

MAY 2025

Mon	Tue	Wed	Thu	Fri
			1 9:30am – 11:30am University Highlands Elementary Family Drop-In University Highlands Elementary (2 nd Floor, Preschool Room) 9388 Tower Road, Burnaby	2 9:30am – 11:30pm Drop-In @Century House (Literacy and Storytime) Family Place New West 620 Eighth Street New Westminster
5 10:00am – 11:30am Circle of Security™ (Session 1 of 8) Cameray 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED	6 7:00pm – 8:30pm Nobody's Perfect Parenting Program (Session 1 of 6) in partnership with Family Place New West 112-960 Quayside Drive, New Westminster PRE-REGISTRATION REQUIRED; PLEASE REGISTER VIA: info@newwestfamilies.ca	7 10:00am – 11:30am Clap, Tap, Rhythm & Rhyme (Session 1 of 6) Cameray 2038 Rosser Ave Burnaby PRE-REGISTRATION REQUIRED	8 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 9:30am – 11:30pm Drop-In @Century House (Literacy and Storytime) Family Place New West 620 Eighth Street, New Westminster 10:30am – 1:30pm Early Years Swap Cameray 2038 Rosser Ave, Burnaby
12 10:00am – 11:30am Circle of Security™ (Session 2 of 8) Cameray 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED	13 7:00pm – 8:30pm Nobody's Perfect Parenting Program (Session 2 of 6) in partnership with Family Place New West 112-960 Quayside Drive, New Westminster PRE-REGISTRATION REQUIRED	14 10:00am – 11:30am Clap, Tap, Rhythm & Rhyme (Session 2 of 6) Cameray 2038 Rosser Ave Burnaby PRE-REGISTRATION REQUIRED	15 9:30am – 11:30am University Highlands Elementary Family Drop-In University Highlands Elementary (2 nd Floor, Preschool Room) 9388 Tower Road, Burnaby	16 9:30am – 11:30am Drop-In @Century House (Literacy and Storytime) Family Place New West 620 Eighth Street New Westminster
19 STATUTORY HOLIDAY	20 7:00pm – 8:30pm Nobody's Perfect Parenting Program (Session 3 of 6) in partnership with Family Place New West 112-960 Quayside Drive New Westminster PRE-REGISTRATION REQUIRED 10:00am – 12:00pm 卑詩省兒童福利和社區資源介紹 (普通話講座) Introduction to Child Benefits and Community Resources in BC (in Mandarin) Cameray 2038 Rosser Ave Burnaby PRE-REGISTRATION REQUIRED	21 10:00am – 11:30am Clap, Tap, Rhythm & Rhyme (Session 3 of 6) Cameray 2038 Rosser Ave Burnaby PRE-REGISTRATION REQUIRED	22 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	23 9:30am – 11:30am Drop-In @Century House (Literacy and Storytime) Family Place New West 620 Eighth Street New Westminster 10:00am – 12:00pm Building Your Child's Resilience Cameray 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED
26 10:00am – 11:30am Circle of Security™ (Session 3 of 8) Cameray 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED	27 7:00pm – 8:30pm Nobody's Perfect Parenting Program (Session 4 of 6) in partnership with Family Place New West 112-960 Quayside Drive, New Westminster PRE-REGISTRATION REQUIRED	28 10:00am – 11:30am Clap, Tap, Rhythm & Rhyme (Session 4 of 6) Cameray 2038 Rosser Ave Burnaby PRE-REGISTRATION REQUIRED	29 10:00am – 12:00pm 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 Cameray 2038 Rosser Ave Burnaby PRE-REGISTRATION REQUIRED	30 9:30am – 11:30am Drop-In @Century House (Literacy and Storytime) Family Place New West 620 Eighth Street New Westminster

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

Please register at least five days prior to group's start date; this helps to ensure that your registration is confirmed. Thank you!

Early Years Parenting Support Programs: Group Descriptions for MAY 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.*
- **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.
- **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):

- **Circle of Security® Program: Mondays, eight sessions: May 5, 12, and 26 (continuing June 2, 9, 16, 23 and 30) 10:00 am to 11:30 am. Please note: no group on May 19.**
Sometimes it's hard to tell what your child needs, what his/her behaviors mean and if you're doing right. In this program you will make sense of what your child is really asking from you.
During this 8-week parenting program you will learn to:
 - Understand your child's emotional world by learning to read their emotional needs
 - Respond and support your child
 - Create a healthy relationship and a sense of security that your child needs to thrive in life.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.
- **Nobody's Perfect Parenting Program: Tuesdays, six sessions: May 6, 13, 20, 27 (continuing June 3 and 10), 7:00 pm to 8:30 pm. This program is in partnership with Family Place New West, 112-960 Quayside Drive, New Westminster.**
In this six-week program, we will discuss real life parenting situations and topics, in a judgement-free space with other parents and trained facilitators.
For more information, see www.newwestfamilies.ca/programs/nobodys-perfect/ or contact 604.520.3666 or email:info@newwestfamilies.ca
This in-person group series is at Family Place New West, 112-960 Quayside Drive, New Westminster.
PRE-REGISTRATION REQUIRED; PLEASE REGISTER VIA: <https://www.eventbrite.ca/e/nobodys-perfect-parenting-program-evenings-may-6-june-10-tickets-1319063036049?aff=erelexpmlt>
- **Clap, Tap, Rhythm and Rhyme: Wednesdays, May 7, 14, 21 and 28 (June 4 and 11), 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 6-week interactive group series, we'll clap, tap and play instruments along with songs and rhymes. Join us for some fun and develop foundational skills your child will benefit from for years to come.
This interactive group series is at Cameray, 2038 Rosser Avenue, Burnaby.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.

- **Early Years Swap: Friday, May 9, 10:30 am to 1:30 pm.**

Join us for this fun event and share gently used toys and clothing. The idea is to donate clothes and/or toys and take some items home – bring what you can and take what you need. All donated items should be clean and in good condition. We are unable to accept baby furniture and large baby equipment, including car seats and potty seats. No registration is required, but space is limited.

For more information about what, when, and how to donate, please contact Renée: renee.austin@cameray.ca

This event is at Cameray, 2038 Rosser Avenue, Burnaby.

- **卑诗省儿童福利和社区资源介绍 (普通话讲座) 日期、时间、地点: 5月20日(星期二) 上午10:00至中午12:00**

Introduction to Child Benefits and Community Resources in BC (in Mandarin): Tuesday, May 20, 10:00 am to 12:00 pm.

欢迎来到加拿大! 您是刚在BC省定居的新移民家庭吗? 欢迎参加是此讲座, 你可以了解:

✔ 加拿大的儿童福利

✔ 社区资源

✔ 本拿比市提供低收入家庭的支援项目, 以协助你的孩子在这里健康成长。

讲座提供儿童托管服务; 如有需要, 可提供巴士票。

需要预先注册, 名额有限。

Welcome to Canada! Are you a newcomer family settling in BC? Raising children in a new country can be exciting, but it can also be challenging! Join our workshop to learn about:

✔ Child Benefits

✔ Community Resources for Children

✔ Programs for Low-income Families in the City of Burnaby to support your child's healthy growth and well-being.

Let us build a strong start for your family in the new community!

Childminding is available; Bus tickets are available upon request.

PRE-REGISTRATION REQUIRED. SPACE LIMITED.

- **Building Your Child's Resilience: Friday, May 23, 10:00 am to 12:00 pm.**

All children experience challenges. However, when children build their resilience, they are better able to respond positively to challenges, manage their emotions and overcome setbacks. During this group session, we'll discuss nurturing strategies that will help your child cope with adversity and set them up with healthy coping skills for the future. 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 group is at Cameray, 2038 Rosser Avenue, Burnaby.

PRE-REGISTRATION REQUIRED. SPACE LIMITED.

- **크로스컬처/교차문화 육아: 한국에서 태어나서 캐나다에서 자녀를 키우는 부모님들을 위한 육아토론**

Cross-Cultural Parenting: a Discussion group for Korean born parents, raising children in Canada:

Friday, May 29, 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 group 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.