

NEW

The Importance of Play

A presentation for Cantonese-speaking parents

At Cedar Cottage

Saturday March 27, 2010

10am-11:15am

Child minding Available

Explore with a play therapist the importance of play in building attachment between parents and children in this interactive workshop

- View **Westcoast's** new DVD
"The Importance of Play"
- Learn why playing with our children for the pleasure of play is important in building intimate parent-child relationships.
- Explore the possible challenges for parents to play with their children
- Explore how to find time and identify activities for the play time

Presented by Mary Yan RCC/Play Therapist Westcoast Family Resources Society

Location:

**Cedar Cottage Neighbourhood House
4065 Victoria Drive, Vancouver BC**

**Group Referrals to:
Anna Johnson or
Diane Montgomery**

**Ph: (604) 254-5457,
ext 238**

Email

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**Most groups take place at
Vancouver Preservation
program NE**

**#101-2780 East Broadway
Vancouver**

Mission Statement

Westcoast Family Resources Society contributes to the healthy development of children by providing services to strengthen the relationships between children and families and between families and their communities.

Vancouver

**Westcoast
Groups
Spring
2010**



Parenting Groups

& Workshops

Connect with other parents

Child minding

Coffee and Snacks



**Westcoast Family
Resources Society**

*The Strength of
Family*

**Anger and Stress
Management for Parents**
March 16, 2010 -
April 20, 2010
Tuesdays 5:30-8pm

Please Join Us!

- Explore how anger affects the body mind and behavior
- Looking at the anger cycle and how to manage stress
- Understanding anger in our relationships with our children
- Learning to express and control anger in healthy ways

Light dinner provided for families at 5:30 prior to group.
Child minding available

Exploring Ideas Through Art

Sheila Lindfield: RCC and Registered Play Therapist Supervisor, offers group play therapy sessions for children whose parents are attending a Tues. eve. group. In these sessions, the child is invited to use methods from art and play therapy to focus on particular challenges they might be facing. Sheila will meet with parents first to explain and answer questions. She will work with children who want to attend and whose parents have given permission.

Location: Vancouver Preservation Program NE
#101-2780 East Broadway
Vancouver, BC

**Parenting Strategies for
0-5 year olds**

Thursdays 10am-2pm
March 18, 2010- Ongoing

Join us for an informal learning group to explore parenting young children. We will discuss a variety of topics chosen by the group.

- 10am: Coffee, snack and play with your kids
- Parent group 10:45-12pm
- Nutritious lunch
- Discussion and/or video 1-2pm



Positive Parenting

Tuesday evenings May 4-June 8, 2010
5:30pm-8:30pm

Topics: Ages and Stages of Development, Limit setting, Acknowledging Feelings, Discipline.

Light dinner provided for families at 5:30 prior to group. Child minding available

Community Workshops

Hastings Community Center
3096 E. Hastings St. Vancouver

Are my Expectations Reasonable?

Looking at ages and stages of development we will explore what are reasonable expectations around behavior, school, chores etc.

Wed. March 17, 2010 10-11:30am

**Understanding your Child's
Temperament**

Is your child outgoing and friendly, quiet and introspective? We will explore optimum parenting methods for your child's personality

Wed. March 24, 2010 10-11:30am

Sibling Rivalry

Why do my kids fight so much? Join us to learn some tips and strategies for sanity

Wed. April 14, 2010 10-11:30am

Communication Skills

Identifying your child's feelings

Wed. April 21, 2010 10-11:30am

Limit Setting

How not to give into persistent begging pleading or whining

Wed. May 12, 2010 10-11:30am

Picky Eaters

How do I get my child to eat?

Wed. May 19, 2010 10-11:30am

Child minding available