

About Us

Cameray Child & Family Services is a non-profit organization that supports children, youth, and families in our community through counselling, education, outreach and advocacy.



The Early Years Parenting Support Program is offered *free of charge* through funding from the Ministry of Children and Family Development, and in collaboration with the generous support of numerous donors in our community.

Partnerships with:

- The Burnaby Early Childhood Development Community Table
- Kids New West Child Development Committee

Donations / Grants from:



- Calkins & Burke
- C.B. Island Fisheries LTD.
- TD

Cameray Child & Family Services

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Cameray
Child & Family Services

**Early Years
Parenting Support
Program**

**Connected People,
Connected Communities**

Serving Burnaby and
New Westminster since 1972



Who is the Early Years Parenting Support Program For?

Cameray's Early Years Parenting Support Program is a free program for expectant parents, parents, and caregivers with children aged 0 - 5 who reside in Burnaby or New Westminster. The program offers groups and individual support designed to strengthen family resilience.

Come and build your confidence and skills as a parent, while connecting with new friends and other community resources.

WHAT IS INCLUDED IN THIS FREE SERVICE?

- In-person and online group sessions
- In-person, online, or over the phone individual parent support sessions
- Education and take-home resources on up-to-date parenting practices
- Bus tickets to attend programming, when needed
- Snacks during groups and dinner for evening groups

GROUP SESSIONS

- One or two hour in-person or online group sessions on various topics are offered on most weekdays and some evenings year round
- Play-based and educational groups available
- Parents can attend as many groups as they are interested in
- New group calendar provided monthly
- A fun, relaxed environment to learn and connect with other parents
- Childminding is provided

Group Topics Include:

Managing Anger and Stress
Circle of Security™ Parenting Program
Parent-Child Mother Goose®
Attachment and Bonding
Family Literacy Circle
Social and Emotional Development
Positive Discipline
...and many more!



INDIVIDUAL SESSIONS:

- Work with a support counsellor to develop a personalized family plan, identify strengths, needs, and goals
- Learn effective parenting skills
- Get informed about healthy child development
- Receive support as you navigate the challenges of being a parent



Make a Referral

Any professional can refer to the program or families can self-refer.

Referrals can be made either over the phone, in person, via fax or email. Referral forms can also be found on our website at www.cameray.ca