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### FEBRUARY 2024

Mon	Tue	Wed	Thu	Fri
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5	6	7	8	9
Between 9:00am – 12:00pm <b>One-to-One Parenting Consultations</b> <i>New Westminster Wellness Centre            Online or 820 Sixth Street,            New Westminster</i>  6:00pm – 8:00pm <b>Tweens: Nurturing Self-Worth through Consent and Boundaries (session 1 of 2)</b> <i>New Westminster Wellness Centre            820 Sixth Street,            New Westminster</i> <b>PRE-REGISTRATION REQUIRED</b>	  	  	  	  
12	13	14	15	16
Between 9:00am – 12:00pm <b>One-to-One Parenting Consultations</b> <i>New Westminster Wellness Centre            Online or 820 Sixth Street,            New Westminster</i>  6:00pm – 8:00pm <b>Tweens: Nurturing Self-Worth through Consent and Boundaries (session 2 of 2)</b> <i>New Westminster Wellness Centre            820 Sixth Street,            New Westminster</i> <b>PRE-REGISTRATION REQUIRED</b>	10:00am – 11:30am <b>Mastering Money: A Family Budgeting Workshop</b> <b>(in partnership with Family Services of Greater Vancouver)</b> <i>Online via Zoom</i> <b>PRE-REGISTRATION REQUIRED</b>	  	  	
19	20	21	22	23
<b>STATUTORY HOLIDAY</b>				
26	27	28	29	
Between 9:00am – 12:00pm <b>One-to-One Parenting Consultations</b> <i>New Westminster Wellness Centre            Online or 820 Sixth Street,            New Westminster</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](mailto:pspgroupsignup@cameray.ca) to sign up for groups

Email: [annie.ngai@cameray.ca](mailto:annie.ngai@cameray.ca) to inquire about and register for individual consultations

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

### Individual Parenting Consultations

- Feel free to drop by for a 30-minute 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 either online or 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:** Mondays, February 5, 12, 6:00 pm to 8:00 pm, 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). 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.**
- **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.