

EARLY YEARS PARENTING SUPPORT PROGRAM

MONTHLY GROUP CALENDAR

NOVEMBER 2025

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>10:00am – 11:30am Circle of Security™ In partnership with YMCA Child Care Resource and Referral (Session 7 of 8) Cameray 2038 Rosser Ave, Burnaby REGISTRATION CLOSED</p>	<p>4</p> <p>7:30pm – 9:30pm Hold Me Tight ® (Session 5 of 7) Online via Zoom REGISTRATION CLOSED</p>	<p>5</p> <p>10:00am – 11:30am Clap, Tap, Rhythm & Rhyme (Session 1 of 4) Cameray, 2038 Rosser Ave, Burnaby REGISTRATION REQUIRED</p> <p>7:00pm – 9:00pm Building Love in Canada: Marital Group for Chinese Immigrants (Session 4 of 6) Online via Zoom REGISTRATION CLOSED</p>	<p>6</p> <p>9:30am – 11:30am Drop-In @Century House (Literacy and Storytime) with Family Place New West 620 Eighth Street, New West</p> <p>9:30am – 11:30am University Highlands Elementary Family Drop-In University Highlands Elementary (2nd Floor, Preschool Room) 9388 Tower Road, Burnaby *Visit from Cameron Children's Librarian</p>	
<p>10</p> <p>10:00am – 11:30am Circle of Security™ In partnership with YMCA Child Care Resource and Referral (Session 8 of 8) Cameray 2038 Rosser Ave, Burnaby REGISTRATION CLOSED</p>	<p>11</p> <p>STATUTORY HOLIDAY</p>	<p>12</p> <p>10:00am – 11:30am Clap, Tap, Rhythm & Rhyme (Session 2 of 4) Cameray, 2038 Rosser Ave, Burnaby REGISTRATION REQUIRED</p> <p>7:00pm – 9:00pm Building Love in Canada: Marital Group for Chinese Immigrants (Session 5 of 6) Online via Zoom REGISTRATION CLOSED</p>	<p>13</p> <p>9:30am – 11:30am Drop-In @Century House (Literacy and Storytime) with Family Place New West 620 Eighth Street, New West</p> <p>9:30am – 11:30am Rosser Infant/Toddler Drop-In Cameray 2038 Rosser Ave, Burnaby</p> <p>12:30pm – 2:30pm Rosser Infant/Toddler Drop-In Cameray, 2038 Rosser Ave, Burnaby</p>	<p>14</p> <p>10:00am – 12:00pm NEW DROP-IN Cultural Connections: Monthly Drop-in for Parents with Children ages 0-5 Cameray, 2038 Rosser Ave, Burnaby</p>
<p>17</p> <p>10:00am – 12:00pm How to Stay Organized to Reach the Family Financial Goals Cameray 2038 Rosser Ave, Burnaby REGISTRATION REQUIRED</p>	<p>18</p> <p>10:00am – 12:00pm (session 1 of 4) Cantonese Picture Book Workshop for Parents: Crocodile and Giraffe (facilitated in Cantonese) Cameray 2038 Rosser Ave, Burnaby REGISTRATION REQUIRED</p> <p>7:30pm – 9:30pm Hold Me Tight (Session 6 of 7) Online via Zoom REGISTRATION CLOSED</p>	<p>19</p> <p>10:00am – 11:30am Clap, Tap, Rhythm & Rhyme (Session 3 of 4) Cameray 2038 Rosser Ave, Burnaby REGISTRATION REQUIRED</p> <p>7:00pm – 9:00pm Building Love in Canada: Marital Group for Chinese Immigrants (Session 6 of 6) Online via Zoom REGISTRATION CLOSED</p>	<p>20</p> <p>9:30am – 11:30am Drop-In @Century House (Literacy and Storytime) with Family Place New West 620 Eighth Street, New West</p> <p>9:30am – 11:30am University Highlands Elementary Family Drop-In University Highlands Elementary (2nd Floor, Preschool Room) 9388 Tower Road, Burnaby</p> <p>1:00pm – 3:00pm Cameron Family Drop-in Cameron Library 110-9855 Austin Ave, Burnaby</p>	<p>21</p> <p>10:00am – 12:00pm Safe, Loved and Respected: Teaching Boundaries from the Start Cameray 2038 Rosser Ave, Burnaby REGISTRATION REQUIRED</p>
	<p>24</p> <p>Note: 1:00pm – 3:00pm (session 2 of 4) Cantonese Picture Book Workshop for Parents: Crocodile and Giraffe (facilitated in Cantonese) Cameray 2038 Rosser Ave, Burnaby REGISTRATION REQUIRED</p> <p>7:30pm – 9:30pm Hold Me Tight (Session 7 of 7) Online via Zoom REGISTRATION CLOSED</p>	<p>25</p> <p>10:00am – 11:30am Clap, Tap, Rhythm & Rhyme (Session 4 of 4) Cameray 2038 Rosser Ave, Burnaby REGISTRATION REQUIRED</p>	<p>26</p> <p>9:30am – 11:30am Drop-In @Century House (Literacy and Storytime) with Family Place New West 620 Eighth Street, New West</p> <p>9:30am – 11:30am Rosser Infant/Toddler Drop-In Cameray 2038 Rosser Ave, Burnaby</p> <p>12:30pm – 2:30pm Rosser Infant/Toddler Drop-In Cameray 2038 Rosser Ave, Burnaby</p>	<p>27</p> <p>10:30am – 1:30pm Early Years Toys, Books, and Clothing Swap Cameray 2038 Rosser Ave, Burnaby</p>
				

Groups are for families who live in Burnaby and New Westminster - no other cities.

Please register at least five days prior to a group's start date, as this helps ensure that your registration is confirmed. Scan the code to register:



Early Years Parenting Support Programs: Group Descriptions for NOVEMBER 2025

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

Drop-in Groups (no registration required):

- **University Highlands Family Drop-In: Thursdays, 9:30 am to 11:30 am, November 6 and 20.**
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.
★ **Please note visit from Cameron Children's Librarian on November 6th**
- **Rosser Infant/Toddler Drop-In: Thursday morning and afternoon, November 13 and 27.** 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.
★ **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.
- **New Drop-in: Cultural Connections Parent-Child Drop-in: Friday, November 14, 10:00 am to 12:00 pm.**
Join us for this once-per month family-friendly drop-in, for parents with children aged 0-5. Enjoy stories, songs, and free play and early learning programming and connect with other families. A facilitator is available to provide resources and discuss parenting concerns regarding their child and cross-cultural parenting. Light snacks are provided.
★ **No registration is required**, but space is limited. Join us at Cameray, 2038 Rosser Avenue, Burnaby.
- **Family Drop-in at Cameron Library (in Mandarin & Cantonese): Thursday, November 20, 1:00 pm to 3:00pm.**
Join us for a fun and welcoming family drop-in, facilitated in Mandarin and Cantonese. For families with children aged 0-6, the program includes free play, a light snack, and circle time, in a relaxed setting. We look forward to seeing you at the temporary library in the **City of Lougheed Shopping Centre, 110-9855 Austin Ave, Burnaby.**
★ **No registration is required**, but space is limited to 8 families per session.
- **Early Years Swap: Friday, November 28, 10:30 am to 1:30 pm.** Give new life to your child's gently used toys, books and clothing. This is a great opportunity to recycle your child's clothes and toys. No donation is required to participate, just come and enjoy! Please note that we're unable to accept baby furniture, car seats, large baby equipment and food items that are opened or expired. Contact Renee at renee.austin@cameray.ca for more information or to arrange a drop-off time for items. ★ **No registration is required**. Join us at Cameray, 2038 Rosser Avenue, Burnaby.

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

- **Circle of Security® Program: Mondays, last two sessions on November 3, 10, 10:00 am to 11:30 am.**
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.
REGISTRATION IS CLOSED FOR THIS CONTINUING GROUP.

- Hold Me Tight ® Program (7 session group):** last three sessions on Tues, 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. **REGISTRATION IS CLOSED FOR THIS CONTINUING GROUP.**
- Building Love in Canada: Marital Group for Chinese Immigrants (facilitated in Chinese):**
Wednesdays, 7:00 pm to 9:00 pm. Online via Zoom. Group series: last three sessions on 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.
REGISTRATION IS CLOSED FOR THIS CONTINUING GROUP.
- Clap, Tap, Rhythm, & Rhyme:** Wednesdays, November 5, 12, 19, 26, 10:00 am to 11:30 am, Cameray, 2038 Rosser Avenue, Burnaby.
 We're excited to offer another session of this fun group. 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 4-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. A light snack will be provided. **PRE-REGISTRATION REQUIRED. SPACE LIMITED.**
- How to Stay Organized to Reach the Family Financial Goals:** Monday, November 17, 10:00 am to 12:00 pm, Cameray, 2038 Rosser Avenue, Burnaby.
 Guest speaker, **Ambar Ambrosetti, Msc., Project Management**, will provide the basic financial knowledge on managing a household budget that can have a significant impact on the family wellbeing. Participants will be able to create a realistic monthly household budget, will set at least a short-term goal and a long-term goal, and will get a list of trusted financial resources. Childminding and bus tickets are available upon request.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.
- Cantonese Picture Book Workshop for Parents: Crocodile and Giraffe: (facilitated in Cantonese)**
Tuesdays (4 sessions) - November 18, 10:00 am to 12:00 pm and November 25, 1:00 pm to 3:00 pm
(group continues December 2 and 9, 2025, 10:00 am to 12:00 pm).
Target audience: Cantonese-speaking Parents/Caregivers.
 This workshop (facilitated in Cantonese) will show you how to foster empathy and communication skills through picture books. Learn how to support children's language, cognitive, emotional, and social development, while building a joyful and meaningful habit at home. Childminding and bus tickets are available upon request.
 At Cameray, 2038 Rosser Avenue, Burnaby.
PRE-REGISTRATION IS REQUIRED. SPACE LIMITED.
About the book:
 Crocodile and Giraffe is a charming and meaningful picture book series from Germany, filled with humor and heart. It follows the daily life of two very different characters – short and stubby Mr. Crocodile, and tall and elegant Mrs. Giraffe – who learn to live together in harmony despite their differences in appearance and personality. Through their everyday adventures and little moments, children not only learn how to embrace differences, but also develop cooperation, empathy, and friendship. At the same time, the stories support the development of language comprehension and emotional expression skills.
- Safe, Loved and Respected: Teaching Boundaries from the Start:** Friday, November 21, 10:00 am to 12:00 pm, Cameray, 2038 Rosser Avenue, Burnaby.
 Join us for an engaging and supportive workshop focused on how to nurture your child's sense of safety, self-worth, and respect for others — starting from the earliest years. In **Safe, Loved, and Respected**, we'll explore practical ways to teach boundaries that are age-appropriate, compassionate, and rooted in connection. **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.

Please 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 so that we can offer your spot to another family. Thank you.