









**PARENT SUPPORT PROGRAM GROUP CALENDAR**

**JUNE 2022**

Mon	Tue	Wed	Thu	Fri
		<p><b>1</b></p> <p>9:30am – 12:00pm <b>Drop-In Parent-Child Play Group</b> <b>IN-PERSON DROP-IN GROUP</b> Cameray Group Room 102-5623 Imperial St Burnaby</p> <p>Online Group</p>	<p><b>2</b></p> <p>9:30am – 11:30am <b>Drop-In Early Learning Program</b> With <b>FREE</b> Childcare and Circle Time for Kids!</p> <p><b>IN-PERSON DROP-IN GROUP</b></p> <p>NLC Qayqayt 85 Merrivale St, New Westminster</p>	<p><b>3</b></p> <p>NO GROUP</p> 
<p><b>6</b></p> <p>7:30pm-9:00pm <b>Circle of Security™ Parenting Program For DADS</b> (Week 4 of 7)</p> <p>Online Group</p>	<p><b>7</b></p> <p>9:30am -11:00am <b>Family Literacy Circle (Week 5 of 8)</b> ★ <b>ONLINE KIDS GROUP</b>★</p> <p>12:00pm -12:45pm <b>EMPOWER ME PROGRAM: Finding Your Voice</b> (Adult Content)</p> <p>Online Groups</p>	<p><b>8</b></p> <p>9:30am – 12:00pm <b>Drop-In Parent-Child Play Group</b> <b>IN-PERSON DROP-IN GROUP</b> Cameray Group Room 102-5623 Imperial St Burnaby</p> <p><b>6:00pm – 7:30pm</b> <b>Understanding the Link Between Temperament and Behaviour</b></p> <p>Online Group</p>	<p><b>9</b></p> <p>9:30am – 11:30am <b>Drop-In Early Learning Program</b> With <b>FREE</b> Childcare and Circle Time for Kids!</p> <p><b>IN-PERSON DROP-IN GROUP</b></p> <p>NLC Qayqayt 85 Merrivale St, New Westminster</p>	<p><b>10</b></p> <p>NO GROUP</p> 
<p><b>13</b></p> <p>7:30pm-9:00pm <b>Circle of Security™ Parenting Program For DADS</b> (Week 5 of 7)</p> <p>Online Group</p>	<p><b>14</b></p> <p>9:30am -11:00am <b>Family Literacy Circle (Week 6 of 8)</b> ★ <b>ONLINE KIDS GROUP</b>★</p> <p>12:00pm -12:45pm <b>EMPOWER ME PROGRAM: React, Repair, Repeat – Dealing With Life from an Energy Deficit</b> (Adult Content)</p> <p>Online Groups</p>	<p><b>15</b></p> <p>9:30am – 12:00pm <b>Drop-In Parent-Child Play Group</b> <b>IN-PERSON DROP-IN GROUP</b> Cameray Group Room 102-5623 Imperial St Burnaby</p> <p><b>6:00pm – 7:30pm</b> <b>How to Communicate Effectively with Early Childhood Professionals</b></p> <p>Online Group</p>	<p><b>16</b></p> <p>9:30am – 11:30am <b>Drop-In Early Learning Program</b> With <b>FREE</b> Childcare and Circle Time for Kids!</p> <p><b>IN-PERSON DROP-IN GROUP</b></p> <p>NLC Qayqayt 85 Merrivale St, New Westminster</p>	<p><b>17</b></p> <p>NO GROUP</p> 
<p><b>20</b></p> <p>7:30pm-9:00pm <b>Circle of Security™ Parenting Program For DADS</b> (Week 6 of 7)</p> <p>Online Group</p>	<p><b>21</b></p> <p>9:30am -11:00am <b>Family Literacy Circle (Week 7 of 8)</b> ★ <b>ONLINE KIDS GROUP</b>★</p> <p>12:00pm -12:45pm <b>EMPOWER ME PROGRAM: How to Choose Yourself First and Still Have a Thriving Family</b> (Adult Content)</p> <p>Online Groups</p>	<p><b>22</b></p> <p>9:30am – 12:00pm <b>Drop-In Parent-Child Play Group</b> <b>IN-PERSON DROP-IN GROUP</b> Cameray Group Room 102-5623 Imperial St Burnaby</p> <p><b>6:00pm – 7:30pm</b> <b>Benefits of Smart Home Technology for Parents</b></p> <p>Online Group</p>	<p><b>23</b></p> <p>9:30am – 11:30am <b>Drop-In Early Learning Program</b> With <b>FREE</b> Childcare and Circle Time for Kids!</p> <p><b>IN-PERSON DROP-IN GROUP</b></p> <p>NLC Qayqayt 85 Merrivale St, New Westminster</p>	<p><b>24</b></p> <p>NO GROUP</p> 
<p><b>27</b></p> <p>7:30pm-9:00pm <b>Circle of Security™ Parenting Program For DADS</b> (Week 7 of 7)</p> <p>Online Group</p>	<p><b>28</b></p> <p>9:30am -11:00am <b>Family Literacy Circle (Week 8 of 8)</b> ★ <b>ONLINE KIDS GROUP</b>★</p> <p>12:00pm -12:45pm <b>EMPOWER ME PROGRAM: Helping Parents Support Their Sensitive Child</b> (Adult Content)</p> <p>Online Groups</p>	<p><b>29</b></p> <p>9:30am – 11:30am <b>OUTDOOR Play Group</b> <b>IN-PERSON DROP-IN GROUP</b> Westwood Elementary School Park 4567 Imperial St, Burnaby</p> <p><b>6:00pm – 7:30pm</b> <b>Helping Children Cope with Traumatic Events</b></p> <p>Online Group</p>	<p><b>30</b></p> <p>NO GROUP</p> 	

These groups are for Burnaby and New Westminster residents with one or more children under the age of 5 years old.

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

**ALL ONLINE EDUCATIONAL GROUPS WILL INCLUDE OPTIONAL ADDITIONAL TIME AT THE END OF EACH GROUP FOR QUESTIONS AND DISCUSSION**



## Parent Support Program: Group Descriptions – JUNE 2022

### **DROP-IN Groups (NO REGISTRATION REQUIRED):**

- **Drop-In Early Learning Program (EYC/NLC at Qayqayt Elementary School)** – Join us for a drop-in early learning experience. We offer literacy activities, a book giveaway, and free-play to promote literacy development. This program is open to families with children 5 years of age and under. ***This is an in-person, drop-in program with a limited number of spaces. New Westminster Family Place will be offering free and engaging drop-in childcare in an adjoining room for this group.*** ★
- **Drop-In Parent-Child Play Group (Cameray 102-5623 Imperial St)** – Join us for some fun-filled drop-in play! Each week we will feature a variety of modes of play and activities. We will also have extra childcare help on-site, so parents can take a break while their kids enjoy some play-based learning. Free snacks and bus tickets are provided. ★
- **Outdoor Play Group** - Join us for an outdoor play group that is open to the public. There will be activities, story time, snacks, bus tickets...and fresh air with lots of space to play! This group is in collaboration with the YMCA.

### **★Interactive Children's Groups:★**

- **Family Literacy Circle (8 weeks)** – Family Literacy Circle is a great way to introduce your little learner to reading, writing, and phonics. In this group, we will explore how literacy can enhance the learning of every topic and invite curiosity through songs, stories and games. BONUS: Each family who completes the 8-week program will receive 5 free books to add to your home library. Books will be available for pick up from Cameray's Burnaby location in late June. ★

### **Educational Groups:**

- **Benefits of Smart Home Technology for Parents** - Parenting is hard, especially in the twenty-first century, and having technology in the home is a hot button issue right now. While there's plenty of research about the negative effects of technology on child development and family interactions, there are also some benefits. This group discussion will focus on ways that technology can be useful in helping parents have peace of mind and spend more time enjoying family life. ***\*Online Evening Group\****
- **Circle of Security™ Parenting Program For DADS!**- This 7-week program is based on decades of research about how secure parent-child relationships can be supported and strengthened. You will be able to make sense of what your child needs and get the tools that will help you to support and respond to your child, creating a long-lasting healthy relationship and the sense of security that your child needs to thrive in life. ***\*Online Evening Group\****
- **Empower Me Program (for Adults)** - Do you ever feel like you don't like how you feel in this part of your life, but also don't know how to change it? Or perhaps you don't have time or energy to take these big actions that you've heard will help you feel better? In this 45-minute group, we will take on big deal topics and explore "can do" actions that would help to create a life with more freedom, joy and empowerment. How good can life get for you? ***(We recommend using headphones or listening to this group without children in the room as it contains adult content)***
- **Helping Children Cope with Traumatic Events** – Traumatic stress is a normal reaction to a natural or manmade disaster, other disturbing events, or significant life transitions. It can leave children of any age feeling overwhelmed by stress and trigger a wide range of intense emotions and physical or behavioral reactions. Your child's reaction to a disaster or traumatic event can be greatly influenced by your own response. Tonight, we'll discuss how taking care of your own emotional health and well-being, will help you be more of a calming influence and better able to help your child. ***\*Online Evening Group\****
- **How to Communicate Effectively with Early Childhood Professionals** – Early childhood professionals play an important role in developing goals for your child and you are the expert on your child. By sharing your child's strengths, needs, likes, and dislikes, you provide valuable information that professionals can use to help your son or daughter. As your child grows and changes, you'll have new opportunities to continue learning and sharing. This group will give you tips for communicating with your child's team and connecting with other parents so that you can become an effective advocate for your child. ***\*Online Evening Group\****
- **Understanding the Link Between Temperament and Behaviour** - Some children are naturally shy while others are naturally outgoing. One child may be more sensitive and require more attention and affection to thrive, while another may feel comfortable and content with less interaction. Join tonight's group to learn how your actions can help to determine how well rounded and adjusted your child will become as they mature into childhood, adolescence, and adulthood. ***\*Online Evening Group\****

Please note that no internet-based group is 100% confidential. However, in an effort to keep information private, we will require a meeting password for all online groups in order to enter each group and we will not allow any recording of groups. We also ask that any information learned about other participants in group is kept between participants only.