








## EARLY YEARS PARENTING SUPPORT PROGRAM GROUP CALENDAR

**APRIL 2023**

Mon	Tue	Wed	Thu	Fri
<b>3</b> 10am – 12pm <b>Conversación de Mujeres</b> <b>**FULL**</b> 2055 Rosser Ave Burnaby  <b>8:00pm – 9:30pm</b> <b>Circle of Security™</b> <b>Parenting Program FOR DADS</b> <b>**FULL**</b> Online Group	<b>4</b> 	<b>5</b> 9:30am – 12:30pm <b>LITERACY Drop-In at Eight &amp; Eighth ★</b>  <i>Room 1a Studio 735 8<sup>th</sup> Ave, New Westminster</i>	<b>6</b> 9:30am – 11:30am <b>University Highlands Family Drop-In ★</b>  <i>University Highlands Elementary (Preschool Room) 9388 Tower Road, Burnaby</i>	<b>7</b> 
<b>10</b>  <b>NO GROUPS</b>  	<b>11</b>	<b>12</b> 9:30am – 12:30pm <b>LITERACY Drop-In at Eight &amp; Eighth ★</b>  <i>Room 1a Studio 735 8<sup>th</sup> Ave, New Westminster</i>	<b>13</b> 9:30am – 11:30am <b>Cameray FAMILY Drop-In ★</b>  12:30pm – 2:30pm <b>Cameray Infant/Toddler Drop-In ★</b>  <i>2038 Rosser Ave Burnaby</i>	<b>14</b>
<b>17</b> 10am – 12pm <b>Conversación de Mujeres</b> <b>**FULL**</b> 2055 Rosser Ave Burnaby  <b>8:00pm – 9:30pm</b> <b>Circle of Security™</b> <b>Parenting Program FOR DADS</b> <b>**FULL**</b> Online Group	<b>18</b> 	<b>19</b> 9:30am – 12:30pm <b>LITERACY Drop-In at Eight &amp; Eighth ★</b>  <i>Room 1a Studio 735 8<sup>th</sup> Ave, New Westminster</i>  1:00pm – 2:30pm <b>Circle of Security™</b> <b>Parenting Program (Week 1 of 6)</b>  ZOOM Online Group	<b>20</b> 9:30am – 11:30am <b>University Highlands Family Drop-In ★</b>  <i>University Highlands Elementary (Preschool Room) 9388 Tower Road, Burnaby</i>	<b>21</b> 
<b>24</b> 10am – 12pm <b>Conversación de Mujeres</b> <b>**FULL**</b> 2055 Rosser Ave Burnaby  <b>8:00pm – 9:30pm</b> <b>Circle of Security™</b> <b>Parenting Program FOR DADS</b> <b>**FULL**</b> Online Group	<b>25</b> 	<b>26</b> 9:30am – 12:30pm <b>LITERACY Drop-In at Eight &amp; Eighth ★</b>  <i>Room 1a Studio 735 8<sup>th</sup> Ave, New Westminster</i>  1:00pm – 2:30pm <b>Circle of Security™</b> <b>Parenting Program (Week 2 of 6)</b>  ZOOM Online Group	<b>27</b> 9:30am – 11:30am <b>Cameray FAMILY Drop-In ★</b>  12:30pm – 2:30pm <b>Cameray Infant/Toddler Drop-In ★</b>  <i>2038 Rosser Ave Burnaby</i>	<b>28</b> 

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](mailto: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 – APRIL 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.*
- **LITERACY Drop-In at Eight and Eighth** – Joins us in collaboration with New Westminster Family Place at Eighth and Eighth gym (formerly known as Massey) at Room 1a Studio 735 8<sup>th</sup> 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 2<sup>nd</sup> 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 (6-week online series)** – 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. \* **Please contact Mariana at [mgassmann@pirs.bc.ca](mailto:mgassmann@pirs.bc.ca) to register for this group series**
- **Circle of Security™ Parenting Program FOR DADS** – 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. **\*Online Evening Group Series\* GROUP FULL**
- **Conversación de Mujeres** - Un espacio Seguro para mujeres de habla hispana, donde podemos apoyarnos mutuamente, ser nosotras mismas, compartir nuestra opiniones, ideas, sueños, preocupaciones, reír juntas y crear comunidad. Los temas a discutir son acerca de nuestras emociones, pareja, niños, problemas y retos cotidianos y mas. **(Lunes del 6 de Marzo hasta el 27 de Abril. De 10am a 12pm. Feriado 10 de Abril No habrá sesión. Dirección: 2055 Rosser Ave, Burnaby V5C 0H1) GROUP FULL**

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.