

# About Us

Cameray Child & Family Services is a non-profit organization that supports children, youth, and families in our community through counselling, education, outreach and advocacy.



The Parent Education Program is offered free of charge through funding from the *Allen and Gill Gray Foundation* and in collaboration with the generous support of numerous donors in our community.

## Partnerships with:

- New Westminster Secondary School
- MOSAIC
- Family Services of Greater Vancouver

## Donations / Grants from:



- Calkins & Burke
- C.B. Island Fisheries LTD.
- TD

## Cameray Child & Family Services

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**Cameray**  
Child & Family Services

## Parent Education Program

**Connected People,  
Connected Communities**

Serving Burnaby and  
New Westminster since 1972

## Donate:

To make a donation, please contact our administration office or visit our website at [www.cameray.ca](http://www.cameray.ca).

Your donation helps us to develop a stronger community, and we offer tax-deductible receipts.



# Who is the Parent Education Program for?

Cameray's Parent Education Program is a free program for parents and caregivers with children and youth aged 6 -18 who reside in Burnaby or New Westminster. The program offers groups and individual support designed to strengthen family resilience.

This program aims to build your confidence and skills as a parent or caregiver, while connecting you with other families and community resources.

Services are in English, Mandarin and Cantonese.



## WHAT IS INCLUDED IN THIS FREE SERVICE?

- In-person and online group sessions
- In-person, online, or over the phone individual parent consultation sessions
- Education and take-home resources on up-to-date parenting practices
- Bus tickets to attend programming, as needed
- Snacks during daytime groups and a light dinner for evening groups



## GROUP

- One or two hour in-person or online group sessions on various topics are offered most weekdays and some evenings year round
- Educational and interactive groups are available
- Parents and caregivers can attend as many groups as they are interested in
- New group calendar provided monthly
- A fun, relaxed environment to learn and connect with other parents and caregivers
- Childminding is provided

## Group Topics Include:

*My Tween and Me™ Parenting Program*  
*Parenting Strategies for Newcomers*  
*Managing Anxiety and Stress*  
*Attachment and Bonding*  
*Social and Emotional Development*  
*Nurturing Self-worth through Consent and Boundaries*  
*Positive Guidance Discipline*  
*...and many more!*

## INDIVIDUAL SESSIONS:

- Work with a parent support counsellor to develop a personalized family plan, and to identify strengths, needs and achievable goals
- Learn effective parenting skills, to support navigating the middle years and adolescent years
- Get informed about healthy middle years and adolescent development
- Receive support as you navigate the challenges of being a parent and/or caregiver

## Make a Referral

Referrals can be made either over the phone; 604-436-9449, in person, via fax; 604-436-1990 or email; [info@cameray.ca](mailto:info@cameray.ca). Referral forms can also be found on our website at [www.cameray.ca](http://www.cameray.ca)