
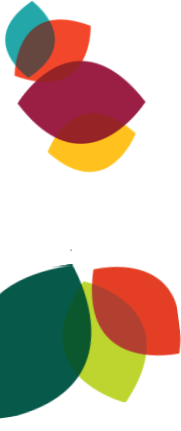










# EARLY YEARS PARENTING SUPPORT PROGRAM

## MONTHLY GROUP CALENDAR

**APRIL 2025**

Mon	Tue	Wed	Thu	Fri
<b>7</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	7:30pm – 9:00pm <b>Hold Me Tight®</b> <i>(final session)</i> <b>Online, via zoom</b> <b>GROUP IS FULL</b>	10:00am – 11:30am <b>Successful Families</b> <i>Cameray</i> 2038 Rosser Ave Burnaby <b>PRE-REGISTRATION REQUIRED</b>	9:30am – 11:30am <b>University Highlands Elementary Family Drop-In</b> <i>University Highlands Elementary</i> (2 <sup>nd</sup> Floor, Preschool Room) 9388 Tower Road, Burnaby	10:00am – 12:00pm <b>Drop-In @Century House</b> (Literacy and Storytime) <i>Family Place New West</i> <b>Drop-in is at the Main Branch, New West Public Library, 716 6<sup>th</sup> Avenue</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
10:00am – 11:30am <b>Happy Marriage, Happy Family</b> <i>Cameray</i> 2038 Rosser Ave, Burnaby <b>PRE-REGISTRATION REQUIRED</b>		10:00am – 11:30am <b>Creating Boundaries by Developing Assertiveness</b> <i>Cameray</i> 2038 Rosser Ave Burnaby <b>PRE-REGISTRATION REQUIRED</b>	9:30am – 11:30am <b>Rosser Infant/Toddler Drop-In ★</b> <i>Cameray</i> 2038 Rosser Ave, Burnaby  12:30pm – 2:30pm <b>Rosser Infant/Toddler Drop-In ★</b> <i>Cameray</i> 2038 Rosser Ave, Burnaby <b>*Visit from Fraser Health Dental Hygienist, only in the afternoon</b>	10:00am – 12:00pm <b>Drop-In @Century House</b> (Literacy and Storytime) <i>Family Place New West</i> <b>Drop-in is at the Main Branch, New West Public Library, 716 6<sup>th</sup> Avenue</b>  10:00am – 12:00pm <b>Understanding Childhood Anxiety and Depression</b> <i>Cameray</i> 2038 Rosser Ave, Burnaby <b>PRE-REGISTRATION REQUIRED</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
	10:00am – 12:00pm <b>Nurturing Parent-Child Connection: Building Secure Attachment and Strong Bonds</b> <i>Cameray</i> 2038 Rosser Ave, Burnaby <b>PRE-REGISTRATION REQUIRED</b>		9:30am – 11:30am <b>University Highlands Elementary Family Drop-In</b> <i>University Highlands Elementary</i> (2 <sup>nd</sup> Floor, Preschool Room) 9388 Tower Road, Burnaby <b>* Visit from Fraser Health Dental Hygienist</b>	<b>STATUTORY HOLIDAY</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>STATUTORY HOLIDAY</b>			9:30am – 11:30am <b>Rosser Infant/Toddler Drop-In ★</b> <i>Cameray</i> 2038 Rosser Ave, Burnaby  12:30pm – 2:30pm <b>Rosser Infant/Toddler Drop-In ★</b> <i>Cameray</i> 2038 Rosser Ave, Burnaby	9:30am – 11:30am <b>Drop-In @Century House</b> (Literacy and Storytime) <i>Family Place New West</i> 620 Eighth Street New Westminster
<b>28</b>	<b>29</b>	<b>30</b>		
10:00am – 11:30am <b>Multiracial children: Helping them to establish their identity</b> <i>Cameray</i> 2038 Rosser Ave, Burnaby <b>PRE-REGISTRATION REQUIRED</b>				

Groups are for Burnaby and New Westminster families with one or more children.

Email us at [pspgroupsignup@cameray.ca](mailto:pspgroupsignup@cameray.ca) to sign up for groups

**Please try not to register on the day of the group, as they fill up quickly; thank you!**



## Early Years Parenting Support Programs: Group Descriptions for APRIL 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 April 10, afternoon group only.**
- **Drop-In at Century House:** In collaboration with *Family Place New West*, 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.* Century House (the playroom), 620 Eighth Street, behind the building facing Moody Park playground.  
**Please note - drop-in at the Main Branch-New West Public Library, April 4 and 11, from 10:00 am to 12:00 pm**
- **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 2<sup>nd</sup> 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 Fraser Health Dental Hygienist on April 17.**

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

- **Hold Me Tight® Program: A Couples Guide to Building Relationships: Tuesday, April 1, 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\***  
**THIS IS THE LAST SESSION OF A CONTINUING GROUP AND IS CLOSED FOR REGISTRATION.**  
**Gentle reminder** – please keep your video cameras on throughout the video session.
- **Successful Families: Wednesday, April 2, 10:00 am to 11:30 am, Cameray, 2038 Rosser Avenue, Burnaby.**  
Effective families don't just happen, it takes a combination of planning, determination, energy, vision and more. In this session we will look at the characteristics needed to create a solid foundation and a successful family. Based on the book "The 7 habits of Highly effective families" by Stephen Covey.  
This in-person group series is at Cameray, 2038 Rosser Avenue, Burnaby.  
Childminding is provided for children under the age of six. Bus tickets are available upon request.  
**PRE-REGISTRATION REQUIRED. SPACE LIMITED.**
- **Happy Marriage, Happy Family: Monday, April 7, 10:00 am to 11:30 am, Cameray, 2038 Rosser Avenue, Burnaby.**  
Join us in this informative workshop, to discuss how to create a happier home atmosphere by improving positive communication with your spouse and children.  
Childminding is provided for children under the age of six years. Bus tickets and light snacks are provided.  
This in-person group series is at Cameray, 2038 Rosser Avenue, Burnaby.  
**PRE-REGISTRATION REQUIRED. SPACE LIMITED.**
- **Creating Boundaries by Developing Assertiveness: Wednesday, April 9, 10:00 am to 11:30 am.**  
In this group we will look at how we can create healthy boundaries with those around us including our children and how to be assertive. This in-person group series is at Cameray, 2038 Rosser Avenue, Burnaby.  
Childminding is available for children under the age of six. Snacks and bus tickets available.  
**PRE-REGISTRATION REQUIRED. SPACE LIMITED.**

- Understanding Childhood Anxiety and Depression: Friday, April 11, 10:00 am to 12:00 pm.**

All children can become anxious and sad at times, but prolonged and intense feelings of anxiety or sadness may indicate more than just a bad day. During this group we'll explore how to recognize signs of anxiety and depression in young children. We'll also discuss ways to support your child to develop social, emotional, and cognitive skills that will help prevent the development of anxiety and depression. 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.**
- Nurturing Parent-Child Connection: Building Secure Attachment and Strong Bonds (In Cantonese): Tuesday, April 15, 10:00 am to 12:00 pm, Cameray, 2038 Rosser Avenue, Burnaby.**

了解依附型態如何影響孩子情緒調節的能力；幫助家長在日常生活中與孩子建立安全與親密的連結。

In this workshop, you'll learn to better understand how attachment styles influence children's emotional regulation, and we'll support parents with tips to build connections and bond with their children in everyday life.

日期: Tuesday, April 15, 2025      時間: 10am-12pm      形式: In-person      語言: 廣東話 Cantonese

地點: 2038 Rosser Avenue, Burnaby.      對象      5歲以下兒童父母/ 照顧者

Childminding is available; bus tickets are available upon request      托兒服務和公車票可應要求提供

**PRE-REGISTRATION REQUIRED. SPACE LIMITED.**
- Multiracial children: Helping them to establish their identity: Monday, April 28, 10:00 am to 11:30 am, Cameray, 2038 Rosser Avenue, Burnaby.**

Living in a multicultural city the rate of interracial couples is increasing and demographic of multiracial children is growing at a fast rate. Join us to this insightful session about how to foster healthy multiracial children's identity. Childminding is available for children under the age of six. Snacks and bus tickets available.

This in-person group series is at Cameray, 2038 Rosser Avenue, Burnaby.

**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.