












EARLY YEARS PARENTING SUPPORT PROGRAM MONTHLY GROUP CALENDAR

JANUARY 2025

Mon	Tue	Wed	Thu	Fri
6	7	8	9	10
 10:00am – 11:30am Circulo De Seguridad <i>(in Spanish)</i> Cameray 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED	 9:30am – 11:30am Rosser Infant/Toddler Drop-In ★ Cameray 2038 Rosser Ave, Burnaby ★Visit from Fraser Health Dental Hygienist	STATUTORY HOLIDAY 	 9:30am – 11:30am Rosser Infant/Toddler Drop-In ★ Cameray 2038 Rosser Ave, Burnaby ★Visit from Fraser Health Dental Hygienist	 9:30am – 11:30am Drop-In at Eighth & Eight (Literacy and Storytime) Family Place New West Room: Studio 1A 735 8 th Ave New Westminster 10:00am – 12:00pm Brunch & Learn: Bodyweight Workout with Connie Cameray 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED
13	14	15	16	17
10:00am – 11:30am Circulo De Seguridad <i>(in Spanish)</i> Cameray 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED 7:30pm – 9:00pm Estrategias De Comportamiento Behavior Strategies <i>(in Spanish)</i> Online, via zoom PRE-REGISTRATION REQUIRED	 	 	9:30am – 11:30am University Highlands Elementary Family Drop-In University Highlands Elementary (2 nd Floor – Preschool Room) 9388 Tower Road, Burnaby ★Visit from the Children's Librarian at Cameron	9:30am – 11:30am Drop-In at Eighth & Eight (Literacy and Storytime) Family Place New West Room: Studio 1A 735 8 th Ave New Westminster 10:00am – 12:00pm Parents and Grandparents: Healthy Family Boundaries Cameray 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED
20	21	22	23	24
10:00am – 11:30am Circulo De Seguridad <i>(in Spanish)</i> Cameray 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED 7:30pm – 9:00pm Estrategias De Comportamiento Behavior Strategies <i>(in Spanish)</i> Online, via zoom PRE-REGISTRATION REQUIRED	10:00am – 12:00pm Parenting Across Cultures: Positive Discipline <i>(in Mandarin)</i> Cameray, 2038 Rosser Ave Burnaby PRE-REGISTRATION REQUIRED	10:00am – 11:30am The Child Brain Cameray, 2038 Rosser Ave Burnaby PRE-REGISTRATION REQUIRED	9:30am – 11:30am Rosser Infant/Toddler Drop-In ★ Cameray 2038 Rosser Ave, Burnaby 12:30pm – 2:30pm Rosser Infant/Toddler Drop-In ★ Cameray 2038 Rosser Ave, Burnaby	9:30am – 11:30am Drop-In at Eighth & Eight (Literacy and Storytime) Family Place New West Room: Studio 1A 735 8 th Ave New Westminster
27	28	29	30	31
10:00am – 11:30am Circulo De Seguridad <i>(in Spanish)</i> Cameray 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED		10:00am – 11:30am Teaching Children about their Bodies Cameray, 2038 Rosser Ave Burnaby PRE-REGISTRATION REQUIRED		9:30am – 11:30am Drop-In at Eighth & Eight (Literacy and Storytime) Family Place New West Room: Studio 1A 735 8 th Ave New Westminster

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 JANUARY 2025

★ **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: visit from Fraser Health Dental Hygienist on January 9.**
- **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.*
- **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.* ★ **Please note: visit from the Children's Librarian at Cameron.**
★ **Winter break/school closure is until January 5, 2025, and there will be no drop-in on January 2, 2025.**

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

- **Circulo De Seguridad (Circle of Security in Spanish):** Mondays, January 6, 13, 20, 27 (and February 3, 10, 24, with no session on Feb 17), 10:00 am to 11:30 am.
This seven-week program is based on decades of research (from Professional Counsellor Lisa Dion's work) about how secure parent-child relationships can be supported and strengthened. You will be able to better understand your child emotional needs and get the tools that will help you to support your child, creating the sense of security that your child needs to thrive in life. Snacks and childminding are provided. Bus tickets are available.
This in-person group series is at Cameray, 2038 Rosser Avenue, Burnaby.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.
- **Brunch & Learn: Bodyweight Workout with Connie:** Friday, January 10, 10:00 am to 12:00 pm
For busy parents with young children, incorporating exercise into your day can feel impossible. A bodyweight routine is one of the best options for parents who are short on time. The exercises are safe, functional, and don't require special equipment. This Brunch & Learn session will give participants an opportunity to focus on wellbeing by moving their bodies during a short bodyweight workout. Comfortable clothing and water bottles are recommended. Between 10:00am and 10:30am, parents and children will have time to get settled. The workout session will begin at 10:30am. Childcare is available. This in-person group is at Cameray, 2038 Rosser Avenue, Burnaby.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.
- **Estrategias De Comportamiento/ Behavior Strategies (in Spanish):** Mondays, January 13 and 20, 7:30pm to 9:00pm (special online schedule for working parents).
Profundizaremos en tecnicas y estrategias de disciplina que funcionan mejor en situaciones especificas, como y cuando aplicarlas. Te ayudara a ofrecer lo mejor de ti para guiar y obtener lo mejor de tu niño (a).
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.
This two-session online group is at Cameray, 2038 Rosser Avenue, Burnaby.
Gentle reminder – throughout the zoom sessions, please keep your video cameras on.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.

- **The Child Brain: Wednesday, January 15, 10:00 am to 11:30 am**

This session is based on the book “The Whole Brainchild” by Dan Siegel and Tina Payne Bryson, on how children’s brains develop, what you can do to encourage healthy brain development and strategies to integrate your child’s brain. At the group, we will give each family the book “*The Whole Brain Child*,” by Daniel Siegel and Tina Payne! Childcare is available. This in-person group is at Cameray, 2038 Rosser Avenue, Burnaby.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.

- **Parents and Grandparents: Healthy Family Boundaries: Friday, January 17, 10:00 am to 12:00 pm.**

Each generation has its own parenting style, shaped by social changes, values, and communication. It’s important for parents and grandparents to understand each other’s roles and navigate the journey of nurturing the youngest members of the family with love, empathy, and respect. This workshop supports families by exploring expectations and boundaries. 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. This in-person group is at Cameray, 2038 Rosser Avenue, Burnaby.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.

- **Parenting Across Cultures: Positive Discipline (in Mandarin): Tuesday, January 21, 10:00 am to 12:00 pm.**

在新的文化环境中抚养孩子，如何在两套价值观中找到平衡？

本工作坊融合中国传统育儿价值观（如尊重与家庭和谐）与西方正向管教方法，提供实用工具，

帮助您应对孩子的情绪、设立界限，并培养亲密的亲子关系，同时传承您的文化根基。

与其他家长交流经验，共同探索在支持性的环境中培养自信、有韧性的孩子

Are you balancing two sets of values while raising your child in a new cultural environment? This workshop blends traditional Chinese parenting values, including respect and family harmony, with Western positive discipline strategies. Learn practical tools to handle tantrums, set boundaries, and nurture emotional connection—while honoring your cultural roots. Connect with other parents, share experiences, and discover ways to raise confident and resilient children in a supportive space. This in-person group is at Cameray, 2038 Rosser Avenue, Burnaby. Childcare is available.

PRE-REGISTRATION REQUIRED. SPACE LIMITED.

- **Teaching Children about their Bodies: Wednesday, January 29, 10:00 am to 11:30 am.**

During this session we will discuss sexual health in children, gender identity, what your children need to know about their bodies, how you can approach sexually related topics with your child, appropriate touching, and ways to help prevent sexual abuse.

This in-person group session is at Cameray, 2038 Rosser Avenue, Burnaby. Childcare is 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 session and we will not allow any recording of group sessions.

We also ask that any information learned about other participants in group is kept between participants only.