











EARLY YEARS PARENTING SUPPORT PROGRAM

MONTHLY GROUP CALENDAR

SEPTEMBER 2024

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
STATUTORY HOLIDAY			9:30am – 11:30am University Highlands Elementary Family Drop-In <i>University Highlands Elementary (2nd Floor, Preschool Room) 9388 Tower Road, Burnaby</i>	9:30am – 11:30am Drop-In at Eighth & Eight <i>Family Place New West Studio 1A 735 8th Ave New Westminster</i>
9	10	11	12	13
	10:00am – 12:00pm Parenting with Neurodiversity Perspectives <i>(in partnership with Kinsight)</i> <i>Cameray 2038 Rosser Ave Burnaby</i> PRE-REGISTRATION REQUIRED		9:30am – 11:30am Rosser Infant/Toddler Drop-In ★ <i>Cameray 2038 Rosser Ave, Burnaby</i> 12:30pm – 2:30pm Rosser Infant/Toddler Drop-In ★ <i>Cameray 2038 Rosser Ave, Burnaby</i>	9:30am – 11:30am Drop-In at Eighth & Eight <i>Family Place New West Studio 1A 735 8th Ave New Westminster</i> 10:00am - 11:30am Growing Microgreens at Home: Brunch & Learn Session with Fiona <i>Cameray 2038 Rosser Ave Burnaby</i> PRE-REGISTRATION REQUIRED
16	17	18	19	20
10:00am -11:30am Temperament <i>Cameray 2038 Rosser Ave Burnaby</i> PRE-REGISTRATION REQUIRED		10:00am -11:30am Behavior Strategies Session 1 of 2 <i>Cameray 2038 Rosser Ave, Burnaby</i> PRE-REGISTRATION REQUIRED	9:30am – 11:30am University Highlands Elementary Family Drop-In <i>University Highlands Elementary (2nd Floor, Preschool Room) 9388 Tower Road, Burnaby</i> ★ Visit from SFU Language Learning & Development Lab staff	9:30am – 11:30am Drop-In at Eighth & Eight <i>Family Place New West Studio 1A 735 8th Ave New Westminster</i> 10:00am – 12:00pm Supporting Your Child with Transitions <i>Cameray 2038 Rosser Ave Burnaby</i> PRE-REGISTRATION REQUIRED
23	24	25	26	27
10:00am -11:30am ADHD in Children <i>Cameray 2038 Rosser Ave Burnaby</i> PRE-REGISTRATION REQUIRED		10:00am -11:30am Behavior Strategies Session 2 of 2 <i>Cameray 2038 Rosser Ave, Burnaby</i> PRE-REGISTRATION REQUIRED	9:30am – 11:30am Rosser Infant/Toddler Drop-In ★ <i>Cameray 2038 Rosser Ave, Burnaby</i> ★ Visit from Fraser Health Dental Program 12:30pm – 2:30pm Rosser Infant/Toddler Drop-In ★ <i>Cameray 2038 Rosser Ave, Burnaby</i> ★ Visit from Fraser Health Dental Program	9:30am – 11:30am Drop-In at Eighth & Eight <i>Family Place New West Studio 1A 735 8th Ave New Westminster</i>
30				
STATUTORY HOLIDAY				

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 SEPTEMBER 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.*
★ **Visit from Fraser Health Dental Program on September 26.**
- **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. **NOTE: the Literacy Circle is now on Fridays** ★ *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.*
★ **Visit from SFU Language Learning & Development Lab staff on September 19.**

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

- **Parenting with Neurodiversity Perspectives: Tuesday, September 10, 10:00 am to 12:00 pm at Cameray, 2038 Rosser Ave, Burnaby.** You may be somewhat familiar with the term, but what does Neurodiversity mean? Join us to learn more about neurodiversity, how it relates to your child's development and how your child's brain develops. We'll also share strategies to support child development and discuss challenging behaviour, as well as offering guidance to help you communicate your child's needs. There will be time for questions and follow-up resources will be available. This workshop is in partnership with *Kinsight* (www.kinsight.org) with presenters Salimah Haji and Hannah Lin (New West Supported Child Development Consultants) Childcare is available.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.
 - **Growing Microgreens at Home – Brunch & Learn Session with Fiona: Friday, September 13, 10:00 am to 11:30 am at Cameray, 2038 Rosser Ave, Burnaby.** As summer comes to an end, so does our outdoor growing season in BC. Microgreens are one of the simplest and most accessible indoor growing projects you can try. They sprout quickly, year-round, and provide a nutritious addition to a salad, sandwich or meal. Whether you're an avid gardener or you want to begin to nurture your green thumb, this brunch and learn session will be a fun hands-on experience. Participants will be provided with supplies to plant a small container of greens. Between 10:00am and 10:30am, parents and children will have time to get settled. The learning session will begin at 10:30am. Childcare is available.
PRE-REGISTRATION REQUIRED. SPACE LIMITED
 - **Temperament: Monday, September 16, 10:00 am to 11:30 am, Cameray, 2038 Rosser Ave, Burnaby.** Why are some children quiet and sensitive, and others energetic and sociable? This group will explore differences in temperament, how you can better understand your child's temperament and how to work with their traits. Snacks and childminding are provided. Bus tickets are available.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.
- Behavior Strategies: Wednesdays, September 18 and 25, 10:00 am to 11:30 am, Cameray, 2038 Rosser Ave, Burnaby.** We all have good intentions when it comes to parenting, but with so many theories on parenting and discipline, parents feel overwhelmed and confused about how to discipline their children. During these two informative group sessions, we will dig into discipline strategies/techniques that work best in specific situations, how and when to apply them and it will help you to bring the best from you and to guide and get the best from your child. Snacks and childminding are provided. Bus tickets are available.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.

- **Supporting Your Child with Transitions: Friday, September 20, 10:00 am to 12:00 pm at Cameray, 2038 Rosser Ave, Burnaby.** Research suggests that transitions are central to young children’s development and emotional wellbeing, and the way in which the transitions are handled can have a significant impact on a child’s capacity to cope with change in the short and long term. That said, transitions are hard for most humans because we are creatures of habit. During this group, we’ll discuss how to manage daily transitions with empathy and a plan to help your child move through a transition calmly and more cooperatively. 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.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.
- **ADHD in Children: Monday, September 23, 10:00 am to 11:30 am, Cameray, 2038 Rosser Ave, Burnaby.** We hear frequently people talking about ADHD, many times we wonder if our kids have it. Join us to this informative session that will help us to understand what ADHD is, types, myths, characteristics and more. Snacks and childminding are provided. Bus tickets are available.
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.