










**Cameray Child and Family Services
PARENT SUPPORT PROGRAM**

September 2015

| Mon | Tue | Wed | Thu | Fri |
|---|---|---|--|--|
|  | <p>1</p> <p>NO GROUPS</p>  | <p>2</p> <p>10:30am -12:30pm How to Help Your Child Become More Courageous</p> <p>-2 hours-</p> <p><i>#203- 5623 Imperial St</i></p> | <p>3</p> <p>10:30am -11:30am Parent-Child Songs and Stories★</p> <p>11:45am -12:45pm Creative Movement (2 years +)★</p> <p><i>#203- 5623 Imperial St</i></p> | <p>4</p> <p>NO GROUPS</p>  |
| <p>7</p> <p>NO GROUPS</p>  | <p>8</p> <p>5:00pm – 7:00pm How We Love Our Kids</p> <p>-2 hours-</p> <p><i>#203- 5623 Imperial St</i></p> | <p>9</p> <p>10:30am -11:30am Family Literacy Circle★ (Week #1 of 8)</p> <p><i>Centennial Community Centre 65 E Sixth Ave, New West</i></p> | <p>10</p> <p>10:30am -12:30pm DVD Viewing: 10 Brain-Based Strategies to Help Children Handle Their Emotions</p> <p>-2 hours-</p> <p><i>#203- 5623 Imperial St</i></p> | <p>11</p> <p>NO GROUPS</p>  |
| <p>14</p> <p>10:30am -11:30am Parent-Child Songs and Stories★</p> <p>11:45am -12:45pm Expressive Arts★</p> <p><i>#203- 5623 Imperial St</i></p> | <p>15</p> <p>6:00pm – 8:00pm What To Do When Your Child Is Shy Or Socially Anxious</p> <p>-2 hours-</p> <p><i>#203- 5623 Imperial St</i></p> | <p>16</p> <p>10:30am -11:30am Family Literacy Circle★ (Week #2 of 8)</p> <p>11:45am -12:45pm Creative Movement★ (2 years +)</p> <p><i>Centennial Community Centre 65 E Sixth Ave, New West</i></p> | <p>17</p> <p>NO GROUPS</p>  | <p>18</p> <p>NO GROUPS</p>  |
| <p>21</p> <p>10:30am -11:30am Parent-Child Songs and Stories★</p> <p>11:45am -12:45pm “Jared’s Cool-Out Space” Story and CraF-tivity★</p> <p><i>#203- 5623 Imperial St</i></p> | <p>22</p> <p>5:00pm – 7:00pm Bilingualism in Young Children: Separating Fact From Fiction</p> <p>-2 hours-</p> <p><i>#203- 5623 Imperial St</i></p> | <p>23</p> <p>10:30am -12:30pm DVD Viewing: “Heart Matters” The Science of Emotion (Week #1 of 6)</p> <p>-2 hours-</p> <p><i>#203- 5623 Imperial St</i></p> <p>10:30am -11:30am Family Literacy Circle★ (Week #3 of 8)</p> <p>11:45am -12:45pm Parent-Child Arts & Crafts★</p> <p><i>Centennial Community Centre 65 E Sixth Ave, New West</i></p> | <p>24</p> <p>10:30am -12:30pm DVD Viewing: Raising an Emotionally Intelligent Child</p> <p>-2 hours-</p> <p><i>#203- 5623 Imperial St</i></p> | <p>25</p> <p>10:30am -12:30pm Encouraging Positive Thinking</p> <p>-2 hours-</p> <p><i>#203- 5623 Imperial St</i></p> |
| <p>28</p> <p>10:30am -12:30pm Managing Stress for a Healthy Family Environment</p> <p>-2 hours-</p> <p><i>#203- 5623 Imperial St</i></p> | <p>29</p> <p>6:00pm – 8:00pm The Impact of Intense Emotions on the Entire Family</p> <p>-2 hours-</p> <p><i>#203- 5623 Imperial St</i></p> | <p>30</p> <p>10:30am -12:30pm DVD Viewing: “Heart Matters” The Science of Emotion (Week #2 of 6)</p> <p>-2 hours-</p> <p><i>#203- 5623 Imperial St</i></p> <p>10:30am -11:30am Family Literacy Circle★ (Week #4 of 8)</p> <p>11:45am -12:45pm Creative Movement★ (2 years +)</p> <p><i>Centennial Community Centre 65 E Sixth Ave, New West</i></p> |  |  |

Parent Support Program

Burnaby & New Westminster Parenting Groups Calendar – September 2015

Group Topic Descriptions:

- **Creative Movement (2-5 years)** – This fun hour allows parent and child to explore movement and dance together through music, imagination, improvisation and play. Creative movement allows parent and child to build emotional connectedness and intimacy. ★
- **DVD Viewing: 10 Brain-Based Strategies to Help Children Handle Their Emotions** – Based on the DVD workshop of the same name by Tina Payne Bryson as well as the book “The Whole Brain Child” by Bryson and Dan Siegel, this group will explore neuroscience and evidenced-based techniques for helping children learn to self-regulate.
- **DVD Viewing: “Heart Matters” The Science of Emotion** - Come join us as we view and discuss one of Dr. Gordon Neufeld's latest DVDs. We will learn about the pivotal role of feelings in play, brain development, discipline issues, anxiety problems, maturational processes, behaviour problems, attention problems, mental issues and much more. (Dr. Neufeld is a developmental psychologist with over 40 years of experience with children and youth.)
- **DVD Viewing: “Raising an Emotionally Intelligent Child”** - Come join us as we view and discuss this informative DVD workshop led by John Gottman, PhD, one of North America’s foremost researchers on marriage and relationships. This group will discuss how successful parents use ‘emotion coaching’ as a means to raise children with the exceptional social and emotional skills necessary to succeed in school and life.
- **Encouraging Positive Thinking** – This groups focuses on learning how our thoughts affects our moods and behaviours and ways to encourage more positive thinking in ourselves and our children.
- **Expressive Arts** - Join us for this interactive group where children will have the opportunity to express themselves through artistic works. ★
- **Family Literacy Circle (Centennial Community Centre)** - During this 8-week 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 10 books you read with your child at home, we will GIVE you 1 one free NEW book for you to keep (up to a maximum of 5 books for the duration of the series). Join us for this very special program. By the end of the 8 weeks, you could have 5 brand new free books for you to read at home and treasure for the years to come! ★
Please note that priority registration for this group will be given to New Westminster residents.
- **How to Help Your Child Become More Courageous** – As parents, we want our children to be courageous. We want them to try new things, to persevere when things are difficult, to tell the truth when they are afraid and to do the "right" thing even when it's hard, etc. Come join us as we discuss how we can support our children in becoming more courageous.
- **“Jared’s Cool-Out Space” Story and Craft-ivity** - Join us for this one hour story time and craft activity where we will learn about using a calm down space for self regulation.
- **Managing Stress for a Healthy Family Environment** - Parents! Come out and learn some relaxation techniques and lifestyle tips for leading a less stressful life.
- **Parent-Child Arts & Crafts (All Ages)** – This fun hour allows parents and children to create art together. Take your creation home and let us clean up the mess! ★
- **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. ★

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

- **Bilingualism in Young Children: Separating Fact from Fiction** – This group focuses on language development from 0-5 years old, and how the learning of multiple languages affects development. We will also discuss some tips and tricks for helping children learn and absorb multiple languages.
- **How We Love Our Kids** - Are you speaking your child’s love language? Every child has a primary language of love, a way in which he or she understands a parent’s love best. This group, based on the book by bestselling authors Gary Chapman, PH. D. and Ross Campbell, M.D., will introduce you to all five love languages of children and help you determine the primary languages in which your child hears your love. By speaking your child’s own love language, you can fill his/her “emotional tank” with love. When a child feels loved, he/she will have a better sense of security and safety, be easier to discipline and have an easier time learning and developing social skills.
- **The Impact of Intense Emotions on the Entire Family** – How do you respond when your parents or in-laws wonder why you can’t control your child and have lots of advice on what you should do? How can you attend to your other child when your child who has emotional intensity dominates your time and energy? Join us for this informative group where we will discuss some of the above issues. Based on the book *Parenting a Child Who Has Intense Emotions*, by Pat Harvey and Jeanine Penzo.
- **What to do When Your Child is Shy or Socially Anxious** - Join us for an informative group where we will discuss guiding principles to help your child become more socially secure. The group will be based on a portion of the book *Helping Your Socially Vulnerable Child: What to Do When Your Child is Shy, Socially Anxious, Withdrawn or Bullied*, By Andrew Eisen and Linda Engler

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.