










## EARLY YEARS PARENTING SUPPORT PROGRAM MONTHLY GROUP CALENDAR

**MAY 2024**

Mon	Tue	Wed	Thu	Fri
		<b>1</b>	<b>2</b>	<b>3</b>
		<p style="text-align: center;">9:30am – 11:30am <b>Drop-In at Eighth &amp; Eight</b> (Literacy and Storytime) <i>Family Place New West: Studio 1A 735 8<sup>th</sup> Ave, New Westminster</i></p> <p style="text-align: center;">10:00am – 12:00pm <b>The Seven Sacred Teachings</b> (Session 1 of 7) <i>Cameray, 2038 Rosser Ave, Burnaby</i> <b>PRE-REGISTRATION REQUIRED</b></p>	<p style="text-align: center;">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>	
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<p style="text-align: center;">10:00am – 12:00pm <b>Self-regulation through challenges (in English)</b> (Session 5 of 6) <i>Cameray 2038 Rosser Ave, Burnaby</i> <b>GROUP IS FULL</b></p>		<p style="text-align: center;">9:30am – 11:30am <b>Drop-In at Eighth &amp; Eight</b> (Literacy and Storytime) <i>Family Place New West: Studio 1A 735 8<sup>th</sup> Ave, New Westminster</i></p> <p style="text-align: center;">10:00am – 12:00pm <b>The Seven Sacred Teachings</b> (Session 2 of 7) <i>Cameray, 2038 Rosser Ave, Burnaby</i> <b>PRE-REGISTRATION REQUIRED</b></p>	<p style="text-align: center;">9:30am – 11:30am <b>Rosser Infant/Toddler Drop-In ★</b> <i>Cameray 2038 Rosser Ave, Burnaby</i></p> <p style="text-align: center;">12:30pm – 2:30pm <b>Rosser Infant/Toddler Drop-In ★</b> <i>Cameray 2038 Rosser Ave, Burnaby</i></p>	<p style="text-align: center;">10:00am – 12:00pm <b>Creating an Inclusive Culture at Home</b> <i>Cameray 2038 Rosser Ave, Burnaby</i> <b>PRE-REGISTRATION REQUIRED</b></p>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<p style="text-align: center;">10:00am – 12:00pm <b>Self-regulation through challenges (in English)</b> (Session 6 of 6) <i>Cameray 2038 Rosser Ave, Burnaby</i> <b>GROUP IS FULL</b></p>		<p style="text-align: center;">9:30am – 11:30am <b>Drop-In at Eighth &amp; Eight</b> (Literacy and Storytime) <i>Family Place New West: Studio 1A 735 8<sup>th</sup> Ave, New Westminster</i></p> <p style="text-align: center;">10:00am – 12:00pm <b>The Seven Sacred Teachings</b> (Session 3 of 7) <i>Cameray, 2038 Rosser Ave, Burnaby</i> <b>PRE-REGISTRATION REQUIRED</b></p>	<p style="text-align: center;">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> <b>★ Visit from Cameron's Children's Librarian ★</b></p>	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>STATUTORY HOLIDAY</b>		<p style="text-align: center;">9:30am – 11:30am <b>Drop-In at Eighth &amp; Eight</b> (Literacy and Storytime) <i>Family Place New West: Studio 1A 735 8<sup>th</sup> Ave, New Westminster</i></p> <p style="text-align: center;">10:00am – 12:00pm <b>The Seven Sacred Teachings</b> (Session 4 of 7) <i>Cameray, 2038 Rosser Ave, Burnaby</i> <b>PRE-REGISTRATION REQUIRED</b></p>	<p style="text-align: center;">9:30am – 11:30am <b>Rosser Infant/Toddler Drop-In ★</b> <i>Cameray 2038 Rosser Ave, Burnaby</i></p> <p style="text-align: center;">12:30pm – 2:30pm <b>Rosser Infant/Toddler Drop-In ★</b> <i>Cameray 2038 Rosser Ave, Burnaby</i></p>	<p style="text-align: center;">10:30am – 1:30pm <b>Early Years Toy/Clothing Swap ★</b> <i>Cameray 2038 Rosser Ave Burnaby</i></p>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<p style="text-align: center;">10:00am – 12:00pm <b>Sing and Rhyme, Storytime! ★</b> (Session 1 of 4) <i>Cameray 2038 Rosser Ave, Burnaby</i> <b>PRE-REGISTRATION REQUIRED</b> (see page 3 regarding wait list details)</p>		<p style="text-align: center;">9:30am – 11:30am <b>Drop-In at Eighth &amp; Eight</b> (Literacy and Storytime) <i>Family Place New West: Studio 1A 735 8<sup>th</sup> Ave, New Westminster</i></p> <p style="text-align: center;">10:00am – 12:00pm <b>The Seven Sacred Teachings</b> (Session 5 of 7) <i>Cameray, 2038 Rosser Ave, Burnaby</i> <b>PRE-REGISTRATION REQUIRED</b></p>	<p style="text-align: center;">10:00am – 12:00am <b>Sibling Conflict</b> <i>Cameray 2038 Rosser Ave, Burnaby</i> <b>PRE-REGISTRATION REQUIRED</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

## Early Years Parenting Support Programs: Group Descriptions for MAY 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.*
- 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.  
★ *Visit from Cameron's Children's Librarian on May 16* ★  
★ *No registration is required, but space is limited.*
- Early Years Toy/Clothing Swap: Friday May 24, 10:30 am to 1:30 pm.** Join us at our Rosser office for our second toy/clothing exchange. A great way to find new homes for clothing your children have outgrown, and toys they no longer play with. Better yet, save money and by taking home "new to you" items! Bring what you can and take what you need. All donated clothing and toys should be in good condition and clean. Please see the event info poster for specific details. There will be a play area available for children, however parents are required to monitor their children during the event. There is no cost to participate in the swap.  
★ *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):

- Creating an Inclusive Culture at Home: Friday May 10, 10:00 am to 12:00 pm.**  
All humans are curious. And the thing about young children is that their curiosities are unfiltered, which can make things awkward for parents and caregivers. Each family's daily interactions with others provide the ideal classroom to teach our children the important work of embracing differences. During this parent group we'll discuss ideas for ways to raise inclusive, accepting children who celebrate diversity. 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. This in-person group session is at Cameray, 2038 Rosser Avenue, Burnaby. **PRE-REGISTRATION REQUIRED. SPACE LIMITED.**
- Self-regulation through challenges: Mondays - last two sessions on May 6 and 13, 10:00 am to 12:00 pm.**  
This 6-week program is based on Professional Counsellor Lisa Dion's work. During these final two sessions of this group series, we will continue to learn how to regulate in different circumstances and understand our own process of regulation. We'll continue to discuss boundaries, conflict, and co-regulation etc. Childminding is available. Bus tickets are available. This in-person group series is at Cameray, 2038 Rosser Avenue, Burnaby.  
**THIS GROUP IS FULL.**
- The Seven Sacred Teachings: Wednesdays, May 1, 8, 15, 22, 29 (and June 5, 12), 10:00 am to 11:30 am.**  
We are pleased to offer this interactive parent-child group series, in partnership with *Spirit of the Children Society*. The **Seven Sacred Teachings** originate from the Seven Grandfather Teachings from the Anishinaabe people and have been adopted by many (but not all) First Nations, Métis, and Inuit Peoples. The seven teachings include love, respect, honesty, courage/bravery, truth, wisdom, and humility, and each teaching is represented by an animal. During this seven-week program, we will learn what each animal helps teach us about how we can live our lives respecting all living things. Families can expect play and art activities, followed by snack and circle time. This in-person group series is at Cameray, 2038 Rosser Avenue, Burnaby. Bus tickets are available.  
**PRE-REGISTRATION REQUIRED. SPACE LIMITED.**

- **Sibling Conflict: Thursday, May 30, 10:00 am to 12:00 pm.**

Conflicts between siblings occur frequently, sometimes violently, to the annoyance of parents. In response, many parents want to immediately step in and stop it, or try to ignore it, often leaving the conflict unresolved and the child feeling frustrated and hurt. This group provides parents/caregivers with the opportunity to capitalize on sibling conflict, allowing children to learn many of the interpersonal skills critical to healthy relationships and to understand children's unmet emotional needs in the context of conflict. This in-person group session is at Cameray, 2038 Rosser Avenue, Burnaby. Childminding is available. Bus tickets are available.

**PRE-REGISTRATION REQUIRED. SPACE LIMITED.**

- **Sing and Rhyme, Storytime! Monday, May 27, 10:00 am to 12:00 pm (and June 3, 10 and 17).**

Come and join us for this four-session group series, inspired by the Parent-Child Mother Goose Program®. During this interactive group experience for parents and their babies and/or young children, you'll experience the pleasure and power of using rhymes, songs, and stories together. The principles of this group promote positive early literacy and language development skills, as well as foster healthy and positive connections. Bus tickets and light snacks are provided. This in-person four-week group series is at Cameray, 2038 Rosser Avenue, Burnaby.

**PRE-REGISTRATION REQUIRED AND PLEASE NOTE: we have a wait list for this program; families on the wait list will be asked (first come/first serve) if they can attend. You are welcome to ask to be added to the wait list. Thanks for your patience.**

### **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.