


















**EARLY YEARS PARENTING SUPPORT PROGRAM
MONTHLY GROUP CALENDAR**

JUNE 2024

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>10:00am – 12:00pm Sing and Rhyme, Storytime! ★ (Session 2 of 4) Cameray 2038 Rosser Ave Burnaby GROUP IS FULL</p> 	<p>4</p> 	<p>5</p> <p>9:30am – 11:30am Drop-In at Eighth & Eight (Literacy and Storytime) Family Place New West: Studio 1A 735 8th Ave, New Westminster</p> <p>10:00am – 12:00pm Sharing Circle: The Seven Sacred Teachings (Session 6 of 7) Cameray, 2038 Rosser Ave, Burnaby GROUP IS FULL</p>	<p>6</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>7</p> 
<p>10</p> <p>10:00am – 12:00pm Sing and Rhyme, Storytime! ★ (Session 3 of 4) Cameray 2038 Rosser Ave Burnaby GROUP IS FULL</p> 	<p>11</p>  	<p>12</p> <p>9:30am – 11:30am Drop-In at Eighth & Eight (Literacy and Storytime) Family Place New West: Studio 1A 735 8th Ave, New Westminster</p> <p>10:00am – 12:00pm Sharing Circle: The Seven Sacred Teachings (Session 7 of 7) Cameray, 2038 Rosser Ave, Burnaby GROUP IS FULL</p>	<p>13</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> <p>4:30pm – 6:30pm Preparing for Kindergarten Success Cameray 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED</p> 	<p>14</p>  
<p>17</p> <p>10:00am – 12:00pm Sing and Rhyme, Storytime! ★ (Session 4 of 4) Cameray 2038 Rosser Ave Burnaby GROUP IS FULL</p> 	<p>18</p> 	<p>19</p> <p>9:30am – 11:30am Drop-In at Eighth & Eight (Literacy and Storytime) Family Place New West: Studio 1A 735 8th Ave, New Westminster</p>	<p>20</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>21</p> <p>10:00am – 12:00pm Parenting Young Children in An Age of Screens ★ Cameray 2038 Rosser Ave Burnaby PRE-REGISTRATION REQUIRED</p>
<p>24</p>  	<p>25</p> <p>10:00am – 12:00pm Attachment and Bonding Cameray 2038 Rosser Ave Burnaby PRE-REGISTRATION REQUIRED</p>	<p>26</p> <p>9:30am – 11:30am Drop-In at Eighth & Eight (Literacy and Storytime) Family Place New West: Studio 1A 735 8th Ave, New Westminster</p> <p>10am – 11:30 am Connect and Play at Maywood Park (in partnership with YMCA Child Care Resource and Referral) Maywood Park 6480 McKay Avenue, Burnaby</p>	<p>27</p> <p>9:30am – 11:30am Rosser Infant/Toddler Drop-In ★ Cameray 2038 Rosser Ave, Burnaby ★ Visit from Fraser Health Dental Hygienist</p> <p>12:30pm – 2:30pm Rosser Infant/Toddler Drop-In ★ Cameray 2038 Rosser Ave, Burnaby ★ Visit from Fraser Health Dental Hygienist</p> 	<p>28</p>  

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 JUNE 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.*
★ *The Dental Hygienist from Fraser Health will visit on June 27*
- 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.*
- Connect and Play at Maywood Park:** From **June 26 to August 28**, join us in the park on Wednesdays between **10 am and 11:30 am** to connect and play with other families. This group is for parents and caregivers with children age 0 to 5 years old and we'll provide a variety of family-friendly activities. Light snacks will be provided; please bring your own water/beverages. See you at **Maywood Park, 6480 McKay Avenue, Burnaby.**
★ *No registration is required.*

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

- Sing and Rhyme, Storytime! Mondays, June 3, 10 and 17, 10:00 am to 12:00 pm.**
Come and join us for the final three sessions of this 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.
THIS GROUP IS FULL; we presently have a wait list for this program. You are welcome to ask to be added to the wait list. Thanks for your patience.
- Parenting Young Children in An Age of Screens: Friday, June 21, 10:00 am to 12:00 pm.**
One of the most frequently discussed, and debated topics among parents of young children today is screen time. Parenting has never been easy, but the widespread use of smartphones and the rise of social media has introduced an additional level of complexity to the challenges of parenthood. How much is too much? What impact will screens have on my children's development? How can I minimize power struggles and family conflicts around technology use? These are all questions that will be addressed in this parent workshop. 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.**
- Attachment and Bonding: Thursday, June 30, 10:00 am to 12:00 pm.**
In this workshop, we'll learn about types of attachment styles, the correlation of early attachment experiences and adult intimacy relationships, attachment and the development of emotional regulation, and ways to cultivate attachment and bonding. This in-person group session is at Cameray, 2038 Rosser Avenue, Burnaby. Childminding is available. Bus tickets are available upon request. **PRE-REGISTRATION REQUIRED. SPACE LIMITED.**

- **Preparing for Kindergarten Success: Thursday, June 13, 4:30 pm to 6:30 pm.**

***Please note that this group is for families with children entering kindergarten in September 2024.**

As family members of preschool-age children, there's much you can do to help prepare your child for success in kindergarten and throughout school. During this 2-hour group, parents will have an opportunity to find out what the expectations are in advance and ask for tips on how to prepare their child for any skills they are still working on.

Cameray staff will engage children in a variety of enjoyable skill-building activities, while parents are meeting. Pizza and salad will be served for dinner during the second hour of the group.

PRE-REGISTRATION REQUIRED. SPACE LIMITED.

- **Sharing Circle - The Seven Sacred Teachings: Wednesdays: last two sessions on June 5 and 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.

THE LAST TWO SESSIONS OF THIS GROUP ARE FULL.

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.