










EARLY YEARS PARENTING SUPPORT PROGRAM

MONTHLY GROUP CALENDAR

JULY 2024

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
STATUTORY HOLIDAY		9:30am – 11:30am Drop-In at Eighth & Eight <i>Family Place New West</i> <i>Studio 1A, 735 8th Ave, New Westminster</i> 10am – 11:30 am Connect and Play at Maywood Park (in partnership with YMCA Child Care Resource and Referral) <i>Maywood Park</i> <i>6480 McKay Avenue, Burnaby</i>	9:30am – 11:30am Summer Drop-in at Richard Bolton Park Drop-In <i>Richard Bolton Park</i> <i>(behind the schoolyard)</i> <i>9388 Tower Road, Burnaby</i> ★Visit from CCRR staff	
8	9	10	11	12
10:00am – 11:30am Circle of Security Parenting Program Session 1 of 7 <i>Cameray</i> <i>2038 Rosser Ave, Burnaby</i> PRE-REGISTRATION REQUIRED		9:30am – 11:30am Drop-In at Eighth & Eight <i>Family Place New West,</i> <i>Studio 1A, 735 8th Ave, New Westminster</i> 10am – 11:30am Connect and Play at Maywood Park (in partnership with YMCA Child Care Resource and Referral) <i>Maywood Park</i> <i>6480 McKay Avenue, Burnaby</i>	9:30am – 11:30am Rosser Infant/Toddler Drop-In ★ <i>Cameray</i> <i>2038 Rosser Ave, Burnaby</i> ★Visit from McGill's Children's Librarian 12:30pm – 2:30pm Rosser Infant/Toddler Drop-In ★ <i>Cameray</i> <i>2038 Rosser Ave, Burnaby</i>	
15	16	17	18	19
10:00am – 11:30am Circle of Security Parenting Program Session 2 of 7 <i>Cameray</i> <i>2038 Rosser Ave, Burnaby</i> PRE-REGISTRATION REQUIRED		9:30am – 11:30am Drop-In at Eighth & Eight <i>Family Place New West</i> <i>Studio 1A, 735 8th Ave, New Westminster</i> 10am – 11:30am Connect and Play at Maywood Park (in partnership with YMCA Child Care Resource and Referral) <i>Maywood Park</i> <i>6480 McKay Avenue, Burnaby</i>	9:30am – 11:30am Summer Drop-in at Richard Bolton Park Drop-In <i>Richard Bolton Park</i> <i>(behind the schoolyard)</i> <i>9388 Tower Road, Burnaby</i>	10:00am – 12:00pm Family Meetings: How to improve your Family's Communication and Routine <i>Cameray</i> <i>2038 Rosser Ave Burnaby</i> PRE-REGISTRATION REQUIRED
22	23	24	25	26
10:00am – 11:30am Circle of Security Parenting Program Session 3 of 7 <i>Cameray</i> <i>2038 Rosser Ave, Burnaby</i> PRE-REGISTRATION REQUIRED		9:30am – 11:30am Drop-In at Eighth & Eight <i>Family Place New West</i> <i>Studio 1A, 735 8th Ave, New Westminster</i> 10am – 11:30am Connect and Play at Maywood Park (in partnership with YMCA Child Care Resource and Referral) <i>Maywood Park</i> <i>6480 McKay Avenue, Burnaby</i>	9:30am – 11:30am Rosser Infant/Toddler Drop-In ★ <i>Cameray</i> <i>2038 Rosser Ave, Burnaby</i> 12:30pm – 2:30pm Rosser Infant/Toddler Drop-In ★ <i>Cameray</i> <i>2038 Rosser Ave, Burnaby</i> ★Visit from McGill's Children's Librarian	10:30am – 12:30pm Family Japanese Cooking Workshop <i>Cameray</i> <i>2038 Rosser Ave Burnaby</i> PRE-REGISTRATION REQUIRED
29	30	31		
10:00am – 11:30am Circle of Security Parenting Program Session 4 of 7 <i>Cameray</i> <i>2038 Rosser Ave, Burnaby</i> PRE-REGISTRATION REQUIRED		9:30am – 11:30am Drop-In at Eighth & Eight <i>Family Place New West</i> <i>Studio 1A, 735 8th Ave, New Westminster</i> 10am – 11:30am Connect and Play at Maywood Park (in partnership with YMCA Child Care Resource and Referral) <i>Maywood Park</i> <i>6480 McKay Avenue, Burnaby</i>		

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

Email us at pspgroupsignup@cameray.ca to sign up for groups

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

Early Years Parenting Support Programs: Group Descriptions for JULY 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.*
★ **Please note: McGill's Children's Librarian will visit on the morning of July 11 and the afternoon of July 25**
- **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.*
- **Summer Drop-in at Richard Bolton Park:** Join us for our parent child drop-in program in partnership with University Highlands Elementary and the City of Burnaby. Throughout the summer, the drop-in will be outdoors at **Richard Bolton Park (9388 Tower Road, Burnaby), behind the school yard**. 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.
**Older siblings are welcome to join our outdoor summer program. ★ *No registration is required.*
★ **Please note: staff from CCRR (Child Care Resource & Referral Program) will visit on July 4**
- **Connect and Play at Maywood Park: Until 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):

- **Circle of Security Parenting Program: Mondays, 10:00 am to 11:30 am, Cameray, 2038 Rosser Ave, Burnaby. Seven sessions: July 8, 15, 22, 29 and August 12, 19, 26 (no session on August 5).**
This 7-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. Snacks and childminding are provided. Bus tickets are available.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.
- **Japanese Cooking Workshop: Friday, July 26, 10:30 am to 12:30 pm at Cameray, 2038 Rosser Ave, Burnaby.**
We are excited to host two of our Cameray parents for their cooking demo debut! Yoko and Mizuki will demonstrate how to make Miso soup and rice, a beloved and nutritious part of Japanese cuisine. Participants are invited to visit over lunch once the food is prepared. Childminding for children under 6 years of age. Bus tickets are available upon request.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.
- **Family Meetings: How to Improve your Family's Communication and Routine: Friday, July 19, 10:00 am to 12:00 pm at Cameray, 2038 Rosser Ave.**
Weekly family meetings are an effective and an enjoyable way to bring the family together and improve communication. Introducing this concept when your children are young teaches them the benefit of setting aside time to set weekly goals, and opportunity to recognize and reward progress, and determine each member's needs and feelings. Join us for group to learn how to implement weekly family meetings to instill good habits, build trust and confidence, and keep the whole family on track with day-to-day happenings and routine. Childcare is available for children aged 0-5.
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.