












MARCH 2024

Mon	Tue	Wed	Thu	Fri
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4	5	6	7	8
<p>10:00am – 11:30am Mother Goose Cameray 2038 Rosser Ave, Burnaby</p> <p>THE LAST SESSION OF THIS MOTHER GOOSE SERIES IS FULL</p>	<p>8:00pm – 9:30pm Circle of Security Parenting Program for DADS Online via Zoom PRE-REGISTRATION REQUIRED</p>	<p>9:30am – 11:30am Drop-In at Eighth & Eight (Literacy and Storytime) Family Place New West Room: Studio 1A 735 8th Ave, New Westminster</p> <p>10:00am – 11:30am Parent-Child Mother Goose Cameray, 2038 Rosser Ave, Burnaby GROUP IS FULL</p>	<p>9:30am – 11:30am University Highlands Elementary Family Drop-In University Highlands Elementary (2nd Floor, Preschool Room) 9388 Tower Road, Burnaby</p> <p>10:00am – 12:00pm Read Aloud to Make Connections and Cultivate Emotional Learning in Children Cameray 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED</p>	
11	12	13	14	15
	<p>8:00pm – 9:30pm Circle of Security Parenting Program for DADS Online via Zoom PRE-REGISTRATION REQUIRED</p>	<p>9:30am – 11:30am Drop-In at Eighth & Eight (Literacy and Storytime) Family Place New West Room: Studio 1A 735 8th Ave, New Westminster</p> <p>10:00am – 11:30am Parent-Child Mother Goose Cameray 2038 Rosser Ave, Burnaby GROUP IS FULL</p> <p>4:30am – 6:30am Playtime, Process Art, and Pizza Cameray 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED</p>	<p>9:30am – 11:30am Rosser Infant/Toddler Drop-In ★ Cameray 2038 Rosser Ave, Burnaby *Visit from Fraser Health Dental Hygienists</p> <p>12:30pm – 2:30pm Rosser Infant/Toddler Drop-In ★ Cameray 2038 Rosser Ave, Burnaby *Visit from Fraser Health Dental Hygienists</p>	<p>10:00am – 12:00pm Planning Ahead to Enjoy the Transition to Spring with Your Child Cameray 2038 Rosser Ave Burnaby PRE-REGISTRATION REQUIRED</p>
18	19	20	21	22
	<p>8:00pm – 9:30pm Circle of Security Parenting Program for DADS Online via Zoom PRE-REGISTRATION REQUIRED</p>	<p>9:30am – 11:30am Drop-In at Eighth & Eight (Literacy and Storytime) Family Place New West Room: Studio 1A 735 8th Ave, New Westminster</p> <p>10:00am – 11:30am Parent-Child Mother Goose Cameray 2038 Rosser Ave, Burnaby GROUP IS FULL</p>		
25	26	27	28	29
	<p>8:00pm – 9:30pm Circle of Security Parenting Program for DADS Online via Zoom PRE-REGISTRATION REQUIRED</p>	<p>9:30am – 11:30am Drop-In at Eighth & Eight (Literacy and Storytime) Family Place New West Room: Studio 1A 735 8th Ave, New Westminster</p> <p>10:00am – 11:30am Parent-Child Mother Goose Cameray 2038 Rosser Ave, Burnaby GROUP IS FULL</p>	<p>9:30am – 11:30am Rosser Infant/Toddler Drop-In ★ Cameray 2038 Rosser Ave, Burnaby</p> <p>12:30pm – 2:30pm Rosser Infant/Toddler Drop-In ★ Cameray 2038 Rosser Ave, Burnaby</p>	STATUTORY HOLIDAY

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: Group Descriptions for MARCH 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.*
Please note that there will be no drop-in on March 21, due to school closure.

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

- **Circle of Security Parenting Program for DADS: Tuesdays, 8:00 pm to 10:00 pm, online via Zoom.**
The first four sessions are on March 5, 12, 19, 26 (and the final four sessions are on April 9, 16, 23, 30).
This 8-week program is based on decades of research about how secure parent-child relationships can be supported and strengthened. You will be able to make sense of what your child needs and get the tools that will help you to support and respond to your child, creating a long-lasting healthy relationship and the sense of security that your child needs to thrive in life. This evening group is online throughout March and April.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.
- **Parent-Child Mother Goose: Wednesdays, 10:00 am to 11:30 am. March 6, 13, 20, 27 (this program continues in April on 3, 10, 17, 24).** The Parent-Child Mother Goose Program® is an interactive group experience for parents and their babies and/or young children. The 8-week program introduces adults and children to the pleasure and power of using rhymes, songs, and stories together. Parents will gain skills and confidence, to enable them to create positive family patterns during their children's crucial early years. Bus tickets and light snacks are provided. This in-person group series is at Cameray, 2038 Rosser Avenue, Burnaby. **THIS GROUP IS FULL. WE ARE FILLING REGISTRATION FROM OUR WAITLIST; THANK YOU FOR YOUR UNDERSTANDING.**
- **Read Aloud to Make Connections and Cultivate Emotional Learning in Children: Thursday, March 7, 10:00 am to 12:00 pm, Cameray, 2038 Rosser Avenue, Burnaby.** Reading aloud to children is a transformative experience that goes beyond literacy skills. By using books as a tool to explore emotions and initiate conversations, parents and caregivers can support children's emotional development and strengthen bonding. Parents will receive a resource pack that includes a recommended book list covering emotional learning and a range of ideas for fun activities at home to cultivate their children's interest in reading. We will give each family a free book as a gift. Childminding is available. **PRE-REGISTRATION REQUIRED. SPACE LIMITED.**
- **Playtime, Process Art, and Pizza: Wednesday March 13, 4:30 pm to 6:30 pm.** Families are invited to come and play and engage with the artistic process, without the pressure of creating a specific outcome. Pizza and salad/fresh veggies will be provided during the second hour of the session. Join us for this exciting in-person group at Cameray, 2038 Rosser Avenue, Burnaby. **PRE-REGISTRATION REQUIRED. SPACE LIMITED.**

- **Planning Ahead to Enjoy the Transition to Spring with Your Child: Friday, March 15, 10:00 am to 12:00 pm.** Humans are creatures of habit. Even when we welcome it, change takes more energy. So, it's not surprising that children often find it difficult to make transitions between activities, places, and objects of attention. That said, parents may not realize how much children may struggle with seasonal transitions. It can be tricky, especially for children, because it can feel like a long wait to get to the warmth and joys of summer. During this workshop, parents will learn how to approach the springtime as an opportunity to connect and explore with their children. We'll also discuss ways to manage seasonal allergies. Between 10:00 am and 10:30 am, parents and children will have time to get settled. The workshop content will be delivered from 10:30 am to 11:30 am, and the last 30 minutes will be reserved for Q & A and mingling. 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.