











EARLY YEARS PARENTING SUPPORT PROGRAM GROUP CALENDAR

OCTOBER 2023

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
	<p>10am – 11:30am Circle of Security (in Spanish) Session 4 of 7 Cameray 2038 Rosser Ave, Burnaby (This group is FULL)</p> <p>8pm – 9:30pm Circle of Security (in English) Session 4 of 8 Online via Zoom PRE-REGISTRATION REQUIRED</p>	<p>9:30am – 11:30am Drop-In at Eighth & Eight ★ Family Place New West Room: Studio 1A 735 8th Ave, New Westminster</p>	<p>9:30am – 11:30am University Highlands Elementary Family Drop-In University Highlands Elementary (2nd Floor -Preschool Room) 9388 Tower Road, Burnaby</p>	
9	10	11	12	13
STATUTORY HOLIDAY	<p>10am – 11:30am Circle of Security (in Spanish) Session 5 of 7 Cameray 2038 Rosser Ave, Burnaby (This group is FULL)</p> <p>8pm – 9:30pm Circle of Security (in English) Session 5 of 8 Online via Zoom PRE-REGISTRATION REQUIRED</p>	<p>9:30am – 11:30am Drop-In at Eighth & Eight ★ Family Place New West Room: Studio 1A 735 8th Ave, New Westminster</p>	<p>9:30am – 11:30am Rosser Infant/Toddler Drop-In ★ Cameray 2038 Rosser Ave, Burnaby</p> <p>12:30pm – 2:30pm Rosser Infant/Toddler Drop-In ★ Cameray 2038 Rosser Ave, Burnaby</p>	 
16	17	18	19	20
	<p>10am – 11:30am Circle of Security (in Spanish) Session 6 of 7 Cameray 2038 Rosser Ave, Burnaby (This group is FULL)</p> <p>8pm – 9:30pm Circle of Security (in English) Session 6 of 8 Online via Zoom PRE-REGISTRATION REQUIRED</p>	<p>9:30am – 11:30am Drop-In at Eighth & Eight ★ Family Place New West Room: Studio 1A 735 8th Ave, New Westminster</p>	<p>9:30am – 11:30am University Highlands Elementary Family Drop-In University Highlands Elementary (2nd Floor, Preschool Room) 9388 Tower Road, Burnaby ★ Visit from the Dental Hygienist Fraser Health Authority</p>	<p>10:00am – 12:00pm “What to do when your child loses it in public” Cameray 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED</p>
23	24	25	26	27
	<p>10am – 11:30am Circle of Security (in Spanish) Session 7 of 7 Cameray 2038 Rosser Ave, Burnaby (This group is FULL)</p> <p>8pm – 9:30pm Circle of Security (in English) Session 7 of 8 Online via Zoom PRE-REGISTRATION REQUIRED</p>	<p>9:30am – 11:30am Drop-In at Eighth & Eight ★ Family Place New West Room: Studio 1A 735 8th Ave, New Westminster</p>	<p>9:30am – 11:30am Rosser Infant/Toddler Drop-In ★ Cameray 2038 Rosser Ave, Burnaby</p> <p>12:30pm – 2:30pm Rosser Infant/Toddler Drop-In ★ Cameray 2038 Rosser Ave, Burnaby</p>	<p>12:30pm – 2:30pm “A Discussion about Separation Anxiety” McGill Library 4595 Albert Street, Burnaby PRE-REGISTRATION REQUIRED</p>
30	31			
	<p>8pm – 9:30pm Circle of Security (in English) Session 8 of 8 Online via Zoom PRE-REGISTRATION REQUIRED</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 INCLUDE ADDITIONAL TIME AT THE END OF EACH GROUP FOR QUESTIONS AND DISCUSSION

Early Years Parenting Support Program: Group Descriptions for OCTOBER 2023

★ Interactive Children's Groups: ★

Drop-in Groups:

- **Rosser Infant/Toddler Drop-In:** These drop-in groups (**9:30am to 11:30am** and **12:30 pm to 2:30 pm**) are for parents and caregivers with children aged 0 to 36 months. During this two-hour program, parents can enjoy playtime with their child, meet other families, and discuss any concerns regarding child development and growth, in a safe and relaxed environment. Light snacks are provided. This drop-in group is at **2038 Rosser Avenue**.
★ *No registration required and families may come and go as they please during the group time.*
- **Drop-In at Eighth and Eight Studio 1A:** In collaboration with *Family Place New West* at Eighth and Eight (formerly known as Massey) at **735 8th Ave, New Westminster**, this family-friendly drop-in includes free play and early learning programming, as well as literacy and art-based activities for the little ones. Families are welcome to drop in between **9:30am to 11:30am**.
★ *No registration is required, but space is limited.*
- **University Highlands Family Drop-In:** 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 school (**9388 Tower Street, Burnaby**), 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 (**9:30am to 11:30am**), parents, caregivers, and children can engage in playtime, enjoy a light snack, and participate in circle time.
★ *No registration required, but space is limited. Note: the Dental Hygienist will visit on October 19.*

Parent Educational Groups:

- **What to do when your child loses it in public: Friday, October 20, 10:00am-12:00pm, 2038 Rosser Ave, Burnaby.** Most parents of young children live in terror of their little one losing it in public. Even for parents who don't particularly care what others think, it can just be exhausting and frustrating when you are trying to get something done. During this parent group, we'll discuss strategies to help you navigate these moments, to reduce stress both for yourself and your child. Between 10:00am and 10:30am, parents and children will have time to get settled. The workshop will run from 10:30am-11:30am. The last 30 minutes will be reserved for Q&A and mingling. Childcare is available.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.
- **A Discussion about Separation Anxiety: Friday, October 27, 12:30pm-2:30pm, McGill Library, Burnaby.** Separation anxiety in babies and toddlers is common, and a normal stage in childhood development. Typically, babies and toddlers grow out of separation anxiety as they get older, but they need support. During this workshop we'll discuss ways that parents and caregivers can reduce the distress and what to do if separation anxiety persists beyond the toddler years. Hosted at **McGill Library (4595 Albert Street, Burnaby)**, please note that the workshop will run from 1:00pm-2:00pm. Between 12:30pm and 1:00pm, parents and children will have time to get settled. The last 30 minutes will be reserved for Q&A and mingling. Childcare support is available.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.
- **Circle of Security (evenings): Tuesdays, October 3, 10, 17, 24, and 31, 8pm to 9.30 pm, online, via Zoom.** 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. The 5 sessions of this program in October are continuing from September.
- **Circle of Security in Spanish: Tuesdays, October 3, 10, 17, and 24, 10am to 11.30 am, 2038 Rosser Ave, Burnaby.** These 4 sessions in October are continuing from the September program. 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.
Please note that this program is now full; you may still email us to go on a wait list for a future program.

Online Groups:

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.