Building Relationship and Unified Parenting (Week 1 of 7)</p> <p>Online Group</p>	<p>11 9:30am -11:00am Stories From the First Peoples of Canada ★ ONLINE KIDS GROUP★</p> <p>12:00pm -12:45pm MOMMY CONFESSIONALS (Adult Content)</p> <p>Online Groups</p>	<p>12 10:00am -11:30am Teaching Children About Their Bodies</p> <p>6:00pm – 7:30pm Why Lecturing Doesn't Work...and What to Do Instead</p> <p>Online Groups</p>	<p>13 9:45am – 11:45am Using Your Creativity to Increase Your Ability to Parent</p> <p>IN-PERSON DROP-IN GROUP</p> <p>NLC Qayqayt 85 Merrivale St, New Westminster</p>	<p>14 10:00am -12:00pm Mom's Support Group: Practicing Gratitude</p> <p>IN-PERSON GROUP</p> <p>Group Room 102-5623 Imperial St Burnaby</p>
<p>17 NO MORNING GROUP</p> <p>6:00pm – 7:30pm Hold me Tight® Program: A Couples Guide to Building Relationship and Unified Parenting (Week 2 of 7)</p> <p>Online Group</p>	<p>18 9:30am -11:00am Woke Stories: Asian Voices ★ ONLINE KIDS GROUP★</p> <p>12:00pm -12:45pm MOMMY CONFESSIONALS: Can I Love My Kids and Hate Parenting? (Adult Content)</p> <p>Online Groups</p>	<p>19 10:00am -11:30am Growing Minds</p> <p>6:00pm – 7:30pm Ways to Teach Your Children How to Clean Up...And How to Get Them to Do It</p> <p>Online Groups</p>	<p>20 9:45am – 11:45am Using Your Creativity to Increase Your Ability to Parent</p> <p>IN-PERSON DROP-IN GROUP</p> <p>NLC Qayqayt 85 Merrivale St, New Westminster</p>	<p>21 10:00am -12:00pm Mom's Support Group: Meeting Your Own Needs...Even When You Don't Have the Time</p> <p>IN-PERSON GROUP</p> <p>Group Room 102-5623 Imperial St Burnaby</p>
<p>24 NO MORNING GROUP</p> <p>6:00pm – 7:30pm Hold me Tight® Program: A Couples Guide to Building Relationship and Unified Parenting (Week 3 of 7)</p> <p>Online Group</p>	<p>25 9:30am -11:00am Circle Time! ★ ONLINE KIDS GROUP★</p> <p>12:00pm -12:45pm MOMMY CONFESSIONALS Stop Touching Me: How to Parent Clingy Kids (Adult Content)</p> <p>Online Groups</p>	<p>26 10:00am -11:30am Sibling Relationships: Creating a Bond and Reducing Fighting</p> <p>6:00pm – 7:30pm The Five Biggest Challenges Parents Face Today</p> <p>Online Groups</p>	<p>27 99:45am – 11:45am Using Your Creativity to Increase Your Ability to Parent</p> <p>IN-PERSON DROP-IN GROUP</p> <p>NLC Qayqayt 85 Merrivale St, New Westminster</p>	<p>28 10:00am -12:00pm Mom's Support Group: Finding Your Meaning and Purpose</p> <p>IN-PERSON GROUP</p> <p>Group Room 102-5623 Imperial St Burnaby</p>
<p>31 NO MORNING GROUP</p> <p>6:00pm – 7:30pm Hold me Tight® Program: A Couples Guide to Building Relationship and Unified Parenting (Week 4 of 7)</p> <p>Online Group</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 ONLINE EDUCATIONAL GROUPS WILL INCLUDE ADDITIONAL TIME AT THE END OF EACH GROUP FOR QUESTIONS AND DISCUSSION

Parent Support Program: Group Descriptions – JANUARY 2022

★ Interactive Children's Groups: ★

- **Circle Time!** - In this group, we will explore the world around us through songs, stories and rhymes. Your child will learn movement, patterns and rhymes while engaged in fun activities. ★
- **Stories From the First Peoples of Canada** - In this group, we will celebrate the culture of the Canadian Indigenous Peoples. We will learn about how the First People lived, loved and shared gifts from the land we call home. ★
- **Woke Stories: Asian Voices** - A celebration of Asian authors. Experience picture books featuring characters and traditions with Asian heritage. ★

DROP-IN Groups:

- **Using Your Creativity to Increase Your Ability to Parent (EYC/NLC at Qayqayt Elementary School)** – Using art therapy techniques, we will work together to explore your role as a parent. You will use your creativity to discover how you can care for you so you can better care for your kids. This is an in-person, **drop-in program** with a limited number of spaces. New Westminster Family Place will be offering free and engaging drop-in childcare in an adjoining room for this group

Educational Groups:

- **Building Confidence in Children: Developing Your Child's Sense of Competence and Independence** – This group will focus on how to build your child's sense of confidence and mastery by helping them feel competent and creating a sense independence.
- **Growing Minds** – Join us for this informative group, based on the Whole-Brain Child by Dan Siegel and Tina Payne Bryson, on how children's brains develop and learn the strategies that foster healthy brain development and behavior, so your child can grow to their full potential.
- **Hold Me Tight® Program: A Couples Guide to Building Relationship and Unified Parenting** - Having a strong, healthy, and secure couples relationship is the best gift that we can give to our children. Based on the work of couples therapist Dr. Sue Johnson, The Hold Me Tight Program is a 7-week group where we will learn about love and attachment, coping styles when facing conflict, negative patterns in which you get stuck, and how to build new patterns of connection and security. Please note that you may be asked to do 'homework' or complete readings between each group sessions. **Online Evening Group**
- **MOMMY CONFESSIOALS** - Have you ever wondered if the things you do or say as a parent are weird, off-side but completely normal? In this group, we will discuss the answers to questions like, is it normal for my child to play with poo, why is my child so selfish, and can I love them, but not like them? Questions can be submitted to pspgroupsignup@cameray.ca. Advance and in group questions will be answered anonymously using the "Direct Message" function on Zoom. Feel free to join anytime during the 45 minutes. *(We recommend using headphones or listening to this group without children in the room as it contains adult content)*
- **Mom's Support Group** - Motherhood is one of the hardest jobs, if not the hardest. With the right support, it can also 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: Creating a Bond and Reducing Fighting** – Having a sibling can be one of the greatest relationships in a child's life. It can also be filled with envy, jealousy and LOTS of fighting. Join us for this informative group where we will discuss how to create a healthy sibling bond from an early age and what to do when your children aren't getting along.
- **Teaching Children About Their Bodies** - Come and learn about sexual health in children, what your children need to know about their bodies, and how you can approach sexually related topics with your child. We will discuss ways that you can teach your child about appropriate touching and ways to help prevent sexual abuse.
- **The Five Biggest Challenges Faced by Parent Today** – Believe it or not, good parenting, parenting styles and general childcare are a relatively new phenomenon. The scientific interest in parenting or what is the best mode to raise a child' has come about in recent years. Perhaps your parents and grandparents had different approaches to raising children than you are currently using. Their ways were not necessarily 'bad' but simply different because due to a rather different cultural and social scenario. Join us tonight to better understand the difficulties and challenges facing parents today, we must understand the greater complexity and changed dynamics that are involved. **Online Evening Group**
- **Ways to Teach Your Children How To Clean Up...And How to Get Them to Do It** – Children love to make a mess, but cleaning? Usually not so much. Too often, the parent is left to do all the tidying up. Children who start doing chores early are more likely to have relationship, academic, and career success. Join us for tonight's group to find out ways to get your children to pitch in without putting up a fight. **Online Evening Group**
- **Why Lecturing Doesn't Work...and What To Do Instead** **Online Evening Group** - Less is more! This can be applied in many areas of life. But this is especially true in the way we interact with our children. It doesn't mean you interact less with your child. But if you find yourself you are a lecturing parent who uses a lot of words while giving instructions and/or disciplining, this group will give you some tips on how to communicate clearly with your child and avoid repeating and reminding. **Online Evening Group**

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.