






EARLY YEARS PARENTING SUPPORT PROGRAM GROUP CALENDAR

NOVEMBER 2022

Mon	Tue	Wed	Thu	Fri
	<p>1</p> <p>8:00pm – 9:30pm Hold me Tight® Program: A Couples Guide to Building Relationship and Unified Parenting (Week 1 of 7)</p> <p>Online Group</p>	<p>2</p> <p>6:00pm – 7:30pm Understanding Temperament and Goodness of Fit (Part 1 of 5)</p> <p>Online Group</p>	<p>3</p> <p>9:30am – 12:00pm Drop-In Early Learning Program ★</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p> <p>9:30am – 11:30am University Highlands Family Drop-In ★</p> <p><i>University Highlands Elementary (Preschool Room) 9388 Tower Road, Burnaby</i></p>	<p>4</p>
<p>7</p> <p>10am – 12pm Circle of Security (SPANISH) Week 5 of 8</p> <p><i>2055 Rosser Ave Burnaby</i></p>	<p>8</p> <p>8:00pm – 9:30pm Hold me Tight® Program: A Couples Guide to Building Relationship and Unified Parenting (Week 2 of 7)</p> <p>Online Group</p>	<p>9</p> <p>6:00pm – 7:30pm Understanding Temperament and Goodness of Fit (Part 2 of 5)</p> <p>Online Group</p>	<p>10</p> <p>9:30am – 12:00pm Drop-In Early Learning Program ★</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p> <p>12:30pm – 2:30pm Cameray Infant/Toddler Drop-In ★</p> <p><i>2038 Rosser Ave Burnaby</i></p>	<p>11</p>  <p>STAT HOLIDAY</p>
<p>14</p> <p>10am – 12pm Circle of Security (SPANISH) Week 6 of 8</p> <p><i>2055 Rosser Ave Burnaby</i></p>	<p>15</p> <p>8:00pm – 9:30pm Hold me Tight® Program: A Couples Guide to Building Relationship and Unified Parenting (Week 3 of 7)</p> <p>Online Group</p>	<p>16</p> <p>6:00pm – 7:30pm Understanding Temperament and Goodness of Fit (Part 3 of 5)</p> <p>Online Group</p>	<p>17</p> <p>9:30am – 12:00pm Drop-In Early Learning Program ★</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p> <p>9:30am – 11:30am University Highlands Family Drop-In ★</p> <p><i>University Highlands Elementary (Preschool Room) 9388 Tower Road, Burnaby</i></p>	
<p>21</p> <p>10am – 12pm Circle of Security (SPANISH) Week 7 of 8</p> <p><i>2055 Rosser Ave Burnaby</i></p>	<p>22</p> <p>8:00pm – 9:30pm Hold me Tight® Program: A Couples Guide to Building Relationship and Unified Parenting (Week 4 of 7)</p> <p>Online Group</p>	<p>23</p> <p>6:00pm – 7:30pm Understanding Temperament and Goodness of Fit (Part 4 of 5)</p> <p>Online Group</p>	<p>24</p> <p>9:30am – 12:00pm Drop-In Early Learning Program ★</p> <p><i>NLC Qayqayt 85 Merrivale St, New Westminster</i></p> <p>12:30pm – 2:30pm Cameray Infant/Toddler Drop-In ★</p> <p><i>2038 Rosser Ave Burnaby</i></p>	<p>25</p>
<p>28</p> <p>10am – 12pm Circle of Security (SPANISH) Week 8 of 8</p> <p><i>2055 Rosser Ave Burnaby</i></p>	<p>29</p> <p>8:00pm – 9:30pm Hold me Tight® Program: A Couples Guide to Building Relationship and Unified Parenting (Week 5 of 7)</p> <p>Online Group</p>	<p>30</p> <p>6:00pm – 7:30pm Understanding Temperament and Goodness of Fit (Part 5 of 5)</p> <p>Online 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 to sign up for groups

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

Early Years Parenting Support Program: Group Descriptions – NOVEMBER 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.*** ★
- **University Highlands Family Drop-In (University Highlands Elementary - Preschool Room 9388 Tower Road, Burnaby)** - Visit our free parent-child drop-in program in partnership with the University Highlands Elementary School and Preschool. This program is held in the preschool room at University Highlands Elementary and takes place on the 2nd and 4th Thursday of each month. If you have children under the age of 6, our drop-in is a fun-filled and imaginative way to foster your child's early learning and development. What to expect? During this 2-hour drop-in, parents, caregivers and children can engage in playtime, enjoy a light snack, and participate in circle time. ★

Educational Groups:

- **Circle of Security™ Parenting Program (SPANISH)** - 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.
- **Hold Me Tight® Program: A Couples Guide to Building Relationship and Unified Parenting** - Having a strong, healthy, and secure couples relationship is the best gift that we can give to our children. Based on the work of couples therapist Dr. Sue Johnson, The Hold Me Tight Program is a 7-week group where we will learn about love and attachment, coping styles when facing conflict, negative patterns in which you get stuck, and how to build new patterns of connection and security. Please note that you may be asked to do 'homework' or complete readings between each group sessions. ****Online Evening Group Series****
- **Understanding Temperament and Goodness of Fit: 5-Part Series for Parents and Caregivers** – 'Temperament' and 'goodness of fit' are two concepts which can help parents understand their child's behaviour and support their child's social and emotional development. A child's temperament is his or her behavioural style. Goodness of fit refers to how well the child's temperament matches the parent's temperament. As parents and caregivers, we make up a large part of our children's environment. This month's series will help parents learn how to improve goodness of fit by being aware of our own temperament and adjusting our own behaviours to work well with a child's temperament. ****Online Evening Group Series****

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.