











EARLY YEARS PARENTING SUPPORT PROGRAM MONTHLY CALENDAR

FEBRUARY 2024

Mon	Tue	Wed	Thu	Fri
			1 9:30am – 11:30am University Highlands Elementary Family Drop-In <i>University Highlands Elementary (2nd Floor, Preschool Room)</i> 9388 Tower Road, Burnaby	2 
5	6	7	8	9
10:00am – 11:30am Mother Goose <i>Cameray</i> 2038 Rosser Ave Burnaby GROUP IS FULL; WAITLIST AVAILABLE		10:00am – 11:30am Self-regulation through challenges (session 5 of 6) <i>Cameray, 2038 Rosser Ave, Burnaby</i> GROUP IS FULL 9:30am – 11:30am Drop-In at Eighth & Eight (Literacy and Storytime) <i>Family Place New West Room: Studio 1A</i> 735 8 th Ave, New Westminster	9:30am – 11:30am Rosser Infant/Toddler Drop-In ★ <i>Cameray</i> 2038 Rosser Ave, Burnaby 12:30pm – 2:30pm Rosser Infant/Toddler Drop-In ★ <i>Cameray</i> 2038 Rosser Ave, Burnaby	
12	13	14	15	16
10:00am – 11:30am Mother Goose <i>Cameray</i> 2038 Rosser Ave Burnaby GROUP IS FULL; WAITLIST AVAILABLE	10:00am – 11:30am Mastering Money: A Family Budgeting Workshop (in partnership with <i>Family Services of Greater Vancouver</i>) <i>Online via Zoom</i> PRE-REGISTRATION REQUIRED	10:00am – 11:30am Self-regulation through challenges (session 6 of 6) <i>Cameray, 2038 Rosser Ave, Burnaby</i> GROUP IS FULL 9:30am – 11:30am Drop-In at Eighth & Eight (Literacy and Storytime) <i>Family Place New West Room: Studio 1A</i> 735 8 th Ave, New Westminster	9:30am – 11:30am University Highlands Elementary Family Drop-In (Visit from BPL Children's Librarian) <i>University Highlands Elementary</i> (2 nd Floor, Preschool Room) 9388 Tower Road, Burnaby	10:00am – 12:00pm Providing an Environment that Fosters Creativity in Your Child <i>Cameray</i> 2038 Rosser Ave Burnaby PRE-REGISTRATION REQUIRED
19	20	21	22	23
STATUTORY HOLIDAY	10:00am – 12:00pm One-to-One Parent Consultation <i>New Westminster Wellness Centre</i> 820 Sixth Street New Westminster	10:00am – 11:30pm Teaching Children about their Bodies <i>Cameray</i> 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED 9:30am – 11:30am Drop-In at Eighth & Eight (Literacy and Storytime) <i>Family Place New West Room: Studio 1A</i> 735 8 th Ave, New Westminster	9:30am – 11:30am Rosser Infant/Toddler Drop-In ★ <i>Cameray</i> 2038 Rosser Ave, Burnaby 12:30pm – 2:30pm Rosser Infant/Toddler Drop-In ★ <i>Cameray</i> 2038 Rosser Ave, Burnaby	
26	27	28	29	
10:00am – 11:30am Mother Goose <i>Cameray</i> 2038 Rosser Ave Burnaby GROUP IS FULL; WAITLIST AVAILABLE		10:00am – 11:30pm The Child's Brain <i>Cameray</i> 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED 9:30am – 11:30am Drop-In at Eighth & Eight (Literacy and Storytime) <i>Family Place New West Room: Studio 1A</i> 735 8 th Ave, New Westminster		

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 Programs: Activity Descriptions for FEBRUARY 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 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.*

★ Individual Outreach for families with children under the age of 5 years) ★

- **Parenting Consultations**

Drop by for a 30-minute free consultation with a Cameray Parent Support Counsellor to discuss your concerns regarding parenting and children (aged 0 to 5) 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 infants, toddlers, tweenies, and preschoolers to develop emotional and mental well-being

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).

Email: renee.austin@cameray.ca to inquire about and register for an individual consultation

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

- **Providing an Environment that Fosters Creativity in Your Child: Friday, February 16, 10:00 am to 12:00 pm.** Imagination and creativity are important parts of childhood development that encourage problem-solving, critical thinking, and learning through play. Whether it is through drawing, painting, writing, or music, creative activities allow children to explore their emotions, thoughts, and feelings in a safe and healthy way. As parents or caregivers, you can do a lot to help spark creative expression in your children. Join us for this workshop to learn strategies you can use to help encourage imaginative thinking and play at home. 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, sessions 5 and 6 on 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.
THIS GROUP IS CURRENTLY FULL: PRE-REGISTRATION IS REQUIRED FOR THE WAITLIST.

- Mother Goose: Mondays, February 5, 12, 26 (to 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.
THIS GROUP IS CURRENTLY FULL; PRE-REGISTRATION IS REQUIRED FOR THE WAITLIST.
- Teaching Children about their Bodies: Wednesday, February 21, 10:00 am to 11:30 am.**
 During this session we will discuss sexual health in children, gender identity, what your children need to know about their bodies, how you can approach sexually related topics with your child, appropriate touching, and ways to help prevent sexual abuse.
 Childminding is available. This in-person group series is at Cameray, 2038 Rosser Avenue, Burnaby.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.
- The Child’s Brain: Wednesday, February 28, 10:00 am to 11:30 am.**
 This session is based on the book “The Whole Brain Child” by Dan Siegel and Tina Payne Bryson, on how children’s brains develop, what you can do to encourage healthy brain development and strategies to integrate your child’s brain. Childcare is available. This in-person group session is at Cameray, 2038 Rosser Avenue, Burnaby.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.
- Mastering Money- a Family Budgeting Workshop: Tuesday, February 13, 10:00 am to 11:30 am.**
 In partnership with *Family Services of Greater Vancouver*, this practical workshop will provide parents with essential tips on how to better understand and manage their finances and achieve stronger financial wellness, through exploring how to plan, budget and set goals for the present and future.
 Online, 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.