














EARLY YEARS PARENTING SUPPORT PROGRAM GROUP CALENDAR

JUNE 2023				
Mon	Tue	Wed	Thu	Fri
			<p>1</p> <p>9:30am – 11:30am University Highlands Parent and Child Drop-In <i>University Highlands Elementary (Preschool Room) 9388 Tower Road, Burnaby</i></p>	<p>2</p> 
<p>5</p> <p>10am – 12pm Conversación de Mujeres (Week 5 of 8) <i>2055 Rosser Ave, Burnaby</i></p> <p>8:00pm – 9:30pm Circle of Security™ Parenting Program FOR DADS (Week 5 of 7) <i>ZOOM Online Group</i></p>	<p>6</p> 	<p>7</p> <p>9:30am – 12:30pm LITERACY Drop-In at Eighth & Eight ★ <i>Room: Studio 1A 735 8th Ave, New Westminster</i></p> <p>11am – 1pm Nobody's Perfect (Week 1 of 6) <i>Cedar Place 7683 15th Street, Burnaby</i></p>	<p>8</p> <p>9:30am – 11:30am Cameray Infant/Toddler Drop-In ★ <i>*Visit from Fraser Health Dental Hygienist</i></p> <p>12:30pm – 2:30pm Cameray Infant/Toddler Drop-In ★ <i>*Visit from Fraser Health Dental Hygienist</i> <i>2038 Rosser Ave, Burnaby</i></p>	<p>9</p> 
<p>12</p> <p>10am – 12pm Conversación de Mujeres (Week 6 of 8) <i>2055 Rosser Ave, Burnaby</i></p> <p>8:00pm – 9:30pm Circle of Security™ Parenting Program FOR DADS (Week 6 of 7) <i>Online Group</i></p>	<p>13</p> 	<p>14</p> <p>9:30am – 12:30pm LITERACY Drop-In at Eighth & Eight ★ <i>Room: Studio 1A 735 8th Ave, New Westminster</i></p> <p>11am – 1pm Nobody's Perfect (Week 2 of 6) <i>Cedar Place 7683 15th Street, Burnaby</i></p>	<p>15</p> <p>9:30am – 11:30am University Highlands Family Drop-In ★ <i>*Visit from BPL Children's Librarian*</i> <i>University Highlands Elementary (Preschool Room) 9388 Tower Road, Burnaby</i></p>	<p>16</p> 
<p>19</p> <p>10am – 12pm Conversación de Mujeres (Week 7 of 8) <i>2055 Rosser Ave, Burnaby</i></p> <p>8:00pm – 9:30pm Circle of Security™ Parenting Program FOR DADS (Week 7 of 7) <i>Online Group</i></p>	<p>20</p> 	<p>21</p> <p>9:30am – 12:30pm LITERACY Drop-In at Eighth & Eight ★ <i>Room: Studio 1A 735 8th Ave, New Westminster</i></p> <p>11am – 1pm Nobody's Perfect (Week 3 of 6) <i>Cedar Place 7683 15th Street, Burnaby</i></p>	<p>22</p> <p>9:30am – 11:30am Cameray Infant/Toddler Drop-In <i>2038 Rosser Ave, Burnaby</i></p> <p>12:30pm – 2:30pm Cameray Infant/Toddler Drop-In ★ <i>2038 Rosser Ave, Burnaby</i></p>	<p>23</p> <p>10:30 – 11:30am Dealing with Parenting Power Struggles Childminding provided Pre-registration is required – space limited <i>2038 Rosser Ave, Burnaby</i></p>
<p>26</p> 	<p>27</p> 	<p>28</p> <p>9:30am – 12:30pm LITERACY Drop-In at Eighth & Eight ★ <i>Room: Studio 1A 735 8th Ave, New Westminster</i></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 – JUNE 2023

★ Interactive Children's Groups: ★

Drop-in Groups:

- **Cameray Infant/Toddler Drop-In:** This group is a drop-in for parents and caregivers with babies aged 0 to 36 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 and families may come and go as they please during the group time.*
Please note: *The Dental Hygienist (Fraser Health Authority) will visit on June 8.*
- **Drop-In at Eighth and Eight Studio 1A:** Join us in collaboration with *New Westminster Family Place* at Eighth and Eight (formerly known as Massey) at 735 8th Ave, New Westminster. This drop-in includes free play and early learning programming, as well as literacy and art-based activities for the little ones. No registration required, but space is limited.
- **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. ★
Please note: *the Burnaby Public Library's Children's Librarian will visit on June 15.*

Educational Groups:

- **Circle of Security™ Parenting Program Online:** This six-week program is based on decades of in-depth 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, June 5,12,19 (last three sessions of this series) at 8pm to 9:30pm Zoom:** This 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 5,12,19 de Junio.** De 10am a 12pm. **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. A safe space for women, where we can support each other, be ourselves, share our opinions, ideas, dreams, concerns, laugh together and create community.
- **Nobody's Perfect (Cedar Place, 7683 15th Street, Burnaby):** Wednesdays June 7, 14, 21 (no session on June 28 but the program will continue on July 5). This six-week program is designed to meet the needs of parents. This is a safe space to connect with other parents, share your experiences, concerns and ideas about parenting. We will discuss topics about positive discipline, child development, communication, conflict resolution and much more ...
- **Dealing with Parenting Power Struggles (2038 Rosser Ave, Burnaby):** one session on Friday, 23 June, from 10:30am -11:30am. Getting into a power struggle with a young child is unpleasant at the best of times, but it can also be very demoralizing for an adult. It can feel like quicksand; the harder you struggle, the deeper you sink. During this education group, parents will learn why power struggles occur, and how to best support their children to be more cooperative. Childcare is available. ***Pre-registration is required; space is limited.***

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.