


















PARENT EDUCATION PROGRAM MONTHLY CALENDAR

SEPTEMBER 2024

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
STATUTORY HOLIDAY				5:30pm – 7:30pm Self-compassion through Emotional Regulation Module 2 of 4 <i>Cameray</i> 2038 Rosser Ave Burnaby GROUP IS FULL
9	10	11	12	13
Between 9:00am – 1:00pm One-to-One Parenting Consultations <i>New Westminster Wellness Centre</i> Online or 820 Sixth Street, New Westminster				5:30pm – 7:30pm Self-compassion through Emotional Regulation Module 3 of 4 <i>Cameray</i> 2038 Rosser Ave Burnaby GROUP IS FULL
16	17	18	19	20
Between 9:00am – 1:00pm One-to-One Parenting Consultations <i>New Westminster Wellness Centre</i> Online or 820 Sixth Street, New Westminster				5:30pm – 7:30pm Self-compassion through Emotional Regulation Module 4 of 4 <i>Cameray</i> 2038 Rosser Ave Burnaby GROUP IS FULL
23	24	25	26	27
Between 9:00am – 1:00pm One-to-One Parenting Consultations <i>New Westminster Wellness Centre</i> Online or 820 Sixth Street, New Westminster				
30				
STATUTORY HOLIDAY				

Group content and individual parenting consultations focus on middle childhood and adolescence, and best support parents with one or more children aged 6 to 18, who live in Burnaby and New Westminster.

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

Email: annie.ngai@cameray.ca to inquire about, and register for, individual consultations

Early Years Parent Education Programs: Individual Consultations and Group Descriptions for SEPTEMBER 2024

Individual Parenting Consultations: September 9, 16 and 23

- Feel free to drop by for a 30-minutes free consultation with Cameray's Parent Educator to discuss your concerns regarding parenting and children (aged 6 to 18) development concerns.

Parenting consultations cover, but are not limited to:

- ✚ Identifying families strengthen their skills to help create positive bonding
- ✚ Addressing behavioral challenges exhibited by tweens and teens
- ✚ Exploring ways to enhance effective communication
- ✚ Understanding age-appropriate developmental milestones
- ✚ Cultivating self-worth and self-compassion
- ✚ Seeking alternate ways in how to raise a good human
- ✚ Boundary setting
- ✚ Supporting tweens and teens to develop emotional and mental well-being

Available languages: English, Cantonese, and Mandarin.

Individual Parenting Consultations are either online or in-person at Cameray's office at The Wellness Centre, 820 Sixth Street, New Westminster, BC. V3M 3S2 (located via an exterior entrance, on south side of New Westminster Secondary School).

Parent Educational Groups

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

- **Self-compassion through Emotional Regulation: (final 3 of 4 sessions) Fridays - September 6, 13 and 20, from 5:30 pm to 7:30 pm, in-person at Cameray, 2038 Rosser Avenue, Burnaby.**

In this four-module workshop, parents will gain an understanding of different emotions (e.g., anger, sadness, fear, shame) and how these emotions affect bonding in the parent-child relationship. Parents will be guided to embrace their emotional experiences to advance self-regulation and cultivate self-compassion. Each session consists of a mini-lecture, experiential exercise, and case discussion.

Childcare is available. Bus tickets available upon request.

This group is for parents with school- aged children.

THIS GROUP IS FULL.

Online Groups:

Please note that no internet-based group is 100% confidential.

However, to keep information private, we will require a meeting password for all online groups, in order for you 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.