










EARLY YEARS PARENTING SUPPORT & PARENT EDUCATION PROGRAM MONTHLY GROUP CALENDAR

NOVEMBER 2023

Mon	Tue	Wed	Thu	Fri
		1	2	3
		9:30am – 11:30am Drop-In Eighth & Eight (Literacy and Storytime) <i>Family Place New West Room: Studio 1A 735 8th Ave, New Westminster</i>	9:30am – 11:30am University Highlands Elementary Family Drop-In <i>University Highlands Elementary (2nd Floor -Preschool Room) 9388 Tower Road, Burnaby</i> ★ Visit from the Children’s Librarian Burnaby Public Library	
6	7	8	9	10
	10:00am -11:30am Build the Emotional Connection, Thrive your Tween <i>Cameray 2038 Rosser Ave, Burnaby</i> PRE-REGISTRATION REQUIRED	9:30am – 11:30am Drop-In at Eighth & Eight (Literacy and Storytime) <i>Family Place New West Room: Studio 1A 735 8th Ave, New Westminster</i>	9:30am – 11:30am Rosser Infant/Toddler Drop-In ★ <i>Cameray 2038 Rosser Ave, Burnaby</i> 12:30pm – 2:30pm Rosser Infant/Toddler Drop-In ★ <i>Cameray 2038 Rosser Ave, Burnaby</i>	
13	14	15	16	17
STATUTORY HOLIDAY	10:00am -11:30am Build the Emotional Connection, Thrive your Tween <i>Cameray 2038 Rosser Ave, Burnaby</i> PRE-REGISTRATION REQUIRED	9:30am – 11:30am Drop-In at Eighth & Eight (Literacy and Storytime) <i>Family Place New West Room: Studio 1A 735 8th Ave, New Westminster</i>	9:30am – 11:30am University Highlands Elementary Family Drop-In <i>University Highlands Elementary (2nd Floor, Preschool Room) 9388 Tower Road, Burnaby</i>	10:00am – 12:00pm “Social Emotional Learning” <i>Cameray 2038 Rosser Ave, Burnaby</i> PRE-REGISTRATION REQUIRED
20	21	22	23	24
10:00am – 12:00pm Autorregulación a través de desafíos/ Self-regulation through challenges <i>Cameray 2038 Rosser Ave, Burnaby</i> PRE-REGISTRATION REQUIRED	10:00am – 11:30am Build the Emotional Connection, Thrive your Tween <i>Cameray 2038 Rosser Ave, Burnaby</i> PRE-REGISTRATION REQUIRED	9:30am – 11:30am Drop-In at Eighth & Eight (Literacy and Storytime) <i>Family Place New West Room: Studio 1A 735 8th Ave, New Westminster</i>	9:30am – 11:30am Rosser Infant/Toddler Drop-In ★ <i>Cameray 2038 Rosser Ave, Burnaby</i> 12:30pm – 2:30pm Rosser Infant/Toddler Drop-In ★ <i>Cameray 2038 Rosser Ave, Burnaby</i>	
27	28	29	30	
10:00am – 12:00pm Autorregulación a través de desafíos/ Self-regulation through challenges <i>Cameray 2038 Rosser Ave, Burnaby</i> PRE-REGISTRATION REQUIRED 10:00am – 11:30am Build the Emotional Connection, Thrive your Tween <i>Online via zoom</i> PRE-REGISTRATION REQUIRED		9:30am – 11:30am Drop-In at Eighth & Eight (Literacy and Storytime) <i>Family Place New West Room: Studio 1A 735 8th Ave, New Westminster</i>		

Groups are for Burnaby and New Westminster families with one or more children.
Email us at pspgroupsignup@cameray.ca to sign up for groups

Early Years Parenting Support & Parent Education Program: Group Descriptions for NOVEMBER 2023

★ Interactive Groups (for families with children under the age of 5 years) ★

Drop-in Groups:

- **Rosser Infant/Toddler Drop-In:** These drop-in groups (9:30 am to 11:30 am 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 play time 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, Burnaby**.
★ *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 at **735 8th Ave, New Westminster**, this family-friendly drop-in includes free play and early learning programming, as well as literacy, story time and art-based activities for the little ones. Families are welcome to drop in between **9:30 am and 11:30 am**. ★ *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 (**9:30 am to 11:30 am**), parents, caregivers, and children can engage in playtime, enjoy a light snack, and participate in circle time.
★ *No registration is required, but space is limited.*

Parent Educational Groups (additional time for questions and discussion is included at the end of each group):

- **Social Emotional Learning: Friday, November 17, 10:00 am to 12:00 pm, Cameray, 2038 Rosser Avenue, Burnaby.** From the moment your child is born they are developing a sense of self and the world around them. They begin to learn to trust you. As you build a bond with them, they feel secure in their world. This sets the stage for their entire developmental future. During this group we'll discuss how parents can help their children develop socially and to emotionally, to have better long-term outcomes. Between 10:00 am and 10:30 am, parents and children will have time to get settled. The workshop runs from 10:30 am-11:30 am. The last 30 minutes will be reserved for Q&A and mingling. Childcare is available. **PRE-REGISTRATION REQUIRED. SPACE LIMITED.**
- **Autorregulación a través de desafíos: Lunes, 20, 27 de noviembre/ 4,11,18 de diciembre, 10:00 am a 12:00 pm.** Este programa de 5 semanas está basado en el trabajo de Lisa Dion, durante estas sesiones aprenderemos cómo regularnos en diferentes circunstancias, seremos capaces de comprender nuestro propio proceso de regulación, discutiremos límites, conflictos, corrección, etc. Cameray, 2038 Rosser Avenue, Burnaby.
SE REQUIERE INSCRIPCIÓN PREVIA. ESPACIO LIMITADO.
- **Self-regulation through challenges: Mondays, November 20, 27/ December 4,11,18, 10:00 am to 12:00 pm.** This 5-week program is based on Lisa Dion's work. During these sessions, we will learn how to regulate in different circumstances, and understand our own process of regulation. We will also discuss boundaries, conflict, and co-regulation etc. Cameray, 2038 Rosser Avenue, Burnaby.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.

★ Parent Educational Groups (for families with children aged 6 to 18 years) ★

- **Build the Emotional Connection, Thrive your Tween: Mondays/Tuesdays, Nov 7 to Dec 11, 10:00 am to 11:30 am.** The tween stage signifies a period of profound transformation, encompassing physical, cognitive, emotional, and social aspects. As your tweens navigate their way through the challenges of fitting in and meeting other's expectations, their development of emotional regulation tends to lag behind the swift changes surrounding them. They require your guidance and companionship to progress beyond this phase and cultivate their emotional regulation skills. Through the six modules of Emotion-Focused learning, parents will gain an advanced understanding of emotions and be equipped to serve as emotional coaches to their tweens, enabling them to grow and thrive.
Please note:
In-person sessions (Modules 1 to 3): Tuesdays, November 7, 14 and 21, at Cameray, 2038 Rosser Avenue, Burnaby.
Online sessions (Modules 4 to 6): Mondays, November 27, and December 4 and 11, via Zoom.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.

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.