















## EARLY YEARS PARENTING SUPPORT PROGRAM GROUP CALENDAR

### SEPTEMBER 2023

Mon	Tue	Wed	Thu	Fri
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4	5	6	7	8
<b>STATUTORY HOLIDAY</b>		<p>10am – 11:30am <b>Connect and Play</b> <i>Maywood Park, 6480 McKay Ave, Burnaby</i></p> <p>9:30am – 12:30pm <b>Drop-In at Eighth &amp; Eight ★</b> <i>Room: Studio 1A 735 8<sup>th</sup> Ave, New Westminster</i></p>	<p>9:30am – 11:30am <b>University Highlands Elementary Family Drop-In</b> <i>University Highlands Elementary (2<sup>nd</sup> Floor -Preschool Room) 9388 Tower Road, Burnaby</i></p>	
11	12	13	14	15
	<p>10am – 11:30am <b>Circle of Security (in Spanish) Session 1 of 8</b> <i>2038 Rosser Ave, Burnaby</i> <b>PRE-REGISTRATION REQUIRED</b></p> <p>8pm – 9:30pm <b>Circle of Security (in English) Session 2 of 8</b> <i>Online via Zoom</i> <b>PRE-REGISTRATION REQUIRED</b></p>	<p>9:30am – 12:30pm <b>Drop-In at Eighth &amp; Eight ★</b> <i>Room: Studio 1A 735 8<sup>th</sup> Ave, New Westminster</i></p>	<p>9:30am – 11:30am <b>Rosser Infant/Toddler Drop-In ★</b> <i>2038 Rosser Ave, Burnaby</i></p> <p>12:30pm – 2:30pm <b>Rosser Infant/Toddler Drop-In ★</b> <i>2038 Rosser Ave, Burnaby</i></p>	
18	19	20	21	22
	<p>10am – 11:30am <b>Circle of Security (in Spanish) Session 1 of 8</b> <i>2038 Rosser Ave, Burnaby</i> <b>PRE-REGISTRATION REQUIRED</b></p> <p>8pm – 9:30pm <b>Circle of Security (in English) Session 2 of 8</b> <i>Online via Zoom</i> <b>PRE-REGISTRATION REQUIRED</b></p>	<p>9:30am – 12:30pm <b>Drop-In at Eighth &amp; Eight ★</b> <i>Room: Studio 1A 735 8<sup>th</sup> Ave, New Westminster</i></p>	<p>9:30am – 11:30am <b>University Highlands Elementary Family Drop-In</b> <i>University Highlands Elementary (2<sup>nd</sup> Floor -Preschool Room) 9388 Tower Road, Burnaby</i></p>	<p>10:00am – 12:00pm <b>Your Child's Self-Esteem</b> (Parent Education Group) <i>2038 Rosser Ave, Burnaby</i> <b>PRE-REGISTRATION REQUIRED</b></p>
25	26	27	28	29
 	<p>10am – 11:30am <b>Circle of Security (in Spanish) Session 3 of 8</b> <i>2038 Rosser Ave, Burnaby</i> <b>PRE-REGISTRATION REQUIRED</b></p> <p>1:00pm – 3:00pm <b>Fraser Health Early Years Dental Hygiene Clinic</b> <i>NWSS Wellness Centre 820 Sixth Street New Westminster</i></p> <p>8pm – 9:30pm <b>Circle of Security (in English) Session 3 of 8</b> <i>Online via Zoom</i> <b>PRE-REGISTRATION REQUIRED</b></p>	<p>9:30am – 12:30pm <b>Drop-In at Eighth &amp; Eight ★</b> <i>Room: Studio 1A 735 8<sup>th</sup> Ave, New Westminster</i></p>	<p>9:30am – 11:30am <b>Rosser Infant/Toddler Drop-In</b> <i>2038 Rosser Ave, Burnaby</i></p> <p>12:30pm – 2:30pm <b>Rosser Infant/Toddler Drop-In ★</b> <i>2038 Rosser Ave, Burnaby</i></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](mailto: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 SEPTEMBER 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 *New Westminster Family Place* at Eighth and Eight (formerly known as Massey) at **735 8<sup>th</sup> 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 12:30pm**. ★ *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 2<sup>nd</sup> 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 is required.*
- **Connect and Play at Maywood Park: September 6.** Join us for our last summer session in the park on Wednesday, between **10am and 11:30am** to connect and play with other families. This group is for parents and caregivers with children aged 0 to 5 years old. We'll provide a variety of family-friendly activities and light snacks; please bring your own water/beverages. See you at **Maywood Park, 6480 McKay Avenue, Burnaby**.  
★ *No registration is required.*

#### Parent Educational Groups:

- **Your Child's Self-Esteem: Friday, September 22, 10:00am-12:00pm, 2038 Rosser Ave, Burnaby.**  
Self-esteem in childhood is your child's confidence in who they are and what they can do. This workshop content will include why self-esteem matters, how self-esteem develops, and ways parents can build their child's self-esteem. Between 10:00am and 10:30am, parents and children will have time to get settled. The workshop will run from 10:30am to 11:30am. The last 30 minutes will be reserved for Q&A and mingling. Childcare is available.  
PRE-REGISTRATION REQUIRED. SPACE IS LIMITED.
- **Fraser Health Early Years Dental Hygiene Clinic: Tuesday, September 26, 1:00pm-3:00pm, at the Wellness Centre, New Westminster Secondary School, 820 Sixth Street Rosser Ave, New Westminster** (entrance located via an exterior entrance on the south side of New Westminster Secondary School). The sooner children begin regular dental visits, the better their chances are for a lifetime of healthy smiles. These early checkups are the best way to prevent tooth decay and cavities. When children have healthy teeth, they can chew food easily, learn to speak clearly, and smile with confidence. Parents with children aged 0-5 years are invited to drop-in for a visit with the dental hygienist to have their child's oral health assessed and receive information to support long-term dental health.
- **Circle of Security (evenings): Tuesdays, September 12, 19 and 26, 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. PRE-REGISTRATION REQUIRED. SPACE IS LIMITED.
- **Circle of Security in Spanish: Tuesdays, September 12, 19 and 26, 10am to 11.30 am, 2038 Rosser Ave, Burnaby.**  
Este programa de 8 semanas se basa en décadas de investigación sobre cómo se pueden apoyar y fortalecer las relaciones seguras entre padres e hijos. Podrá entender lo que su hijo necesita y obtener las herramientas que lo ayudarán a apoyar y responder a su hijo, creando así una relación saludable duradera y la sensación de seguridad que su hijo necesita para prosperar en la vida.  
**CÓMO REGISTRARSE:** email - [pspgroupsignup@cameray.ca](mailto:pspgroupsignup@cameray.ca) O llamar - 604-436-9449

#### 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.