

PARENT SUPPORT PROGRAM **ONLINE GROUP CALENDAR**

APRIL 2020				
Mon	Tue	Wed	Thu	Fri
		1 NO GROUPS 	2 NO GROUPS 	3 NO GROUPS 
6 NO GROUPS 	7 10:30am -11:00am <b>Parent-Child Mother Goose ★ (Week #1 of 4)</b>  <i>Zoom online group</i>	8 10:30am -11:30am <b>Goals of (Mis)Behaviour</b>  <i>Zoom online group</i>	9 9:30am -10:30am <b>Parent Support Group (Week #1 of 4)</b>  12:30pm 1:30pm <b>Staying Sane During the COVID Quarantine</b>  <i>Zoom online group</i>	10 NO GROUPS 
13 NO GROUPS 	14 10:30am -11:00am <b>Parent-Child Mother Goose ★ (Week #2 of 4)</b>  <i>Zoom online group</i>	15 10:30am -11:30am <b>Bilingualism in Young Children</b>  <b>6:00pm – 7:00pm</b> <b>How to be Wise with Screen Time</b>  <i>Zoom online group</i>	16 9:30am -10:30am <b>Parent Support Group (Week #2 of 4)</b>  12:30pm - 1:30pm <b>How to Get Work Done While Your Kids are at Home</b>  <i>Zoom online group</i>	17 10:00am -11:30am <b>Circle of Security™ Parenting Program (Week #1 of 6)</b>  <i>Zoom online group</i>
20 10:00am -11:00am <b>Grupo de Apoyo Para Padres (EN ESPAÑOL)</b>  <i>Zoom online group</i>	21 10:30am -11:00am <b>Parent-Child Mother Goose ★ Week #3 of 4</b>  <i>Zoom online group</i>	22 10:30am -11:30am <b>Relaxation and Self- Soothing Techniques for Young Children</b>  <b>6:00pm – 7:00pm</b> <b>Exploring Potty Training Methods</b>  <i>Zoom online group</i>	23 9:30am -10:30am <b>Parent Support Group (Week #3 of 4)</b>  12:30pm - 1:30pm <b>How to Keep Kids From Fighting All the Time During a Forced Quarantine</b>  <i>Zoom online group</i>	24 10:00am -11:30am <b>Circle of Security™ Parenting Program (Week #2 of 6)</b>  <i>Zoom online group</i>
27 10:00am -11:00am <b>Grupo de Apoyo Para Padres (EN ESPAÑOL)</b>  <i>Zoom online group</i>	28 10:30am -11:00am <b>Parent-Child Mother Goose ★ Week #4 of 4</b>  <i>Zoom online group</i>	29 10:30am -11:30am <b>Preventing Bullying: Starting From the Early Years</b>  <i>Zoom online group</i>	30 9:30am -10:30am <b>Parent Support Group (Week #4 of 4)</b>  12:30pm - 1:30pm <b>How to Fight with Your Partner When Your Kids are Around...and How Those Fights Can Bring You Closer</b>  <i>Zoom online group</i>	

Please email us at [pspgroupsignup@cameray.ca](mailto:pspgroupsignup@cameray.ca) to sign up for groups

## Parent Support Program Parenting Groups Descriptions – April 2020

Please email us at [pspgroupsignup@cameray.ca](mailto:pspgroupsignup@cameray.ca) to sign up for groups. You will be sent a confirmation email along with instructions on how to sign up for and use Zoom to attend our online groups. Our workers will also be available by phone to help you through this process if needed.

If there are any group topics you would like to discuss one to one with our workers please also email us and let us know. We will have the group facilitator call you to set up an individual appointment.

### ★ Interactive Groups: ★

- **Parent-Child Mother Goose (4 weeks)** – Entertaining your children at home isn't easy. Join us for 30 fun-filled minutes of learning some new (and some old) children's songs where we will keep your children engaged and excited. We encourage families to participate together and take this time to bond and have fun. At the end of the 4 weeks we will email you the lyrics to all of the songs you have learned. ★

### Educational Groups:

- **Bilingualism in Young Children** – 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.
- **Circle of Security™ Parenting Program** - Sometimes it's hard to tell what your child needs, what his/her behaviors mean and if you're doing right by her/him. Imagine what it might feel like if you could make sense of what your child is really asking from you. Circle of Security Parenting™ is a 6-week group where you'll learn to: Strengthen your relationship with your child; Be present with your child during the best and toughest of times; Recognize your child's needs and make sense of his or her behaviour; Meet your child's needs by being bigger, stronger, wiser and kind.
- **Exploring Potty Training Methods** – Potty training is a very individual process for both parents and little ones, and there are many approaches you can take. It's a matter of figuring out what works best for you and your child and working together to reach your goals. We will have some group discussion and also explore some evidence-based training methods.
- **Goals of (Mis)Behaviour** – This group will help you understand the goals and purposes of your children's behaviour. Included are children's misbehaviours, parent's feelings and responses to these behaviours and how to respond to various behaviours.
- **Grupo de Apoyo Para Padres (EN ESPAÑOL)** - Actualmente estamos en tiempos sin precedentes que esta causando un cambio en el estilo de vida que la mayoría de nosotros nunca hemos experimentando. Aprovecharemos esta hora para que los padres se reúnan y tengan discusiones sobre como están manejando las dificultades que enfrentan, y compartiremos consejos y trucos para facilitar la crianza de los niños. También utilizaremos este tiempo para compartir información actualizada, recursos para los padres, y responder cualquier pregunta que puedan tener.
- **How to Be Wise with Screen Time** – It's hard not to go overboard with screen time when you're stuck at home all day. Join us for this informative group where we will explore how to limit screen time and what are some good types of screen time to use when you need (or want) to.
- **How to Fight With Your Partner When Your Kids Are Around and How These Fights can Bring You Closer** - Conflict is inevitable in every relationship but transitions and change can intensify conflict. In this workshop we will discuss how to have healthy conflict that can actually bring you closer as a couple and allows you to be a positive model to your kids.
- **How to Get Work Done While Your Kids are at Home** - You've probably already discovered that begging, bribing and threatening don't work to keep your kids quiet while you are in your Zoom meeting. We will be discussing some parenting tips that keep your child's development needs in mind (and your expectations of how much supervision they will need) while providing you with some strategies for managing your work obligations.
- **How to Keep Siblings from Fighting All the Time During Forced Quarantine** - Family life can be stressful at the best of times. So right now with forced time together your life may feel like a pressure cooker. In this workshop we will discuss 5 ways to help keep kids from each other's throats. We will be looking at the underlying needs and feelings that are driving the behaviours and how you can address them.
- **Parent Support Group** – We are currently in unprecedented times and experiencing a change in lifestyle that most of us have never gone through. We will use this hour for parents to come together to have meaningful discussions about how they are managing, the struggles they are facing, and share tips and tricks for making parenting easier. We will also use this time to share up to date information and resources for parents, and answer any questions parents may have.
- **Preventing Bullying: Starting From the Early Years** – Join us for this informative group where we will discuss preventative measures you can take as a parent now to help your child foster healthy relationships with peers in the later years.
- **Relaxation and Self-Soothing Techniques for Young Children** – Does your child have difficulty calming down? Do you get frustrated when they get overwhelmed and anxious? For this group, we will discuss tools and techniques you can use to help calm your child down and teach them how to self-soothe.
- **Staying Sane During the COVID Quarantine** - You and your child(ren) are probably used to time apart. If you're stuck at home during the coronavirus precautions and your family is together 24 hours a day it may feel impossible to maintain your sanity. We will discuss some strategies and solutions to saving your sanity while you at stuck at home with your kids during the COVID pandemic.

Please note that no internet-based group is 100% confidential. However, in an effort to keep information confidential, we do not allow any recording of groups and we ask that any information learned about other participants in group is kept between participants only.