

Cameray Child and Family Services
PARENT SUPPORT PROGRAM - JANUARY CALENDAR

Mon	Tue	Wed	Thu
4 10:30am - 11:30am Parent-Child Songs and Stories★ 11:45am - 12:45pm Creative Movement (2 years+)★ #203- 5623 Imperial St	5 10:30am - 12:30pm How Much is Too Much? An Exploration of Helicopter Parenting -2 hours- #203- 5623 Imperial St	6 10:30am -12:30pm Let's All Learn About Feelings★ (Week #1 of 6) -2 hours - <i>Centennial Community Centre 65 E Sixth Ave, New West</i>	7 No Groups
11 10:30am - 11:30am Parent-Child Songs and Stories★ 11:45am - 12:45pm "Eleanore Won't Share" Story and Craftivity★ #203- 5623 Imperial St	12 6:00pm – 8:00pm Integrating Memory for Growth and Healing -2 hours- #203- 5623 Imperial St	13 10:30am -12:30pm Let's All Learn About Feelings★ (Week #2 of 6) -2 hours - <i>Centennial Community Centre 65 E Sixth Ave, New West</i>	14 10:00am – 12:00pm No Drama Discipline: How to Respond When Our Children are Uncooperative or Reactive -2 hours- #203- 5623 Imperial St
18 10:30am - 12:30pm Socially Skilled: Building the Foundation for Social Intelligence -2 hours- #203- 5623 Imperial St	19 6:00pm – 8:00pm Changing the Conversations With Our Inner Critics -2 hours- #203- 5623 Imperial St	20 10:30am - 12:30pm Children Lie: What Can We Do to Encourage Our Children to Tell The Truth? <i>#203- 5623 Imperial St</i> 10:30am -12:30pm Let's All Learn About Feelings★ (Week #3 of 6) -2 hours - <i>Centennial Community Centre 65 E Sixth Ave, New West</i>	21 10:00am – 12:00pm No Drama Discipline: The No Drama Connection Cycle -2 hours- #203- 5623 Imperial St
25 10:30am - 11:30am Parent-Child Songs and Stories★ 11:45am - 12:45pm Expressive Arts★ #203- 5623 Imperial St	26 5:00pm – 7:00pm How to Help Our Children Be More Grateful -2 hours- #203- 5623 Imperial St	27 10:30am - 11:30am "I Don't Want To Be A Frog" Story Time and Craft-ivity★ 11:45am - 12:45pm Parent-Child Free Play★ <i>#203- 5623 Imperial St</i> 10:30am -12:30pm Let's All Learn About Feelings★ (Week #4 of 6) -2 hours - <i>Centennial Community Centre 65 E Sixth Ave, New West</i>	28 10:00am – 12:00pm Parenting in Public: Dealing with the Judgement of Others -2 hours- #203- 5623 Imperial St

**Parent Support Program
Burnaby & New Westminster Parenting Groups Calendar – JANUARY 2016**

Group Topic Descriptions:

- **Children Lie: What Can We Do to Encourage Our Children to Tell The Truth** – Come join us as we discuss the reasons why children lie, the common pitfalls we fall into as parents which can cause our children think it's ok to lie and how we can encourage them to be more truthful.
- **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. ★
- **“Eleanore Won't Share” Story and Craft-ivity** – Join us for this interactive group where children will have the opportunity to learn about sharing, why it is so important, and how it makes them feel when they share. ★
- **Expressive Arts** - Join us for this interactive group where children will have the opportunity to express themselves through artistic works. ★
- **How Much is Too much? An Exploration of “Helicopter Parenting”** - As parents, we want so much for our children to be happy and safe that we have to be careful not to deprive them of opportunity to make their own mistakes, face consequences, overcome failure and develop independence. Join us as we discuss how to find a healthy balance between keeping our kids safe and giving them opportunities to learn from their experiences. Based on work by Kidpower.
- **“I Don't Want To Be A Frog” Story Time and Craft-ivity** - Join us for this one-hour story and craft activity where parents and children will learn what makes each of us special and why it's important to love ourselves just the way we are. ★
- **Let's All Learn About Feelings** – Join us for this fun and informative interactive group where we will learn about feelings and how to manage them. Each week will include different books, crafts, and activities that feature a different set of feelings. There will also be time at the end of each group for parents to ask questions and chat. ★THIS GROUP WILL BE TAKING PLACE AT CENTENNIAL COMMUNITY CENTRE IN NEW WESTMINSTER.
- **No Drama Discipline: How to Respond When Our Children are Uncooperative or Reactive** - Connection is the basic foundation that is required in order for us to teach and guide our children, but what do we do after we've connected with our children and they are still uncooperative or reactive? Come learn how we can redirect our children when they are doing things we don't like or when they're not doing something we want them to do. This group is based on the book, “No-Drama Discipline: The Whole Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind” by Dr. Daniel Siegel and Dr. Tina Payne Bryson.
- **No Drama Discipline: The No-Drama Connection Cycle** - You may know that connecting with your child is important, but how do you actually do it? Come join us as we learn about the No-Drama Connection Cycle which allows us to set the stage so that you can teach your child the skills that are important to you while helping him/her feel understood and loved. This group is based on the book, “No-Drama Discipline: The Whole Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind” by Dr. Daniel Siegel and Dr. Tina Payne Bryson.
- **Parent-Child Free Play (All Ages)** – Come take this opportunity to spend some quality play-time with your child. ★
- **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. ★
- **Parenting in Public: Dealing with the Judgment of Others** – Even though we try to ignore it, all parents have moments where they feel like their parenting is being judged by other in public. Join us for this discussion-based group where we will explore the impact that others can have on our parenting, our confidence in ourselves, and the behaviours of our children. We will also discuss how to deal with rude or inappropriate comments from others while we are with our children.
- **Socially Skilled: Building the Foundation for Social Intelligence** -The social world is a complicated one and children are needing the help of their parents to navigate it. Join us for this educational session where we will discuss how you as parents, can provide your children with the skill set necessary for the development of social intelligence.

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

- **Changing the Conversations With Our Inner Critics** - We all have an internal voice that expresses criticism and disapproval of our actions. Learning how to change our internal dialogue to one that reflects empowerment, nurturing, and love can be challenging. Join us for an informative group where we will learn practical skills to use with our inner critic.
- **How to Help Our Children Be More Grateful** – Join us for this informative 2-hour group where we will discuss the concept of gratitude and how to teach children to be more appreciative of what they have.
- **Integrating Memory for Growth and Healing** - As parents we sometimes hope that our children will forget about painful experiences. However these memories can be turned into sources of power and understanding if children are taught healthy ways to integrate implicit and explicit memories. Join us for this educational group where we will discuss practical ideas and solutions for integrating memory. Based on *The Whole Brain Child* by Daniel Siegel and Tina Payne.

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.