








EARLY YEARS PARENTING SUPPORT PROGRAM GROUP CALENDAR

JANUARY 2023

Mon	Tue	Wed	Thu	Fri
	<p>3</p> <p>8:00pm – 9:30pm Circle of Security™ Parenting Program (Week 1 of 6)</p> <p><i>Online Group</i></p>	<p>4</p> 	<p>5</p> <p>9:30am – 11:30am University Highlands Family Drop-In ★</p> <p><i>University Highlands Elementary</i> (Preschool Room) 9388 Tower Road, Burnaby</p>	<p>6</p>
<p>9</p> <p>10am – 12pm Nadie es Perfecto (SPANISH) Week 1 of 5</p> <p><i>2055 Rosser Ave</i> <i>Burnaby</i></p>	<p>10</p> <p>8:00pm – 9:30pm Circle of Security™ Parenting Program (Week 2 of 6)</p> <p><i>Online Group</i></p>	<p>11</p> <p>9:30am – 12:30pm Drop-In at Eight & Eighth Gym ★</p> <p><i>735 8th Ave,</i> <i>New Westminster</i></p>	<p>12</p> <p>9:30am – 11:30am Cameray FAMILY Drop-In ★</p> <p>12:30pm – 2:30pm Cameray Infant/Toddler Drop-In ★</p> <p><i>2038 Rosser Ave</i> <i>Burnaby</i></p>	<p>13</p> 
<p>16</p> <p>10am – 12pm Nadie es Perfecto (SPANISH) Week 2 of 5</p> <p><i>2055 Rosser Ave</i> <i>Burnaby</i></p>	<p>17</p> <p>8:00pm – 9:30pm Circle of Security™ Parenting Program (Week 3 of 6)</p> <p><i>Online Group</i></p>	<p>18</p> <p>9:30am – 12:30pm Drop-In at Eight & Eighth Gym ★</p> <p><i>735 8th Ave,</i> <i>New Westminster</i></p>	<p>19</p> <p>9:30am – 11:30am University Highlands Family Drop-In ★</p> <p><i>University Highlands Elementary</i> (Preschool Room) 9388 Tower Road, Burnaby</p>	<p>20</p> 
<p>23</p> <p>10am – 12pm Nadie es Perfecto (SPANISH) Week 3 of 5</p> <p><i>2055 Rosser Ave</i> <i>Burnaby</i></p>	<p>24</p> <p>8:00pm – 9:30pm Circle of Security™ Parenting Program (Week 4 of 6)</p> <p><i>Online Group</i></p>	<p>25</p> <p>9:30am – 12:30pm Drop-In at Eight & Eighth Gym ★</p> <p><i>735 8th Ave,</i> <i>New Westminster</i></p>	<p>26</p> <p>9:30am – 11:30am Cameray FAMILY Drop-In ★</p> <p>12:30pm – 2:30pm Cameray Infant/Toddler Drop-In ★</p> <p><i>2038 Rosser Ave</i> <i>Burnaby</i></p>	<p>27</p>
<p>30</p> <p>10am – 12pm Nadie es Perfecto (SPANISH) Week 4 of 5</p> <p><i>2055 Rosser Ave</i> <i>Burnaby</i></p>	<p>31</p> <p>8:00pm – 9:30pm Circle of Security™ Parenting Program (Week 5 of 6)</p> <p><i>Online Group</i></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 – JANUARY 2023

★ Interactive Children's Groups: ★

DROP-IN Groups:

- **Cameray FAMILY Drop-In** - This group is a drop-in for parents and caregivers with children aged 0-5 years. In this 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. ★ *This group does not require registration as it is a drop-in program, families may come and go as they please during the group time.*
- **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 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. ★ *This group does not require registration as it is a drop-in program, families may come and go as they please during the group time.*
- **Drop-In at Eight and Eighth Gym** – Joins us in collaboration with New Westminster Family Place at Eighth and Eighth gym (formerly known as Massey) at 735 8th Ave New Westminster. This drop-in includes free play and early learning programming, as well as some art-based activities for the little ones.
- **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** – This 6-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 Series***
- **Nadie es Perfecto** - Ven y conecta con otras mamás de tu misma cultura. Comparte tus experiencias, preocupaciones e ideas sobre la crianza de los niños. Hablaremos sobre disciplina positiva, desarrollo del cerebro, juego, autorregulación, solución de conflictos y mucho más...

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.