




















PARENT EDUCATION PROGRAM

MONTHLY CALENDAR

JANUARY 2024

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
STATUTORY HOLIDAY				
8	9	10	11	12
Between 9:00am – 1:00pm One-to-One Parenting Consultations <i>New Westminster Wellness Centre 2038 820 Sixth Street, New Westminster</i>	10:00am – 12:00pm Teens: Nurturing Self-Worth through Consent and Boundaries <i>Cameray 2038 Rosser Ave, Burnaby</i>		5:00pm - 7:00pm Support your Tween to Cope with Anxiety (Cantonese) <i>Online via Zoom</i>	
15	16	17	18	19
				
22	23	24	25	26
				
29	30	31		
Between 9:00am – 1:00pm One-to-One Parenting Consultations <i>New Westminster Wellness Centre 2038 820 Sixth Street, New Westminster</i>	5:00 pm – 7:00pm Teen Connections: Exploring the Five Love Languages for Positive Bonds <i>Online via Zoom</i>			

Group content and individual parenting consultations focus on middle childhood and adolescence, and best support parents with one or more children aged 6 to 18, who live in Burnaby and New Westminster.

Email us at pspgroupsignup@cameray.ca to sign up for groups

Email: annie.ngai@cameray.ca to inquire about and register for individual consultations

Early Years Parent Education Programs: Individual Consultations and Group Descriptions for JANUARY 2024

Individual Parenting Consultations

- Feel free to drop by for a 30-minutes free consultation with Cameray's Parent Educator to discuss your concerns regarding parenting and children (aged 6 to 18) development concerns. Parenting consultations cover, but are not limited to:
 - ✚ Identifying families strengthen their skills to help create positive bonding
 - ✚ Addressing behavioral challenges exhibited by tweens and teens
 - ✚ Exploring ways to enhance effective communication
 - ✚ Understanding age-appropriate developmental milestones
 - ✚ Cultivating self-worth and self-compassion
 - ✚ Seeking alternate ways in how to raise a good human
 - ✚ Boundary setting
 - ✚ Supporting tweens and teens to develop emotional and mental well-being

Available languages: English, Cantonese, and Mandarin.

Individual Parenting Consultations are in-person at Cameray's office at The Wellness Centre, 820 Sixth Street, New Westminster, BC. V3M 3S2 (located via an exterior entrance, on south side of New Westminster Secondary School).

Parent Educational Groups

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

- **Teens: Nurturing Self-Worth through Consent and Boundaries:** Tuesday, January 9, 10:00 am to 12:00 pm, Cameray, 2038 Rosser Avenue, Burnaby.
This in-person workshop empowers parent to foster their preteen's self-worth through a dual focus on setting boundaries and understanding consent. By establishing clear limits, preteen gain a sense of security and autonomy, enhancing both emotional and physical safety. Practical guidance and tools will be introduced to increase parents' confidence in discussing the topic with their preteens. Childcare is available.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.
- **Support your Tween to Cope with Anxiety (Cantonese):** Thursday, January 11, 5:00 pm to 7:00 pm, online (Zoom)
This evening online workshop aims to strengthen parents' competence in addressing anxiety issues exhibited by their tweens. Based on the emotion-focused perspective, parents will systematically learn to recognize signs of anxiety, understand the emotional needs beneath surface behaviour, and discover ways to channel and transform the anxiety into a pleasant and constructive emotion.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.
- **Teen Connections: Exploring the Five Love Languages for Positive Bonds:** Tuesday, January 30, 5:00 pm to 7:00 pm, online (Zoom)
Recognizing diverse love languages is vital for parents and teens in fostering deeper connections and cultivate positive bonding. Understanding that individuals may express and receive love in distinct ways allows parents to tailor their communication to resonate with their teen's preferences. This awareness prevents misinterpretations and strengthens the emotional bond by ensuring that expression of love is received and appreciated.
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.