



FEBRUARY 2025

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>9:30am – 11:30am Drop-In at Eighth & Eight (Literacy and Storytime) Family Place New West Room: Studio 1A 735 8th Ave, New Westminster</p> <p>10:00am – 11:30am Circulo De Seguridad (in Spanish) (session 5 of 7) Cameray 2038 Rosser Ave, Burnaby GROUP IS FULL</p>	<p>4</p> <p>7:30pm – 9:00pm Hold Me Tight® (session 1 of 7) Online, via zoom ★Please note that this group is for couples only</p> <p>PRE-REGISTRATION REQUIRED FOR THIS SEVEN SESSION GROUP</p>	<p>5</p> 	<p>6</p> <p>9:30am – 11:30am University Highlands Elementary Family Drop-In University Highlands Elementary (2nd Floor - Preschool Room) 9388 Tower Road, Burnaby</p>	<p>7</p> 
<p>10</p> <p>10:00am – 11:30am Circulo De Seguridad (in Spanish) (session 6 of 7) Cameray 2038 Rosser Ave, Burnaby GROUP IS FULL</p>	<p>11</p> <p>7:30pm – 9:00pm Hold Me Tight® (session 2 of 7) Online, via zoom</p>	<p>12</p> <p>10:00am – 11:30am Clap, Tap, Rhythm & Rhyme Cameray 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED</p>	<p>13</p> <p>9:30am – 11:30am Rosser Infant/Toddler Drop-In ★ Cameray 2038 Rosser Ave, Burnaby ★Please note visit from SFU Language & Learning Lab, morning group only</p> <p>12:30pm – 2:30pm Rosser Infant/Toddler Drop-In ★ Cameray 2038 Rosser Ave, Burnaby</p>	<p>14</p> <p>9:30am – 11:30am Drop-In at Eighth & Eight (Literacy and Storytime) Family Place New West Room: Studio 1A 735 8th Ave, New Westminster</p> <p>10:00am – 12:00pm Cross-Cultural Parenting: A discussion group for Korean born parents, raising children in Canada Cameray 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED</p>
<p>17</p> <p>STATUTORY HOLIDAY</p>	<p>18</p> <p>10:00am – 12:00pm DIY Toys to Inspire Imagination Cameray 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED</p> <p>7:30pm – 9:00pm Hold Me Tight® (session 3 of 7) Online, via zoom</p>	<p>19</p> <p>10:00am – 11:30am Clap, Tap, Rhythm & Rhyme Cameray 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED</p>	<p>20</p> <p>9:30am – 11:30am University Highlands Elementary Family Drop-In University Highlands Elementary (2nd Floor - Preschool Room) 9388 Tower Road, Burnaby</p>	<p>21</p> <p>9:30am – 11:30am Drop-In at Eighth & Eight (Literacy and Storytime) Family Place New West Room: Studio 1A 735 8th Ave, New Westminster</p> <p>10:00am – 12:00pm Firm but Fair...and be consistent Cameray 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED</p>
<p>24</p> <p>10:00am – 11:30am Circulo De Seguridad (in Spanish) (session 7 of 7) Cameray 2038 Rosser Ave, Burnaby GROUP IS FULL</p>	<p>25</p> <p>7:30pm – 9:00pm Hold Me Tight® (session 4 of 7) Online, via zoom</p>	<p>26</p> <p>10:00am – 11:30am Clap, Tap, Rhythm & Rhyme Cameray 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED</p>	<p>27</p> <p>9:30am – 11:30am Rosser Infant/Toddler Drop-In ★ Cameray 2038 Rosser Ave, Burnaby</p> <p>12:30pm – 2:30pm Rosser Infant/Toddler Drop-In ★ Cameray 2038 Rosser Ave, Burnaby</p>	<p>28</p> <p>9:30am – 11:30am Drop-In at Eighth & Eight (Literacy and Storytime) Family Place New West Room: Studio 1A 735 8th Ave, New Westminster</p>

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 FEBRUARY 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 SFU Language & Learning Lab on February 13, for the morning group only.**
- **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.*

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, February 3, 10, 24, with no session on Feb 17), 10:00 am to 11:30 am.**
These final three sessions of the 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.
THIS IS A CONTINUING GROUP AND IS CLOSED FOR REGISTRATION.
- **Hold Me Tight® Program: A Couples Guide to Building Relationships: Tuesdays, February 4, 11, 18 25 (and continuing March 4, 11, 18), 7:30 pm to 9:00 pm (special online schedule for working parents).**
Having a strong, healthy, and secure couples' relationship is the best gift that we can give to our children. Based on the work of couples' therapist Dr. Sue Johnson, the Hold Me Tight Program is a 7-week group where we will learn about love and attachment, coping styles when facing conflict, negative patterns in which you get stuck, and how to build new patterns of connection and security. Please note that you may be asked to do 'homework' or complete readings between each group sessions. ***Online Evening Group Series***
★ **Please note that this group is for couples only**
Gentle reminder – throughout the zoom sessions, please keep your video cameras on.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.
- **Clap, Tap, Rhythm and Rhyme: Wednesdays, February 12, 19, 26, 10:00 am to 11:30 am**
Clapping is something that comes very naturally to children and adults alike. Whether we clap our own hands or clap hands with someone else, there are many meanings and benefits of clapping. Through rhythmic movements, children enhance their cardiovascular and muscular health and improve flexibility, coordination and balance. During this 3-week interactive group series, we'll be clapping, tapping and playing instruments to help your child develop foundational skills that will benefit them for years to come. This in-person group is at Cameray, 2038 Rosser Avenue, Burnaby.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.

- **Cross-Cultural Parenting: A discussion group for Korean born parents, raising children in Canada**
크로스컬처/교차문화 육아: 한국에서 태어나서 캐나다에서 자녀를 키우는 부모님들을 위한 육아토론
Friday, February 14, 10:00 am to 12:00 pm.

Parents of any culture want their children to succeed. It's also true that there is a difference in the definition of 'success' across cultures. During this parent group, long-time Cameray parent and clinical counsellor Nan Park, will share her journey of what it looks like for a parent raised in traditional Korean culture to build a healthy relationship with their own child. Parents are invited to engage in a conversation to discuss ways to blend the best of both cultures, by balancing traditional Korean parenting style and western parenting approaches. Topics that may come up during the discussion: cultural expectations around academics and discipline, expressing emotions, what level of independence children should have. Please arrive a few minutes early to get yourself and your child settled. There will be time to socialize after the group. Childcare is available. This in-person group is at Cameray, 2038 Rosser Avenue, Burnaby.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.

- **DIY Toys to Inspire Imagination: Tuesday, February 18, 10:00 am to 12:00 pm.**

Join us for an inspiring parenting workshop that's sure to spark your creativity, as we delve into imaginative play, inspired by a beloved children's picture book (what could it be?). Discover ways to fuel your child's curiosity and imagination through using everyday craft materials! Childcare is available. Bus tickets available upon request. This in-person group is at Cameray, 2038 Rosser Avenue, Burnaby.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.

- **Firm but Fair ... and be consistent: Friday, February 21, 10:00 am to 12:00 pm.**

When it comes to disciplining children, one of the most important parenting skills a parent can learn is summed up in a few words: firmness doesn't require harshness. During this workshop we'll discuss ways you can support more cooperation from your child, without yelling, shaming, or arguing back and forth. 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 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.