

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

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>
			<p align="center"><b>1</b> <b>NO GROUPS</b></p> 
<p align="center"><b>5</b></p> <p align="center"><b>NO GROUPS</b></p> 	<p align="center"><b>6</b></p> <p align="center"><b>NO GROUPS</b></p> 	<p align="center"><b>7</b></p> <p align="center">10:30am -12:30pm <b>DVD Viewing: "Heart Matters"</b> <b>The Science of Emotion</b> (Week #3 of 6)</p> <p align="center"><i>#203- 5623 Imperial St</i></p> <p align="center">10:30am -11:30am <b>Family Literacy Circle★</b> (Week #5 of 8)</p> <p align="center">11:45am -12:45pm <b>Circle Time★</b></p> <p align="center"><i>Centennial Community Centre</i> <i>65 E Sixth Ave, New West</i></p>	<p align="center"><b>8</b></p> <p align="center">10:30am -12:30pm <b>The Surprising Purpose of Anger: Learning to Become Less Emotionally Reactive</b></p> <p align="center"><b>-2 hours-</b></p> <p align="center"><i>#203- 5623 Imperial St</i></p>
<p align="center"><b>12</b></p> <p align="center"><b>NO GROUPS</b></p> <p align="center"><b>HAPPY THANKSGIVING DAY</b></p> 	<p align="center"><b>13</b></p> <p align="center"><b>6:00pm – 8:00pm</b> <b>How Children React to Grief and How to Help Them Manage</b></p> <p align="center"><b>-2 hours-</b></p> <p align="center"><i>#203- 5623 Imperial St</i></p>	<p align="center"><b>14</b></p> <p align="center">10:30am -12:30pm <b>DVD Viewing: "Heart Matters"</b> <b>The Science of Emotion</b> (Week #4 of 6)</p> <p align="center"><i>#203- 5623 Imperial St</i></p> <p align="center">10:30am -11:30am <b>Family Literacy Circle★</b> (Week #6 of 8)</p> <p align="center">11:45am -12:45pm <b>Planning Ahead with Your Kids★</b> (3 years +)</p> <p align="center"><i>Centennial Community Centre</i> <i>65 E Sixth Ave, New West</i></p>	<p align="center"><b>15</b></p> <p align="center">10:30am -11:30am <b>Positive Discipline: Giving Choices</b></p> <p align="center">11:45am -12:45pm <b>Positive Discipline: Using Consequences</b></p> <p align="center"><i>#203- 5623 Imperial St</i></p>
<p align="center"><b>19</b></p> <p align="center">10:30am -11:30am <b>Parent-Child Songs and Stories★</b></p> <p align="center">11:45am -12:45pm <b>Expressive Arts★</b></p> <p align="center"><i>#203- 5623 Imperial St</i></p>	<p align="center"><b>20</b></p> <p align="center"><b>5:00pm – 7:00pm</b> <b>Building Strength and Resilience by Staying Positive and Learning to Cope</b></p> <p align="center"><b>-2 hours-</b></p> <p align="center"><i>#203- 5623 Imperial St</i></p>	<p align="center"><b>21</b></p> <p align="center">10:30am -12:30pm <b>DVD Viewing: "Heart Matters"</b> <b>The Science of Emotion</b> (Week #5 of 6)</p> <p align="center"><i>#203- 5623 Imperial St</i></p> <p align="center">10:30am -11:30am <b>Family Literacy Circle★</b> (Week #7 of 8)</p> <p align="center">11:45am -12:45pm <b>Music Time: Make and Play an Instrument★</b></p> <p align="center"><i>Centennial Community Centre</i> <i>65 E Sixth Ave, New West</i></p>	<p align="center"><b>22</b></p> <p align="center">10:30am -12:30pm <b>Sexual Health: Teaching Children About Appropriate Touching and Preventing Sexual Abuse</b></p> <p align="center"><b>-2 hours-</b></p> <p align="center"><i>#203- 5623 Imperial St</i></p>
<p align="center"><b>26</b></p> <p align="center">10:30am -11:30am <b>Parent-Child Songs and Stories★</b></p> <p align="center">11:45am -12:45pm <b>Creative Movement★</b> (2 years +)</p> <p align="center"><i>#203- 5623 Imperial St</i></p>	<p align="center"><b>27</b></p> <p align="center"><b>6:00pm – 8:00pm</b> <b>Emotional Intelligence as Your Child Grows</b></p> <p align="center"><b>-2 hours-</b></p> <p align="center"><i>#203- 5623 Imperial St</i></p>	<p align="center"><b>28</b></p> <p align="center">10:30am -12:30pm <b>DVD Viewing: "Heart Matters"</b> <b>The Science of Emotion</b> (Week #6 of 6)</p> <p align="center"><i>#203- 5623 Imperial St</i></p> <p align="center">10:30am -11:30am <b>Family Literacy Circle★</b> (Week #8 of 8)</p> <p align="center">11:45am -12:45pm <b>Halloween Arts &amp; Crafts★</b></p> <p align="center"><i>Centennial Community Centre</i> <i>65 E Sixth Ave, New West</i></p>	<p align="center"><b>29</b></p> <p align="center">10:30am -11:30am <b>Parent-Child Songs and Stories★</b></p> <p align="center">11:45am -12:45pm <b>Halloween Arts &amp; Crafts★</b></p>  <p align="center"><i>#203- 5623 Imperial St</i></p>

## Parent Support Program

### Burnaby & New Westminster Parenting Groups Calendar – October 2015

#### Group Topic Descriptions:

- **Circle Time** – Join us for this fun-filled group with interactive activities focused on helping our children get pre-school and kindergarten ready. ★
- **Creative Movement (2 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: “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.)
- **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! ★  
**THIS GROUP IS CURRENTLY FULL**
- **Halloween Arts & Crafts (All Ages)** – This fun hour allows parents and children to create Halloween-themed art together. Take your creation home and let us clean up the mess! ★
- **Music Time: Make and Play an Instrument** – Parents and children will be able to make their own music maker and then play their instrument while singing songs. ★
- **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. ★
- **Planning Ahead with Your Kids** - You can reduce or eliminate a lot of negative behaviour by planning ahead for times when your child is likely to misbehave (restaurants, grocery stores, while you're on the phone). Learning to plan together can: reduce arguments, strengthen your communication, teach your child to self-entertain, and allow your child to take responsibility for (and pride in) their successes.
- **Positive Discipline: Giving Choices** – Take this hour to learn how to use the positive discipline technique of giving choices to help teach your children how to make decisions, think for themselves, and assert independence. We will learn when it is appropriate to give choices, how to state them, and different examples of which choices to give.
- **Positive Discipline: Using Consequences** - Take this hour to learn how to use the positive discipline technique of giving natural and logical consequences when teaching your child appropriate behaviours. We will learn what consequences are, how to think up logical consequences for given situations and when to use this technique with your children.
- **Sexual Health: Teaching Children About Appropriate Touching and Preventing Sexual Abuse** – 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 Surprising Purpose of Anger: Learning to Become Less Emotionally Reactive** – This group is based in the works of Nonviolent Communication founder Marshall B. Rosenberg and will focus on discovering the purpose of your anger, learning how to get your needs met, and reducing angry outbursts without suppressing your anger.

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

- **Building Strength and Resilience by Staying Positive and Learning to Cope** – Have you ever wondered why your child can't seem to cope with stressful situations as well as their siblings or friends? A child's resiliency skills greatly impact their ability to handle stressful situations and their ability to 'bounce back' afterwards. Join us for this informative 2-hour group where we will discuss the building blocks of creating a strong and resilient child that can endure through all types of situations.
- **Emotional Intelligence as Your Child Grows** - Being able to manage emotions in a healthy way and understand other's feelings are essential components of human development. Join us for this informative group where we will discuss how to encourage the development of emotional intelligence from infancy to preschool years. *Based on the book Peaceful Parents, Happy Kids by Dr. Laura Markham*
- **How Children React to Grief and How to Help Them Manage** - As all children are unique, grief and loss are also experienced unique to the child. Knowing how to help your child deal with death and manage losses can help make a difference in how the loss is processed. *Based on the book Grief in Young Children: A Handbook for Adults by Atle Dyregory and When Children Grieve by John James and Russell Friedman*

#### IMPORTANT Info Please Read!

- To sign up: e-mail [pspgroupsignup@hotmail.com](mailto: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.