








EARLY YEARS PARENTING SUPPORT PROGRAM GROUP CALENDAR

MAY 2023

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>10am – 12pm Conversación de Mujeres (Week 1 of 8) 2055 Rosser Ave Burnaby</p> <p>8:00pm – 9:30pm Circle of Security™ Parenting Program FOR DADS (Week 1 of 7) ZOOM Online Group</p>	<p>2</p>	<p>3</p> <p>9:30am – 12:30pm LITERACY Drop-In at Eight & Eighth ★</p> <p><i>Room 1a Studio</i> 735 8th Ave, New Westminster</p> <p>1:00pm – 2:30pm Circle of Security™ Parenting Program (Week 3 of 6) ZOOM Online Group</p>	<p>4</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>5</p> 
<p>8</p> <p>10am – 12pm Conversación de Mujeres (Week 2 of 8) 2055 Rosser Ave Burnaby</p> <p>8:00pm – 9:30pm Circle of Security™ Parenting Program FOR DADS (Week 2 of 7) ZOOM Online Group</p>	<p>9</p> 	<p>10</p> <p>9:30am – 12:30pm LITERACY Drop-In at Eight & Eighth ★</p> <p><i>Room 1a Studio</i> 735 8th Ave, New Westminster</p> <p>1:00pm – 2:30pm Circle of Security™ Parenting Program (Week 4 of 6) ZOOM Online Group</p>	<p>11</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> Burnaby</p>	<p>12</p>
<p>15</p> <p>10am – 12pm Conversación de Mujeres (Week 3 of 8) 2055 Rosser Ave Burnaby</p> <p>8:00pm – 9:30pm Circle of Security™ Parenting Program FOR DADS (Week 3 of 7) Online Group</p>	<p>16</p>	<p>17</p> <p>9:30am – 12:30pm LITERACY Drop-In at Eight & Eighth ★</p> <p><i>Room 1a Studio</i> 735 8th Ave, New Westminster</p> <p>1:00pm – 2:30pm Circle of Security™ Parenting Program (Week 5 of 6) ZOOM Online Group</p>	<p>18</p> <p>9:30am – 11:30am University Highlands Family Drop-In ★ *Visit from Fraser Health Dental Hygienist*</p> <p><i>University Highlands Elementary</i> (Preschool Room) 9388 Tower Road, Burnaby</p>	<p>19</p> 
<p>22</p> <p>NO GROUPS</p> 	<p>23</p> <p>10:30am – 11:30am PRESCHOOL OR NO PRESCHOOL?</p> <p><i>2038 Rosser Ave</i> Burnaby</p>	<p>24</p> <p>9:30am – 12:30pm LITERACY Drop-In at Eight & Eighth ★</p> <p><i>Room 1a Studio</i> 735 8th Ave, New Westminster</p> <p>1:00pm – 2:30pm Circle of Security™ Parenting Program (Week 6 of 6) ZOOM Online Group</p>	<p>25</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> Burnaby</p>	<p>26</p>
<p>29</p> <p>10am – 12pm Conversación de Mujeres (Week 4 of 8) 2055 Rosser Ave Burnaby</p> <p>8:00pm – 9:30pm Circle of Security™ Parenting Program FOR DADS (Week 4 of 7) ZOOM Online Group</p>	<p>30</p> 	<p>31</p> <p>9:30am – 12:30pm LITERACY Drop-In at Eight & Eighth ★</p> <p><i>Room 1a Studio</i> 735 8th Ave, New Westminster</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 – MAY 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 Online**– 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
- **Circle of Security Parenting Program for DADS– Mondays May 1,8,15,29/ June 5,12,19** (May 22 no session it is a holiday) **8pm to 9:30pm Zoom** This 7-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
- **Conversación de Mujeres - Lunes 1,8,15,29 de Mayo.** De 10am a 12pm. (Feriado 22 de Mayo No habrá sesión) **Dirección: 2055 Rosser Ave, Burnaby V5C 0H1.** Un espacio Seguro para mujeres de habla hispana, donde podemos apoyarnos mutuamente, ser nosotras mismas, compartir nuestras opiniones, ideas, sueños, preocupaciones, reír juntas y crear comunidad.
- **Preschool or No Preschool?** - Deciding to send your child to preschool can be a **hard choice**. During this single session, in-person parent group, we'll discuss a variety of preschool pros and cons to help you make your decision. Childcare is available. **PRE-REGISTRATION REQUIRED. SPACE LIMITED. 2055 Rosser Ave, Burnaby V5C 0H1**

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.