



Cameray Child and Family Services
PARENT SUPPORT PROGRAM

June 2015

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
1 10:30am -12:30pm No Bad Kids: Toddler Discipline Without Shame (Part #1 of 2) -2 hours- <i>#203- 5623 Imperial St</i>	2 10:30am -12:30pm The Courage To Be Imperfect -2 hours- <i>#203- 5623 Imperial St</i>	3 10:30am -12:30pm Mealtime Madness (Part #1 of 2) -2 hours- <i>#203- 5623 Imperial St</i>	4 10:30am -12:30pm Brain Development in Young Children: Helping Your Child Grow To Their Full Potential -2 hours- <i>#203- 5623 Imperial St</i>	5 10:30am -12:30pm Teaching Stranger Safety (Part #1 of 2) -2 hours- <i>#203- 5623 Imperial St</i>
8 10:30am -12:30pm No Bad Kids: Toddler Discipline Without Shame (Part #2 of 2) -2 hours- <i>#203- 5623 Imperial St</i>	9 11:30am – 12:30pm “Emily’s Tiger” Story and Craft-ivity ★ 6:00pm – 8:00pm Building Assertiveness Skills <i>#203- 5623 Imperial St</i>	10 10:30am -12:30pm Mealtime Madness (Part #2 of 2) -2 hours- <i>#203- 5623 Imperial St</i>	11 10:30am -12:30pm Parenting with Patience: Turning Frustration Into Connection -2 hours- <i>#203- 5623 Imperial St</i>	12 10:30am -12:30pm Teaching Stranger Safety (Part #1 of 2) -2 hours- <i>#203- 5623 Imperial St</i>
15 10:30am -11:30am Parent-Child Songs & Stories ★ <i>#203- 5623 Imperial St</i>	16 10:30am -12:30pm Playdate Politics: Who To Help First When Everyone Is Upset -2 hours- <i>#203- 5623 Imperial St</i>	17 NO GROUPS 	18 10:30am -11:30am Parent-Child MOTHER GOOSE Program® ★ (Week #1 of 8) <i>#203- 5623 Imperial St</i>	19 10:30am -11:30am Parent-Child Songs & Stories ★ 11:45am – 12:45pm Father’s Day Craft-ivity ★ <i>#203- 5623 Imperial St</i>
22 NO GROUPS	23 NO DAYTIME GROUPS 6:00pm – 8:00pm Helping or Hovering: The Effects of Helicopter Parenting <i>#203- 5623 Imperial St</i>	24 NO GROUPS	25 10:30am -11:30am Parent-Child MOTHER GOOSE Program® ★ (Week #2 of 8) <i>#203- 5623 Imperial St</i>	26 10:30am -11:30am Mindful Mommas: The Art Of Being Present 11:45am – 12:45pm Parent Yoga <i>#203- 5623 Imperial St</i>
29 10:30am -12:30pm Managing Intense Behaviours -2 hours- <i>#203- 5623 Imperial St</i>	30 10:30am -11:30am Parent-Child Songs & Stories ★ 11:45am – 12:45pm Expressive Arts ★ <i>#203- 5623 Imperial St</i>			

Cameray Child and Family Services - Parent Support Program
Burnaby & New Westminster Parenting Groups Calendar – June 2015

Group topic descriptions:

- **Brain Development in Young Children: Helping Your Child Grow to Their Full Potential** – Join us for this informative 2-hour group on how children’s brains develop and learn what you can do to encourage healthy brain development so your child can grow to their full potential.
- **“Emily’s Tiger” Story and Craft-ivity** - Join us for this fun filled hour based on the story book “*Emily’s Tiger*,” by Miriam Latimer, to learn what helps your child to calm down when they are feeling angry. ★
- **Expressive Arts** - Join us for this interactive group where children will have the opportunity to express themselves through artistic works. ★
- **Father’s Day Craft-ivity** - Join us for this fun-filled hour where we create some Father’s Day themed crafts that you can create with or take home for Dad! ★
- **Managing Intense Behaviours** – When your child’s emotions dominate your life, you may feel it is impossible to meet the responsibility of parenting. Join us for this group where we will discuss how to teach your child effective behaviours and how to respond in a way that encourages more of these behaviours. Based on the book *Parenting a Child Who Has Intense Emotions*, by Pat Harvey and Jeanine Penzo.
- **Mealtime Madness (Part 1 & 2)** – Are you stressed out about your child’s eating habits? Are you tired of power struggles during meal times? Come join us as we learn the hidden reasons behind picky eating and how we can help our children transform from picky eaters to food confident kids.
- **Mindful Mommas: The Art of Being Present** - Living in the present moment is the most wonderful gift you can give to yourself and to your family, and often the most challenging practice to master. In this group you will learn how to slow the mind in the most chaotic situations, and techniques, such as intention, mindfulness and compassion, to bring yourself back to the present.
- **No Bad Kids: Toddler Discipline Without Shame (Part 1 & 2)** – Based on the book by Janet Lansbury, “*No Bad Kids*” focuses on practical ways to respond to the challenges of toddlerhood while still nurturing a respectful relationship with your child. Join us for this group where we will discuss how to calmly address your child’s behaviours while honouring their feelings and experiences.
- **Parent-Child Mother Goose Program®** - The Parent-Child Mother Goose Program® is an 8-week group experience for parents and their young children which focuses on the pleasure and power of using rhymes, songs, and stories together. Parents gain skills and confidence, which can enable them to create positive family patterns during their children’s crucial early years, and give their children healthy early experiences with language and communication. ★
- **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. ★
- **Parent Yoga** – Come join Kat in this one hour of blissful relaxation. All skill levels are welcome to this low-moderate Hatha Yoga class. Leave your worries (and kids) at the door, and relish in a little time to rejuvenate, restore and refresh! Bring a towel with you if you want!
- **Parenting with Patience: Turning Frustration Into Connection** – Based on the book by Judy Arnall, this group will explore the three easy steps of how to calm yourself and your child in intense situations. We will also discuss how to build skills of self-control, patience, and compassionate communication.
- **Playdate Politics: Who To Help First When Everyone Is Upset** – Come and join Georgianna for this informative 2-hour group where we will explore the concept of ‘play date politics’ and the difficulties of parenting your child when other children and families are around. In this group we will also discuss how to get through situations where more than one child is upset at a time, and how to decide where to start first. This group has great ideas for dealing with both sibling and peer conflicts.
- **Teaching Stranger Safety (Part 1 & 2)** - One of the most important conversation to have with our kids is on the topic of stranger safety. How do we teach our kids about who is safe and who is not, and how to tell the difference between them? Are your kids prepared if someone offers them candy, treats or to see puppies if they just left with them. In this two hour group we will learn various techniques to keep our kids safe in the presence of not-so-safe people.
- **The Courage To Be Imperfect** – We all know that everyone makes mistakes, and that those mistakes do not define who we are as individuals. Join us for this interesting group on teaching children how to have the courage to develop skills and try new things without the pressure and anxiety of failure.

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

- **Building Assertiveness Skills** – Assertive people are confident and they communicate their thoughts and opinions in a clear, direct and non-aggressive way. In this group, we will focus on the importance of being assertive in our relationships. We will also learn the different types of assertion and how to become an assertive person.
- **Helping or Hovering: The Effects of Helicopter Parenting** – Parental involvement is related to many positive child outcomes. However, could there be a problem with being too involved?

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.
- If you are sign up for a series group (i.e. Part #1 of 2, or Week #1 of 3) signing up once 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 “child participation” which means your child stays with you during the group time. These are marked with a ★.
- Some groups are for parents only; however free on-site child minding is available if pre-arranged.
- If you are signed up for a group and cannot make it **PLEASE** call to cancel as we often have a waitlist for many of our groups.