


























**PARENT EDUCATION PROGRAM  
MONTHLY CALENDAR**

**APRIL 2024**

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
<b>STATUTORY HOLIDAY</b>				
8	9	10	11	12
				
15	16	17	18	19
10:00am to 11:30am <b>Family Harmony: A Parenting workshop for New Immigrants in Canada</b> <i>The Wellness Centre 820 Sixth Street, New Westminster</i> <b>PRE-REGISTRATION REQUIRED</b>				
22	23	24	25	26
Between 9:00am – 1:00pm <b>One-to-One Parenting Consultations</b> <i>New Westminster Wellness Centre 2038 820 Sixth Street, New Westminster</i> <b>PRE-REGISTRATION REQUIRED</b>				
5:30pm to 7:00 pm <b>A Parent's Guide to Nurturing Financial Independence</b> <i>via zoom</i> <b>PRE-REGISTRATION REQUIRED</b>				
29	30			
Between 9:00am – 1:00pm <b>One-to-One Parenting Consultations</b> <i>New Westminster Wellness Centre 2038 820 Sixth Street, New Westminster</i> <b>PRE-REGISTRATION REQUIRED</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 APRIL 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 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).

**PRE-REGISTRATION IS REQUIRED.**

### Parent Educational Groups

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

- **A Parent's Guide to Nurturing Financial Independence:** Monday, April 22, 5:30 pm to 7:00 pm, online via zoom. This interactive online evening workshop aims to teach children about budgeting and financial goal setting. During this session, we'll be initiating conversations about financial topics with middle years children and adolescent at different stages of development. Guest speaker: Joanne Monteiro (she/her), Financial Empowerment Facilitator & Coach, FSGV. **PRE-REGISTRATION IS REQUIRED. SPACE LIMITED.**

- **Family Harmony: A Parenting Workshop for New immigrants in Canada:** Monday, April 15, 10:00 am to 11:30 am, the Wellness Centre, 820 Sixth Street, New Westminster.

This parenting workshop is aimed at assisting new immigrant parents in navigating the challenges of parenting in a new cultural context. It provides a safe and inclusive space for parents to share experiences, gain knowledge, and build a supportive community. We will explore topics including:

- ❖ Understanding the concept of parenting in the Canadian context
- ❖ Child protection policies in Canada
- ❖ Tips to help parents effectively communicate with schools
- ❖ How to address conflicts that may arise from cultural and value differences between the home country and Canada
- ❖ Building positive parent-child relationships
- ❖ Becoming more familiar with community resources

This workshop is in partnership with MOSAIC.

**SPACE LIMITED. PRE-REGISTRATION (VIA MOSAIC) IS REQUIRED. PLEASE CALL: 236-818-7595**

### 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.