
















EARLY YEARS PARENTING SUPPORT PROGRAM GROUP CALENDAR

DECEMBER 2022

Mon	Tue	Wed	Thu	Fri
			<p>1</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>2</p> 
<p>5</p> <p>10am – 12pm Parenting Q&A (SPANISH)</p> <p><i>2055 Rosser Ave Burnaby</i></p> <p>8:00pm – 9:30pm Hold me Tight® Program (Week 5 of 7) *GROUP FULL*</p> <p><i>Online Group</i></p>	<p>6</p> <p>8:00pm – 9:30pm Hold me Tight® Program (Week 6 of 7) *GROUP FULL*</p> <p><i>Online Group</i></p>	<p>7</p> <p>9:30am – 12:30pm Drop-In at Eight & Eighth Gym ★</p> <p><i>735 8th Ave, New Westminster</i></p> <p>6:00pm – 8:00pm Helpful Tips to De-Stress Your December</p> <p><i>Online Group</i></p>	<p>8</p> <p>11:00am – 2:00pm CAMERAY HOLIDAY PARTY Drop-In ★</p>  <p><i>2038 Rosser Ave Burnaby</i></p>	<p>9</p> 
<p>12</p> <p>10am – 12pm Parenting Q&A (SPANISH)</p> <p><i>2055 Rosser Ave Burnaby</i></p> <p>8:00pm – 9:30pm Hold me Tight® Program (Week 6 of 7) *GROUP FULL*</p> <p><i>Online Group</i></p>	<p>13</p> <p>8:00pm – 9:30pm Hold me Tight® Program (Week 7 of 7) *GROUP FULL*</p> <p><i>Online Group</i></p>	<p>14</p> <p>9:30am – 12:30pm Drop-In at Eight & Eighth Gym ★</p> <p><i>735 8th Ave, New Westminster</i></p> <p>6:00pm – 8:00pm Ways to Parent Well During the Winter Months</p> <p><i>Online Group</i></p>	<p>15</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>16</p> 
<p>19</p> <p>8:00pm – 9:30pm Hold me Tight® Program (Week 7 of 7) *GROUP FULL*</p> <p><i>Online Group</i></p>	<p>20</p> 	<p>21</p> 	<p>22</p> <p>12:30pm – 2:30pm Cameray Infant/Toddler Drop-In ★</p> <p><i>2038 Rosser Ave Burnaby</i></p>	<p>23</p> 
<p>26</p> 	<p>27</p> 	<p>28</p> 	<p>29</p> 	<p>30</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 – DECEMBER 2022

★ Interactive Children's Groups: ★

DROP-IN Groups:

- **Cameray Holiday Party Drop-In** – Join us for our annual holiday drop-in party where we will have some tasty snacks, some fun activities to do with your children, and some great company to allow both parents and children to socialize with other families in your community. This is also a great opportunity to explore our new space and meet our amazing staff! Come and go as you please, no need to stay the whole time.
- **Cameray Infant/Toddler Drop-In** - A drop-in for parents and caregivers with children up to 18 months. During this 2-hour program, parents can enjoy playtime with their child, meet other parents, and discuss any concerns regarding child development and growth, in a safe and relaxed environment. Snacks are provided. ★
- **Drop-In Early Learning Program (EYC/NLC at Qayqayt Elementary School: 85 Merivale St. New Westminster)** – The Eighth & Eighth Family Drop-In Program at the Massey Theatre Gym is an inclusive space for families with children 0-5years. Join the drop-in from 9:30 am to 12:30 pm for a variety of play-based learning activities. Staffed by experienced Early Childhood Educators and Family Support Workers, guest Childhood Professionals also attend the drop-in, so that families can connect and find out about community resources. *This group is in partnership with New Westminster Family Place.* ★
- **University Highlands Family Drop-In (University Highlands Elementary - Preschool Room 9388 Tower Road, Burnaby)** - Visit our parent child drop-in program in partnership with University Highlands Elementary and the City of Burnaby. This program is held on the 2nd floor of University Highlands Elementary, in the preschool room. If you have children aged 0-5, our drop-in is a fun-filled and imaginative way to foster your child's early learning and development. 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:

- **Helpful Tips to De-Stress Your December** –The increasing dark of the Northern hemisphere can be a signal to turn inward to your family, to create more warmth, light and peace in your home. During tonight's group, we'll discuss how this month can be a time for cozy connection and deep joy, whatever your personal beliefs. **Online Evening Group Series**
- **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* GROUPS FULL*
- **Parenting Q&A (SPANISH)** – Join us for this Spanish-language group where families can come together to ask any parenting related questions or get information on requested community resources.
- **Ways to Parent Well During the Winter Months** – For parents with little ones, winter days can feel like an eternity. Cold temperatures, snow days, weather hazards, cold and flu season, and being confined indoors can result in parents and children feeling frustrated. Tonight, you'll find out that it is possible to keep your children healthy and happy this winter season without losing your sanity. **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.