








**APRIL 2024**

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
<b>STATUTORY HOLIDAY</b>		<p>10:00am – 12:00pm <b>Drop-In at New West Library</b> <i>Family Place New West New West Public Library 716 6<sup>th</sup> Ave, New Westminster</i></p> <p>10:00am – 11:30am <b>Parent-Child Mother Goose</b> <i>Cameray, 2038 Rosser Ave Burnaby</i> <b>GROUP IS FULL</b></p>	<p>9:30am – 11:30am <b>University Highlands Elementary Family Drop-In</b> <i>University Highlands Elementary (2<sup>nd</sup> Floor, Preschool Room) 9388 Tower Road, Burnaby</i></p>	
8	9	10	11	12
<p>10:00am – 12:00pm <b>Self-regulation through challenges (in English)</b> Session 1 of 6 <i>Cameray 2038 Rosser Ave, Burnaby</i> <b>PRE-REGISTRATION REQUIRED</b></p>	<p>8:00pm – 9:30pm <b>Circle of Security Parenting Program for DADS</b> Session 5 of 8 <i>Online via Zoom</i> <b>GROUP IS FULL</b></p>	<p>10:00am – 12:00pm <b>Drop-In at New West Library</b> <i>Family Place New West New West Public Library 716 6<sup>th</sup> Ave, New Westminster</i></p> <p>10:00am – 11:30am <b>Parent-Child Mother Goose</b> <i>Cameray, 2038 Rosser Ave, Burnaby</i> <b>GROUP IS FULL</b></p>	<p>9:30am – 11:30am <b>Rosser Infant/Toddler Drop-In ★</b> <i>Cameray 2038 Rosser Ave, Burnaby</i></p> <p>12:30pm – 2:30pm <b>Rosser Infant/Toddler Drop-In ★</b> <i>Cameray 2038 Rosser Ave, Burnaby</i></p>	 
15	16	17	18	19
<p>10:00am – 12:00pm <b>Self-regulation through challenges (in English)</b> Session 2 of 6 <i>Cameray 2038 Rosser Ave, Burnaby</i> <b>PRE-REGISTRATION REQUIRED</b></p>	<p>8:00pm – 9:30pm <b>Circle of Security Parenting Program for DADS</b> Session 6 of 8 <i>Online via Zoom</i> <b>GROUP IS FULL</b></p>	<p>9:30am – 11:30am <b>Drop-In at Eighth &amp; Eight</b> <i>Family Place New West Room: Studio 1A 735 8<sup>th</sup> Ave, New Westminster</i></p> <p>10:00am – 11:30am <b>Parent-Child Mother Goose</b> <i>Cameray, 2038 Rosser Ave, Burnaby</i> <b>GROUP IS FULL</b></p>	<p>9:30am – 11:30am <b>University Highlands Elementary Family Drop-In</b> <i>University Highlands Elementary (2<sup>nd</sup> Floor, Preschool Room) 9388 Tower Road, Burnaby</i></p> <p>10:00am – 12:00pm <b>Understand Kids through Play</b> <i>Cameray 2038 Rosser Ave, Burnaby</i> <b>PRE-REGISTRATION REQUIRED</b></p>	<p>10:00am – 12:00pm <b>Raising Resilient, Responsible and Independent Children</b> <i>Cameray 2038 Rosser Ave Burnaby</i> <b>PRE-REGISTRATION REQUIRED</b></p>
22	23	24	25	26
<p>10:00am – 12:00pm <b>Self-regulation through challenges (in English)</b> Session 3 of 6 <i>Cameray 2038 Rosser Ave, Burnaby</i> <b>PRE-REGISTRATION REQUIRED</b></p>	<p>8:00pm – 9:30pm <b>Circle of Security Parenting Program for DADS</b> Session 7 of 8 <i>Online via Zoom</i> <b>GROUP IS FULL</b></p>	<p>9:30am – 11:30am <b>Drop-In at Eighth &amp; Eight</b> <i>Family Place New West Room: Studio 1A 735 8<sup>th</sup> Ave, New Westminster</i></p> <p>10:00am – 11:30am <b>Parent-Child Mother Goose</b> <i>Cameray, 2038 Rosser Ave, Burnaby</i> <b>GROUP IS FULL</b></p>	<p>9:30am – 11:30am <b>Rosser Infant/Toddler Drop-In ★</b> <i>Cameray 2038 Rosser Ave, Burnaby</i></p> <p>12:30pm – 2:30pm <b>Rosser Infant/Toddler Drop-In ★</b> <i>Cameray 2038 Rosser Ave, Burnaby</i></p>	<p>10:00am – 12:00pm <b>Family Finances and Well-Being</b> <i>Cameray 2038 Rosser Ave Burnaby</i> <b>PRE-REGISTRATION REQUIRED</b></p>
29	30			
<p>10:00am – 12:00pm <b>Self-regulation through challenges (in English)</b> Session 4 of 6 <i>Cameray 2038 Rosser Ave, Burnaby</i> <b>PRE-REGISTRATION REQUIRED</b></p>	<p>8:00pm – 9:30pm <b>Circle of Security Parenting Program for DADS</b> Session 8 of 8 <i>Online via Zoom</i> <b>GROUP IS FULL</b></p>			

Groups are for Burnaby and New Westminster families with one or more children.

Email us at [pspgroupsignup@cameray.ca](mailto:pspgroupsignup@cameray.ca) to sign up for groups

Please try not to register on the day of the group, as they fill up quickly; thank you!

## Early Years Parenting Support Programs: Group Descriptions for APRIL 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 8<sup>th</sup> 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.*  
**Please note:** the drop-in is at the **Main Branch- New West Public Library, on April 3 and 10**, from 10:00 am to 12:00 pm
- 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 2<sup>nd</sup> 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.*

#### 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.**  
**Continuing from March, the four final sessions of this program 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 April. **THIS GROUP IS FULL.**
- Parent-Child Mother Goose: Wednesdays, 10:00 am to 11:30 am. Continuing from March, the final four sessions of this program are 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.**
- Self-regulation through challenges (in English): Mondays, six sessions - April 8, 15, 22, 29 and May 6, 13. 10:00 am to 12:00 pm.**  
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.  
**PRE-REGISTRATION REQUIRED. SPACE LIMITED.**
- Understand Kids through Play: Thurs, April 18, 10:00 am to 12:00 pm, Cameray, 2038 Rosser Avenue, Burnaby.**  
Come discover the power of play as a tool for understanding your kids. We will learn the words underneath the toys and the emotions through the way they play. You'll pick up useful tips to connect with your children in a fun and meaningful way. Childminding is available.  
**PRE-REGISTRATION REQUIRED. SPACE LIMITED.**

- **Raising Resilient, Responsible and Independent Children: Friday, April 19, 10:00 am to 12:00 pm.**  
Life can be challenging and may include many stressful situations. Parents and children can feel overwhelmed by different things at different times. As a parent, it's important to remember that children don't need someone to perform duties they can manage themselves. To become resilient adults, they require support, clear communication, encouragement, and problem-solving tools. Join us for this group discussion on how to instill qualities that support children to adjust to change, overcome grief and setbacks, and stay motivated to achieve their goals. Between 10:00am and 10:30am, parents and children will have time to get settled. Workshop content will be delivered from 10:30am-11:30am. The last 30 minutes will be reserved for Q&A and mingling. Childcare is available.  
**PRE-REGISTRATION REQUIRED. SPACE LIMITED.**
- **Family Finances and Well-Being: Friday, April 26, 10:00 am to 12:00 pm.**  
Families, especially those with young children, face distinct financial challenges. Juggling housing costs, childcare, and planning for post-secondary education can be overwhelming. Today, our neighbours, Gulf & Fraser, will be making a presentation aimed at helping parents plan for their children's financial future. Over the course of 90 minutes, topics ranging from Registered Education Savings Plans (RESPs), insurance, and estate planning will be covered. A Q&A session will also be featured after the presentation. We hope to see you there! Childcare is available.  
**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.