

## About Us

Cameray Child & Family Services is a non-profit organization that supports children, youth and families in our community through counselling, education, outreach and advocacy. We are committed to providing specialized services that empower children, youth, and families in an inclusive, accessible, and safe environment.

## Programs we offer

At Cameray, we provide a number of counselling and support programs for children, youth, and families in Burnaby and New Westminister.

Please scan the QR code to access our programs page, where you can view information about the different programs and support Cameray offers.



## Make a Referral

Referrals can be made either over the phone, in person, faxed or emailed. Referral forms can be found on our website at [www.cameray.ca](http://www.cameray.ca)



## Funding

Our programs are offered *free of charge* through funding from the **Ministry of Children and Family Development** and the generous support of numerous donors in our community.



## Donate

Donate easily and securely online through Canada Helps where you will be eligible for a tax receipt.

We accept cash, cheques, and donations of gift cards and certain goods. Please take time to review our families Wishlist before donating physical items.

Scan the QR code to be taken to our Support page where you can review our families Wishlist and submit a donation.



### Cameray Child and Family Services

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**Cameray**  
Child & Family Services

## Early Years Parenting Support Program

**Connected People,  
Connected Communities**

Serving Burnaby and  
New Westminister since 1972



# Early Years Parenting Support Program

Cameray's Early Years Parenting Support Program is a free program for expectant parents, parents, and caregivers with children aged 0 - 5 who reside in Burnaby or New Westminster. The program offers groups and individual support designed to strengthen family resilience.

Come and build your confidence and skills as a parent, while connecting with new friends and other community resources.

## What We Do:

Our Early Years Parenting Support Program offers prevention and early intervention services to parents and parents-to-be to increase a family's knowledge and skills for effective parenting to strengthen family resiliency. The program includes service options of individual parent support sessions, psycho-educational parenting groups, and interactive parent-child groups.

### Services Include:

- In-person and online group sessions.
- In-person, online or over the phone individual parent support sessions.
- Education and take-home resources on up-to-date parenting practices.
- Bus tickets to attend programming when needed.
- Snacks during groups and dinner for evening groups.

### Group Sessions Include:

- One or two hour in-person or online group sessions on various topics are offered on most weekdays and some evenings year-round.
- Play-based and educational groups available.
- Parents can attend as many groups as they are interested in.
- New group calendar provided monthly.
- A fun, relaxed environment to learn and connect with other parents.
- Childminding is provided.



### Individual Sessions Include:

- Work with a support counsellor to develop a personalized family plan, identify strengths, needs and goals.
- Learn effective parenting skills.
- Get informed about healthy child development.
- Receive support as you navigate the challenges of being a parent.

### Group Topics Include:

- Managing Anger and Stress
- Circle of Security™ Parenting Program
- Parent-Child Mother Goose®
- Attachment and Bonding
- Family Literacy Circle
- Social and Emotional Development
- Positive Discipline

...and many more!

