

PARENT SUPPORT PROGRAM GROUP CALENDAR

OCTOBER 2022

Mon	Tue	Wed	Thu	Fri
<p>3 10am – 12pm Circle of Security (SPANISH) Week 1 of 8</p> <p>2055 Rosser Ave Burnaby</p>	<p>4 10am – 12pm Parent Support Group: Not What I Expected...</p> <p>Online Group</p>	<p>5 6:00pm – 7:30pm Understanding Childhood Anxiety and Depression (Part 1 of 4)</p> <p>Online Group</p>	<p>6 9:30am – 12:00pm Drop-In Early Learning Program</p> <p>IN-PERSON DROP-IN GROUP</p> <p>NLC Qayqayt 85 Merrivale St, New Westminster</p>	7
<p>10 STAT HOLIDAY</p>	<p>11</p> 	<p>12 10am – 12pm Circle of Security (English) Week 1 of 8</p> <p>2038 Rosser Ave Burnaby</p> <p>6:00pm – 7:30pm Understanding Childhood Anxiety and Depression (Part 2 of 4)</p> <p>Online Group</p>	<p>13 9:30am – 12:00pm Drop-In Early Learning Program</p> <p>NLC Qayqayt 85 Merrivale St, New Westminster</p> <p>12:30pm – 2:30pm Cameray Infant/Toddler Drop-In</p> <p>2038 Rosser Ave Burnaby</p> <p>IN-PERSON DROP-IN GROUPS</p>	<p>14</p> 
<p>17 10am – 12pm Circle of Security (SPANISH) Week 2 of 8</p> <p>2055 Rosser Ave Burnaby</p>	<p>18 10am – 12pm Parent Support Group: Not What I Expected...</p> <p>Online Group</p>	<p>19 10am – 12pm Circle of Security (English) Week 2 of 8</p> <p>2038 Rosser Ave Burnaby</p> <p>6:00pm – 7:30pm Understanding Childhood Anxiety and Depression (Part 3 of 4)</p> <p>Online Group</p>	<p>20 9:30am – 12:00pm Drop-In Early Learning Program</p> <p>IN-PERSON DROP-IN GROUP</p> <p>NLC Qayqayt 85 Merrivale St, New Westminster</p>	<p>21</p> 
<p>24 10am – 12pm Circle of Security (SPANISH) Week 3 of 8</p> <p>2055 Rosser Ave Burnaby</p>	<p>25</p>	<p>26 10am – 12pm Circle of Security (English) Week 3 of 8</p> <p>2038 Rosser Ave Burnaby</p> <p>6:00pm – 7:30pm Understanding Childhood Anxiety and Depression (Part 4 of 4)</p> <p>Online Group</p>	<p>27 9:30am – 12:00pm Drop-In Early Learning Program</p> <p>NLC Qayqayt 85 Merrivale St, New Westminster</p> <p>12:30pm – 2:30pm Cameray Infant/Toddler Drop-In</p> <p>2038 Rosser Ave Burnaby</p> <p>IN-PERSON DROP-IN GROUPS</p>	<p>28</p>
<p>31 10am – 12pm Circle of Security (SPANISH) Week 4 of 8</p> <p>2055 Rosser Ave Burnaby</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 to sign up for groups

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

Parent Support Program: Group Descriptions – OCTOBER 2022

★ Interactive Children's Groups: ★

DROP-IN Groups:

- **Cameray Infant/Toddler Drop-In** - This group is a drop-in for parents and caregivers with babies aged 6 to 18 months (older siblings are welcome). In this 2-hour program, parents can enjoy playtime with the child, meet other parents, and discuss any concerns regarding child development and growth in a safe and relaxed environment. Weekly topics included in the program are around child development, health, safety, nutrition. We'll also learn songs and rhymes together. A simple snack will be provided. ★
- **Drop-In Early Learning Program (EYC/NLC at Qayqayt Elementary School: 85 Merivale St. New Westminster)** – Join us for a drop-in early learning experience. We offer literacy activities, a book giveaway, and free-play to promote literacy development. There will also be time for parents to connect with support workers and resources for all things parenting related. 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.*** ★

Educational Groups:

- **Circle of Security™ Parenting Program** - This 8-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.
- **Parent Support Group...Not What I Expected** - Although there's an abundance of practical parenting resources for guidance, it still feels challenging. Being a parent is not what you expected. You may have found yourself saying or feeling "Why is my child the only one who isn't toilet-trained/weaned/sleeping well, etc. ...?" "How do I know I'm doing the best for my child?" "I feel intimidated - why do other parents find it so easy?" "What about **me** time?" Sometimes, peer support and a space to listen, talk and share parenting experiences, if you are not cherishing parenthood at this time – and it's ok! This facilitated discussion group will include guided questions prompted by topics that participants are interested in discussing, allowing you share your thoughts, worries, ideas and experiences with other parents.
- **Understanding Childhood Anxiety and Depression** - It's normal for young children to sometimes feel afraid, shy or sad. However, for some children, these feelings last for a long time and can affect their development. During this 4-part series parents and caregivers will learn more about anxiety and depression, how they look, how they work, how to recognize when the behaviours are problematic, and practical ways for supporting children's emotional well-being. ****Online Evening Groups****

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.