












## EARLY YEARS PARENTING SUPPORT PROGRAM MONTHLY GROUP CALENDAR

### JANUARY 2024

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
<b>STATUTORY HOLIDAY</b>			10:00am – 12:00pm <b>Unlock the Magic of Read-Alouds</b> <i>Cameray</i> 2038 Rosser Ave, Burnaby <b>PRE-REGISTRATION REQUIRED</b>	
8	9	10	11	12
10:00am – 11:30am <b>Mother Goose</b> <i>Cameray</i> 2038 Rosser Ave, Burnaby <b>PRE-REGISTRATION REQUIRED</b>		10:00am – 11:30am <b>Self-regulation through challenges</b> <i>Cameray, 2038 Rosser Ave, Burnaby</i> <b>PRE-REGISTRATION REQUIRED</b>  9:30am – 11:30am <b>Drop-In at Eighth &amp; Eight</b> (Literacy and Storytime) <i>Family Place New West</i> Room: Studio 1A 735 8 <sup>th</sup> Ave, New Westminster	9:30am – 11:30am <b>Rosser Infant/Toddler Drop-In ★</b> <i>Cameray</i> 2038 Rosser Ave, Burnaby  12:30pm – 2:30pm <b>Rosser Infant/Toddler Drop-In ★</b> <i>Cameray</i> 2038 Rosser Ave, Burnaby	
15	16	17	18	19
10:00am – 11:30am <b>Mother Goose</b> <i>Cameray</i> 2038 Rosser Ave, Burnaby <b>PRE-REGISTRATION REQUIRED</b>		10:00am – 11:30am <b>Self-regulation through challenges</b> <i>Cameray, 2038 Rosser Ave, Burnaby</i> <b>PRE-REGISTRATION REQUIRED</b>  9:30am – 11:30am <b>Drop-In at Eighth &amp; Eight</b> (Literacy and Storytime) <i>Family Place New West</i> Room: Studio 1A 735 8 <sup>th</sup> Ave, New Westminster	9:30am – 11:30am <b>University Highlands Elementary Family Drop-In</b> <i>University Highlands Elementary</i> (2 <sup>nd</sup> Floor – Preschool Room) 9388 Tower Road, Burnaby	10:00am – 12:00pm <b>How to Navigate Different Parenting Styles</b> <i>Cameray</i> 2038 Rosser Ave, Burnaby <b>PRE-REGISTRATION REQUIRED</b>
22	23	24	25	26
10:00am – 11:30am <b>Mother Goose</b> <i>Cameray</i> 2038 Rosser Ave, Burnaby <b>PRE-REGISTRATION REQUIRED</b>		10:00am – 11:30am <b>Self-regulation through challenges</b> <i>Cameray, 2038 Rosser Ave, Burnaby</i> <b>PRE-REGISTRATION REQUIRED</b>  9:30am – 11:30am <b>Drop-In at Eighth &amp; Eight</b> (Literacy and Storytime) <i>Family Place New West</i> Room: Studio 1A 735 8 <sup>th</sup> Ave, New Westminster	9:30am – 11:30am <b>Rosser Infant/Toddler Drop-In ★</b> <i>Cameray</i> 2038 Rosser Ave, Burnaby  12:30pm – 2:30pm <b>Rosser Infant/Toddler Drop-In ★</b> <i>Cameray</i> 2038 Rosser Ave, Burnaby	
29	30	31		
10:00am – 11:30am <b>Mother Goose</b> <i>Cameray</i> 2038 Rosser Ave, Burnaby <b>PRE-REGISTRATION REQUIRED</b>		10:00am – 11:30am <b>Self-regulation through challenges</b> <i>Cameray, 2038 Rosser Ave, Burnaby</i> <b>PRE-REGISTRATION REQUIRED</b>  9:30am – 11:30am <b>Drop-In at Eighth &amp; Eight</b> (Literacy and Storytime) <i>Family Place New West</i> Room: Studio 1A 735 8 <sup>th</sup> Ave, New Westminster		

Groups are for Burnaby and New Westminster families with one or more children.

Email us at [pspgroupsignup@cameray.ca](mailto:pspgroupsignup@cameray.ca) to sign up for groups

## Early Years Parenting Support Programs: Group Descriptions for JANUARY 2024

### ★ 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 8<sup>th</sup> 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 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 (9:30 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. Please note: school closure goes to Jan 5, 2024.*

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

- **How to Navigate Different Parenting Styles: Friday January 19, 10:00 am to 12:00 pm.**  
Parenting can be difficult and time-consuming, even when parents agree. When they don't, parenting approaches can become a source of ongoing conflict. When parenting styles clash, children get inconsistent messages from their parents. This can cause confusion in children about how to act and what to expect in response to their behaviour. During this group we'll discuss things that impact parenting style, tips for getting along when parenting styles differ, and how to role model positive behaviours when having a disagreement. 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.  
This in-person group session is at Cameray, 2038 Rosser Avenue, Burnaby.  
**PRE-REGISTRATION REQUIRED. SPACE LIMITED.**
- **Self-regulation through challenges: Wednesdays, January 10, 17, 24, 31 (February 7, 14), 10:00 am to 11:30 am.**  
This 6-week program is based on Professional Counsellor 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. Childminding is available.  
This in-person group series is at Cameray, 2038 Rosser Avenue, Burnaby.  
**PRE-REGISTRATION REQUIRED. SPACE LIMITED.**
- **Mother Goose: Mondays, January 8, 15, 22, 29 (and February 5, 12, 26, March 4), 10:00 am to 11:30 am.**  
The Parent-Child Mother Goose Program® is an interactive group in which parents and their young children enjoy the pleasure of using rhymes, song, and stories together. This creates a positive family experience; kids have an early experience with language and communication. Join us – we provide tickets and light snacks. Childminding is available.  
This in-person group series is at Cameray, 2038 Rosser Avenue, Burnaby.  
**PRE-REGISTRATION REQUIRED. SPACE LIMITED.**
- **Unlock the Magic of Read-Alouds: Thursday, January 4, 10:00 am to 12:00 pm.**  
This in-person workshop will empower parents with the essential skills to create enchanting read-aloud moments with their little ones aged 0-5, promoting life-long benefits of reading aloud to your child. Gain tailored tips for reading to infants, toddlers, and preschoolers. Learn interactive techniques to captivate your child's imagination and establish positive reading routines at home. Childminding is available.  
This in-person group session is at Cameray, 2038 Rosser Avenue, Burnaby.  
**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.