





















**PARENT EDUCATION PROGRAM  
MONTHLY CALENDAR**

MARCH 2024				
Mon	Tue	Wed	Thu	Fri
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4	5	6	7	8
Between 9:00am – 1:00pm <b>One-to-One Parenting Consultations</b> <i>New Westminster Wellness Centre            2038 820 Sixth Street,            New Westminster</i>				
11	12	13	14	15
Between 9:00am – 1:00pm <b>One-to-One Parenting Consultations</b> <i>New Westminster Wellness Centre            2038 820 Sixth Street,            New Westminster</i>			5:00 to 7:00 pm <b>Supporting Tweens Through Change</b> Online via Zoom <b>PRE-REGISTRATION IS REQUIRED</b>	
18	19	20	21	22
				
25	26	27	28	29
				<b>STATUTORY HOLIDAY</b>

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 MARCH 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):**

- **Supporting Tweens Through Change:** Thursday, March 14, 5:00 pm to 7:00 pm, online via Zoom.  
Are your kids facing significant transitions in your family life, such as parent's divorce, immigration challenges, or changing to a new school? Join us in this workshop, which is tailored to help you navigate these challenges and guide you with supporting your tween-age child through times of situational changes.

**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.