





















**PARENT EDUCATION PROGRAM  
MONTHLY CALENDAR**

**MAY 2025**

Mon	Tue	Wed	Thu	Fri
			1	2
				
5	6	7	8	9
Between 9:00am – 1:00pm <b>One-to-One Parenting Consultations</b> <i>New Westminster Wellness Centre 2038 820 Sixth Street, New Westminster</i>				
12	13	14	15	16
Between 9:00am – 1:00pm <b>One-to-One Parenting Consultations</b> <i>New Westminster Wellness Centre 2038 820 Sixth Street, New Westminster</i>				
19	20	21	22	23
<b>STATUTORY HOLIDAY</b>				
26	27	28	29	30
Between 9:00am – 1:00pm <b>One-to-One Parenting Consultations</b> <i>New Westminster Wellness Centre 2038 820 Sixth Street, New Westminster</i>				1:00pm – 2:30pm <b>Keeping Kids Safe from Digital Exploitation and Abuse</b> <i>Cameray 2038 Rosser Avenue Burnaby</i> <b>PRE-REGISTRATION REQUIRED</b>

Group content and individual parenting consultations focus on middle childhood and adolescence, and best support parents with one or more children aged 6 to 18, who live in Burnaby and New Westminster.

Email: [annie.ngai@cameray.ca](mailto:annie.ngai@cameray.ca) to inquire about and register for individual consultations

## **Individual Parenting Consultations: May 5, 12 and 26**

- You are welcome to drop by for a 30-minute 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](mailto: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):**

- **Keeping Kids Safe from Digital Exploitation and Abuse:** Friday, May 30, 1:00 pm to 2:30 pm.

**Online group. Target audience: Parents/Caregivers with children aged 6 and above**

This workshop focuses on the current dangers children face in a digital era, with a special emphasis on how children and youth are at risk of sexual exploitation through the sharing of inappropriate and intimate photos.

Parents/caregivers will be equipped with skills to recognize early warning signs that their child may be in danger and how to support their children, both legally and emotionally.

**Guest Speaker: Shelby, Child and Youth Victim Support Worker, Cameray Child & Family Services**

**SPACE LIMITED. PRE-REGISTRATION IS REQUIRED. TO REGISTER, 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.