



# Cameray

Child & Family Services

The Parent Support Program at Cameray Child and Family Services is hosting a **free** online 4-part workshop

## **THE FIRST YEAR & BEYOND**

Join us for the 4-part group where we will discuss the basics of parenting in the first year that will last through childhood. You can join us for all four groups or just the specific ones you are interested in.

- Baby and Toddler Sleep (May 3<sup>rd</sup>)
- Relaxation and Self-Soothing Techniques for Little Ones (May 10<sup>th</sup>)
- Dealing with Separation Anxiety (May 17<sup>th</sup>)
- Healthy Eating, Healthy Living, and Getting Started Early (May 31<sup>st</sup>)

**WHERE:** Zoom Online Group

**WHEN:** Mondays 10:00am – 11:30am May 3<sup>rd</sup>-May 31<sup>st</sup> (no group May 24<sup>th</sup>), 2021

**HOW TO REGISTER:** To register please email [pspgroupsignup@cameray.ca](mailto:pspgroupsignup@cameray.ca) or call 604-436-9449

**Stronger Children, Stronger Families, Stronger Communities**

623 Imperial Street, Burnaby, BC, V5J 1G1 Admin Office: #201 Program Office: #203  
Phone: 604-436-9449 | Fax: 604-436-1990 | [www.cameray.ca](http://www.cameray.ca)