

**PARENT EDUCATION PROGRAM  
MONTHLY CALENDAR**

**DECEMBER 2024**

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Between 9:00am – 1:00pm <b>One-to-One Parenting Consultations</b> <i>New Westminster Wellness Centre            2038 820 Sixth Street,            New Westminster</i>				5:30pm – 7:30pm <b>My Tween and Me (Session 6 of 8)</b> <i>Cameray            2038 Rosser Ave,            Burnaby</i> <b>THIS GROUP IS FULL</b>
9	10	11	12	13
Between 9:00am – 1:00pm <b>One-to-One Parenting Consultations</b> <i>New Westminster Wellness Centre            2038 820 Sixth Street,            New Westminster</i>				5:30pm – 7:30pm <b>My Tween and Me (Session 7 of 8)</b> <i>Cameray            2038 Rosser Ave,            Burnaby</i> <b>THIS GROUP IS FULL</b>
16	17	18	19	20
Between 9:00am – 1:00pm <b>One-to-One Parenting Consultations</b> <i>New Westminster Wellness Centre            2038 820 Sixth Street,            New Westminster</i>	10:00am – 12:00pm <b>EYPSP &amp; PEP Winter Party</b> <i>Cameray            2038 Rosser Ave,            Burnaby</i> <b>PRE-REGISTRATION REQUIRED; NO DROP-IN'S</b>			5:30pm – 7:30pm <b>My Tween and Me (Session 8 of 8)</b> <i>Cameray            2038 Rosser Ave,            Burnaby</i> <b>THIS GROUP IS FULL</b>
23	24	25	26	27
				
30	31			
				

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](mailto:pspgroupsignup@cameray.ca) to sign up for groups

Email: [annie.ngai@cameray.ca](mailto:annie.ngai@cameray.ca) to inquire about and register for individual consultations

## **Parent Education Program: Individual Consultations and Group Descriptions for DECEMBER 2024**

### **Individual Parenting Consultations: December 2, 9 and 16**

- You are welcome 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 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 Group:**

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

- **My Tween and Me (last three sessions):** Fridays, December 6, 13, 20  
5:30 pm to 7:30 pm, at Cameray, 2038 Rosser Avenue, Burnaby.

*My Tween and Me is developed, owned and copyrighted by the BC Council for Families, for delivery by practitioners and agencies across Canada.*

My Tween and Me (MTM) provides parents/caregivers and their tweens with knowledge, tools and support as the child transitions to adolescence. MTM strengthens parent-child communication and supports parents with building positive relationship with their child.

This group is for parents/caregivers and their **children aged 7 through 12**. Parents/caregivers are expected to attend two sessions with their child(ren) to cultivate bonding and enhance mutual understanding.

Throughout the eight sessions, we will:

- ❖ Enhance knowledge of tween growth and development
- ❖ Build effective communication skills for both parents and tweens
- ❖ Promote positive youth development
- ❖ Foster strong family and community relationships

This group is in-person. A light dinner will be provided. Childminding is available.

Bus tickets available upon request

**THIS GROUP IS CONTINUING FROM NOVEMBER AND REGISTRATION IS CLOSED.**

### **Winter Event:**

- **EYPSP & PEP Winter Party: Tuesday, December 17, 10:00 am to 12:00 pm, at Cameray, 2038 Rosser Avenue.**

Drop by and join us for a party filled with a variety of family-friendly activities, including music, a photo booth and a wealth of craft activities! Light snacks and festive goodies will be served throughout the party. Come and meet the program staff, as well as other families. See you there!

★ **Please note: PRE-REGISTRATION IS REQUIRED is required; NO DROP-IN'S.** Due to the popularity of past winter parties, we ask that you please pre-register through: [pspgroupsignup@cameray.ca](mailto:pspgroupsignup@cameray.ca)

**You may register up to a maximum of four (4) people per family.** Thank you for your understanding.

### **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.