











EARLY YEARS PARENTING SUPPORT PROGRAM GROUP CALENDAR

FEBRUARY 2023

Mon	Tue	Wed	Thu	Fri
		<p>1 9:30am – 12:30pm Drop-In at Eight & Eighth Gym ★</p> <p><i>735 8th Ave, New Westminster</i></p>	<p>2 9:30am – 11:30am University Highlands Family Drop-In ★</p> <p><i>University Highlands Elementary (Preschool Room) 9388 Tower Road, Burnaby</i></p>	
<p>6 10am – 12pm Nadie es Perfecto (SPANISH) Week 5 of 5</p> <p><i>2055 Rosser Ave Burnaby</i></p>	<p>7 8:00pm – 9:30pm Circle of Security™ Parenting Program (Week 6 of 6)</p> <p><i>Online Group</i></p>	<p>8 9:30am – 12:30pm Drop-In at Eight & Eighth Gym ★</p> <p><i>735 8th Ave, New Westminster</i></p>	<p>9 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 Burnaby</i></p>	10
	14	<p>15 9:30am – 12:30pm Drop-In at Eight & Eighth Gym ★</p> <p><i>735 8th Ave, New Westminster</i></p>	<p>16 9:30am – 11:30am University Highlands Family Drop-In ★</p> <p><i>With special guest from the Fraser Health Dental Hygiene Program</i></p> <p><i>University Highlands Elementary (Preschool Room) 9388 Tower Road, Burnaby</i></p>	17 
<p>20 FAMILY DAY!</p> 	21	<p>22 9:30am – 12:30pm Drop-In at Eight & Eighth Gym ★</p> <p><i>735 8th Ave, New Westminster</i></p>	<p>23 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 Burnaby</i></p>	24
	28			

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 – FEBRUARY 2023

★ Interactive Children's Groups: ★

DROP-IN Groups:

- **Cameray FAMILY Drop-In** - A drop-in for parents and caregivers with children aged 0-5 years. 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. ★ *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** - A drop-in for parents and caregivers with children up to 24 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. ★ *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 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:

- **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.