



















**PARENT EDUCATION PROGRAM
MONTHLY CALENDAR**

APRIL 2025

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
				
7	8	9	10	11
Between 9:00am – 1:00pm One-to-One Parenting Consultations <i>New Westminster Wellness Centre 2038 820 Sixth Street, New Westminster</i>				
14	15	16	17	18
Between 9:00am – 1:00pm One-to-One Parenting Consultations <i>New Westminster Wellness Centre 2038 820 Sixth Street, New Westminster</i>			7:00pm – 8:30pm 共同調節：支持孩子的情緒發展 Co-Regulation – Supporting Your Child’s Emotions <i>(in Cantonese)</i> (Session 1 of 2) <i>(online via zoom)</i> PRE-REGISTRATION REQUIRED	STATUTORY HOLIDAY
21	22	23	24	25
STATUTORY HOLIDAY			7:00pm – 8:30pm 共同調節：支持孩子的情緒發展 Co-Regulation – Supporting Your Child’s Emotions <i>(In Cantonese)</i> (Session 2 of 2) <i>(online via zoom)</i>	
28	29	30		
Between 9:00am – 1:00pm One-to-One Parenting Consultations <i>New Westminster Wellness Centre 2038 820 Sixth Street, New Westminster</i>				

Group content and individual parenting consultations focus on middle childhood and adolescence, and best supports 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

Individual Parenting Consultations: April 7, 14 and 28

- 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 being
- ✚ 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).

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

Parent Educational Groups

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

- **共同調節:支持孩子的情緒發展: 日期: Apr 17, 24, 2025 (Thurs) 共兩節 線上**

共同調節是指照顧者（如父母）透過提供情感和行為上的支持，幫助孩子管理他們的情緒、反應和壓力。這是一項情緒發展的基礎技能，孩子透過與一位能夠回應、冷靜且支持性的成人互動，學習如何調節自己的情緒。

歡迎加入我們的工作坊，一起探索有效策略，以建立安全的親子連結 並在日常生活中促進共同調節

對象 Target: 8-15 歲或以上孩童父母/照顧者

Co-Regulation – Supporting Your Child's Emotions (in Cantonese): Thursdays, April 17 and 24, 7:00 pm to 8:30 pm, online.

Co-regulation is the process through which a caregiver (such as a parent) provides emotional and behavioral support to help a child manage their feelings, reactions, and stress. It is a foundational skill in emotional development, where a child learns to regulate their emotions through interactions with a responsive, calm, and supportive adult. Join us for this engaging workshop to explore effective strategies for fostering secure parent-child connections and enhancing co-regulation in daily life!

Target audience: Parents/Caregivers with children aged 8-15

SPACE LIMITED. PRE-REGISTRATION IS REQUIRED.

TO REGISTER, EMAIL: pspgroupsignup@cameray.ca or call: 604 436 9449.

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.