





# EARLY YEARS PARENTING SUPPORT PROGRAM

## MONTHLY GROUP CALENDAR

**OCTOBER 2025**

Mon	Tue	Wed	Thu	Fri
		1	2	3
			<p>9:30am – 11:30am <b>Drop-In @Century House</b> <i>with Family Place New West</i> 620 Eighth Street, New West</p> <p>9:30am – 11:30am <b>University Highlands Family Drop-In</b> University Highlands Elementary (2<sup>nd</sup> Floor, Preschool Room) 9388 Tower Road, Burnaby</p>	<p>10:00am – 12:00pm <b>How Babies Learn Language</b> <i>In partnership with SFU Language and Learning Labs</i> Cameray 2038 Rosser Ave, Burnaby <b>REGISTRATION REQUIRED</b></p>
6	7	8	9	10
<p>10:00am – 12:00pm <b>Circle of Security™</b> <i>In partnership with YMCA Child Care Resource and Referral</i> (Session 4 of 8) Cameray 2038 Rosser Ave, Burnaby <b>REGISTRATION CLOSED</b></p>	<p>7:30pm – 9:30pm <b>Hold Me Tight®</b> (Session 1 of 7) Online via Zoom <b>REGISTRATION REQUIRED</b></p>	<p>10:00am – 12:00pm <b>Every Move Counts</b> (Session 1 of 2) Cameray 2038 Rosser Ave, Burnaby <b>REGISTRATION REQUIRED</b></p>	<p>9:30am – 11:30am <b>Rosser Infant/ Toddler Drop-In</b> Cameray 2038 Rosser Ave, Burnaby</p> <p>12:30pm – 2:30pm <b>Rosser Infant/ Toddler Drop-In</b> Cameray 2038 Rosser Ave, Burnaby <i>Visit from: Fraser Health Dental Hygienist</i></p>	
13	14	15	16	17
<b>STATUTORY HOLIDAY</b>	<p>7:30pm – 9:30pm <b>Hold Me Tight®</b> (Session 2 of 7) Online via Zoom <b>REGISTRATION REQUIRED</b></p>	<p>10:00am – 12:00pm <b>Every Move Counts</b> (Session 2 of 2) Cameray 2038 Rosser Ave, Burnaby <b>REGISTRATION REQUIRED</b></p> <p>7:00pm – 9:00pm <b>Building Love in Canada: Marital Group for Chinese Immigrants</b> (Session 1 of 6) Online via Zoom <b>REGISTRATION REQUIRED</b></p>	<p>9:30am – 11:30am <b>Drop-In @Century House</b> <i>with Family Place New West</i> 620 Eighth Street, New West</p> <p>9:30am – 11:30am <b>University Highlands Family Drop-In</b> University Highlands Elementary (2<sup>nd</sup> Floor, Preschool Room) 9388 Tower Road, Burnaby</p>	<p>10:00am – 12:00pm <b>The Science Behind Motor Development in Early Childhood</b> Cameray 2038 Rosser Ave, Burnaby <b>REGISTRATION REQUIRED</b></p>
20	21	22	23	24
<p>10:00am – 12:00pm <b>Circle of Security™</b> <i>In partnership with YMCA Child Care Resource and Referral</i> (Session 5 of 8) Cameray 2038 Rosser Ave, Burnaby <b>REGISTRATION CLOSED</b></p>	<p>7:30pm – 9:30pm <b>Hold Me Tight®</b> (Session 3 of 7) Online via Zoom <b>REGISTRATION CLOSED</b></p>	<p>10:00am – 12:00pm <b>Mom's Emotional Wellbeing</b> Cameray 2038 Rosser Ave, Burnaby <b>REGISTRATION REQUIRED</b></p> <p>7:00pm – 9:00pm <b>Building Love in Canada: Marital Group for Chinese Immigrants</b> (Session 2 of 6) Online via Zoom <b>REGISTRATION REQUIRED</b></p>	<p>9:30am – 11:30am <b>Drop-In @Century House</b> <i>with Family Place New West</i> 620 Eighth Street, New West</p> <p>9:30am – 11:30am <b>Rosser Infant/Toddler Drop-In</b> Cameray 2038 Rosser Ave, Burnaby</p> <p>12:30pm – 2:30pm <b>Rosser Infant/Toddler Drop-In</b> Cameray, 2038 Rosser Ave, Burnaby</p>	
27	28	29	30	31
<p>10:00am – 12:00pm <b>Circle of Security™</b> <i>In partnership with YMCA Child Care Resource and Referral</i> (Session 6 of 8) Cameray 2038 Rosser Ave, Burnaby <b>REGISTRATION CLOSED</b></p>	<p>7:30pm – 9:30pm <b>Hold Me Tight®</b> (Session 4 of 7) Online via Zoom <b>REGISTRATION CLOSED</b></p>	<p>10:00am – 12:00pm <b>Zumbini!</b> Cameray 2038 Rosser Ave, Burnaby <b>REGISTRATION REQUIRED</b></p> <p>7:00pm – 9:00pm <b>Building Love in Canada: Marital Group for Chinese Immigrants</b> (Session 3 of 6) Online via Zoom <b>REGISTRATION CLOSED</b></p>	<p><b>Groups are for families who live in Burnaby and New Westminster.</b> <b>Please register at least five days prior to a group's start date as this helps to ensure that your registration is confirmed.</b></p> <div> <p>Group Registration - Early Years and Parent Education programs</p>  </div>	

## Early Years Parenting Support Programs: Group Descriptions for OCTOBER 2025

### ★ Interactive Groups for families with children age 5 and under ★

#### Drop-in Groups (no registration required):

- 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.
- Rosser Infant/Toddler Drop-In: Thursday morning and afternoon, October 9 and 23.** This bi-weekly drop-in group (9:30 am to 11:30 am, and 12:30 pm to 2:30 pm) is 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.  
**Fraser Health Dental hygienist will be at 12:30 pm to 2:30 pm drop-in on October 9.**  
 ★ No registration is required, and families may come and go as they please during the group time.
- Drop-In at Century House: Thursday mornings. 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.  
 Located at Century House (the playroom), 620 Eighth Street, behind the building facing Moody Park playground.

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

- Circle of Security® Program: Mondays (eight sessions in total). 10:00 am to 12:00 pm. Sessions 4 to 8 continue on October 6, 20, 27 and November 3, 10. Cameray, 2038 Rosser Avenue, Burnaby.**  
**Please note: no group on October 13.**  
**In partnership with YMCA Child Care Resource and Referral**  
 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.  
**CONTINUING GROUP - REGISTRATION IS CLOSED.**
- How Babies Learn Language: Friday, October 3, 10:00 am to 12:00 pm, Cameray, 2038 Rosser Avenue, Burnaby.**  
**In partnership with SFU Language and Learning Labs**  
 Discover how your baby begins to understand and use language from day one! Join us for an interactive workshop with guest Olivia Yung from SFU's Language Learning and Development Lab. Learn what to expect in your child's early language journey (ages 0–3) and how you can support it through everyday interactions.  
**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 IS REQUIRED. SPACE LIMITED.**
- Hold Me Tight® Program (7 session group): Tuesdays, October 7, 14, 21, 28 (continuing November 4, 18, 25), 7:30 pm to 9:30 pm. Online via Zoom.**  
 Having a strong, healthy, and secure couple relationship is the best gift that we can give to our children. Based on the work of couple's therapist Dr. Sue Johnson, The Hold Me Tight Program is a group series program, where couples will learn about love and attachment, coping styles when facing conflict, negative patterns in which we get stuck, and how to build new patterns of connection and security. Please note that you will be asked to do some 'homework' by completing readings between each group session.  
 This program is online via zoom. **PRE-REGISTRATION IS REQUIRED. YOU MAY REGISTER FOR THIS GROUP UP TO OCTOBER 13, AND THEN REGISTRATION WILL BE CLOSED.**

- **Every Move Counts: Wednesdays, October 8 and 15, 10:00 am to 12:00 pm, Cameray, 2038 Rosser Avenue, Burnaby. Please note this interactive group is best suited to families with little ones who are mobile.**

From the very beginning, children develop physical literacy through movement, play, and connection. Balancing, jumping, running, and throwing are more than just fun...they lay the foundation for a lifetime of physical activity and well-being. In this interactive early year's group, parents and toddlers can explore unstructured, engaging play that supports coordination, agility, and strength. Join us to learn how to model healthy activity and create safe spaces where children can thrive...because a child's ability to be active grows best in a stable, calm environment that's full of encouragement. A light snack will be provided during the last 30 minutes of the group.

**PRE-REGISTRATION IS REQUIRED. SPACE LIMITED.**

- **Building Love in Canada: Marital Group for Chinese Immigrants (in Chinese language): Online, 7:00 pm to 9:00 pm, Tuesdays (group series) on October 15, 22, 29 and continuing November 5, 12, 19.**

This group is designed for Chinese immigrant couples, combining Emotion-focused Theory and Acculturation Theory to support growth in a new cultural environment. You will learn practical tools to strengthen emotional connection, improve communication and navigate cultural transitions. Strengthening couples' bonds also creates a more stable and supportive environment for raising children. This evening group is online, via zoom.

**PRE-REGISTRATION REQUIRED. SPACE LIMITED.**

- **The Science Behind Motor Development in Early Childhood: Friday, October 17, 10:00 am to 12:00 pm, Cameray, 2038 Rosser Avenue, Burnaby.**

Join us for an engaging workshop for parents and caregivers exploring the science behind how young children develop movement skills, and why it matters for their brain development. Discover how everyday play builds fine and gross motor skills, learn what milestones to look for, and get simple, screen-free activity ideas to support your child's growth. Empower yourself with knowledge and tools to nurture your little mover at every stage! **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.

- **Mom's Emotional Wellbeing: Wednesday, October 22, 10:00 am to 12:00 pm, Cameray, 2038 Rosser Avenue, Burnaby.**

Becoming a mom is a turning point in women's life, suddenly our focus becomes the care of our family, juggling between what needs to be done, our role, our needs and personal and social expectations. During this group, guest speaker, **Lisa Cavey** (Owner and Registered Clinical Counsellor from Women's Mental Health) will present the women's emotional map, what signs we need to be aware of. and how we can take care of our emotional wellbeing. Childminding and bus tickets are available upon request.

**PRE-REGISTRATION REQUIRED. SPACE LIMITED.**

- **Zumbini!: Wednesday, October 29, 10:00 am to 12:00 pm, Cameray, 2038 Rosser Avenue, Burnaby.**

**Elizabeth Leon**, Zumbini Instructor, will host a session of music and movement for kids 0 to 4 years old and their caregivers. Join us to have fun dancing with your kids. 10:00am to 12:00pm. Class will be from 10:30am to 11:30am. The first 30min parents and kids will settle down, the last 30min are for Q&A and mingling. **Please be aware** that this is an interactive group, therefore, there will be no childminding service. Bus tickets are available upon request.

**PRE-REGISTRATION IS REQUIRED. SPACE LIMITED.**

#### **Note:**

Group registration fills up very quickly. If you register for a group and can no longer attend, please email us at [pspgroupsignup@cameray.ca](mailto:pspgroupsignup@cameray.ca) so that we can offer your spot to another family. Thank you.