

HELPING CHILDREN GROW & THRIVE (6 WEEKS)

*Cameray Child & Family Services and Pacific Immigrant Resources Society
are hosting a free online workshop open to newcomer families
with children 0-8 years old*

**Sessions are suitable for families with English as an Additional Language
Arabic translation will be available**

PROGRAM DETAILS:

Parenting can be a joyful and challenging experience for all parents. When you are parenting in a new country, it presents an additional set of joys and challenges. Join us as we discuss ways to help create a strong parent-child relationship that will help you support your child in their growth and development and enjoy your parenting experience.

Week 1: The Importance of the Parent-Child Relationship on Your Child's Development

Week 2: The Bringing Together of Cultures: How Culture Affects Your Parenting & Your Children

Week 3: How to Create a Healthy Parent-Child Relationship

Week 4: How to Support Your Children's Social-Emotional Development

Week 5: How to Set Healthy Limits and Boundaries

Week 6: How to Deal With Stress and Overwhelm (Nervous System Regulation)

FACILITATOR:

This series will be facilitated by Georgianna Lee, Parent Support Counsellor, from Cameray Child & Family Services.

Georgianna will be available for 30 minutes after each session to answer additional parenting/child development questions participants may have.



WHEN:

1:00pm – 2:00pm

Tuesday, Feb. 2, 2021
Tuesday, Feb. 9, 2021
Tuesday, Feb. 16, 2021
Tuesday, Feb. 23, 2021
Tuesday, Mar. 2, 2021
Tuesday, Mar. 9, 2021

WHERE:

Zoom
Online Group
(meeting links will be
sent to registered participants)

WHO:

- Newcomers to Canada -
parents/caregivers
with children
0-8 years old

TO REGISTER

Contact Souad Ghomari via:

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OR

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