

EARLY YEARS PARENTING SUPPORT PROGRAM

MONTHLY GROUP CALENDAR

DECEMBER 2025

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>10:00am – 12:00pm Yoga: Stretching Cameray 2038 Rosser Ave, Burnaby REGISTRATION REQUIRED</p>	<p>2</p> <p>10:00am – 12:00pm (session 3 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 Online via Zoom REGISTRATION CLOSED</p>	<p>3</p> <p>9:30am – 11:30am Harmony for All: Early Years Music Group Cameray 2038 Rosser Ave, Burnaby REGISTRATION REQUIRED</p>	<p>4</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 ROKband Infant Headshape Parent Education Session Cameray 2038 Rosser Ave, Burnaby REGISTRATION REQUIRED</p> 	<p>5</p>
<p>8</p> <p>10:00am – 12:00pm What about Sleep?!! Cameray 2038 Rosser Ave, Burnaby REGISTRATION REQUIRED</p>	<p>9</p> <p>10:00am – 12:00pm (session 4 of 4) Cantonese Picture Book Workshop for Parents: Crocodile and Giraffe (facilitated in Cantonese) Cameray 2038 Rosser Ave, Burnaby REGISTRATION REQUIRED</p>	<p>10</p> <p>9:30am – 11:30am EYPSP & PEP Winter Party Cameray 2038 Rosser Ave, Burnaby REGISTRATION: *Priority given to families who have attended a group or individual session in the last six months NO DROP-IN'S</p>	<p>11</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>12</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>15</p> <p>10:00am – 12:00pm Screen time and Digital Media Cameray 2038 Rosser Ave, Burnaby REGISTRATION REQUIRED</p>	<p>16</p>  	<p>17</p> 	<p>18</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 Fraser Health Dentist Hygienist</p>	<p>19</p> 
<p>22</p> 	<p>23</p> 	<p>24</p> 	<p>25</p> 	<p>26</p> 
<p>29</p> 	<p>30</p> 	<p>31</p> 		

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

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 DECEMBER 2025

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



Drop-in Groups (no registration required):

- **University Highlands Family Drop-In: Thursday mornings, December 4 and 18.** 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 Fraser Health Dental Hygienist on December 18**
- **Rosser Infant/Toddler Drop-In: Thursday morning and afternoon, December 11.** 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, December 4, 11 and 18.** 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 young children. 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, December 12, 10:00 am to 12:00 pm.** Join us for this (trial-run) 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.

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

- **Yoga: Stretching: on Monday, December 1, 10:00 am to 12:00 pm**
Come and join us to a session led by our guest Melanine Gimenes, yoga instructor, who will guide us through stretching and breathing exercises that we can implement at home and fit them in with our busy schedule. Wear comfortable clothes. Bring a towel. Cameray will provide yoga mats unless you prefer to bring yours.
Children must be in the childminding room. Childminding provided, and bus tickets are available upon request. At Cameray, 2038 Rosser Avenue, Burnaby. **PRE-REGISTRATION IS REQUIRED. SPACE LIMITED.**
- **Cantonese Picture Book Workshop for Parents: Crocodile and Giraffe: (facilitated in Cantonese)**
Final two sessions on Tuesdays, 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.

- Hold Me Tight: Tuesday, December 2, 7:30 pm - 9:30 pm, online via ZOOM (final session)**
 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 an 8-week program, where couple participants 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 'homework' completing readings between each group sessions.
 This program is online via zoom. **REGISTRATION IS CLOSED FOR THIS CONTINUING GROUP.**
- Harmony for All: Early Years Music Group: Wednesday, December 3, 9:30 am to 11:30 am**
 We're excited to welcome Harmony for All to Cameray! This joyful, hands-on music group invites young children and their caregivers to explore rhythm, sound, and movement together. Harmony for All is a community-based Burnaby initiative offering free instrument lending, no-cost music education experiences, and scholarship opportunities for City music lessons. Music helps build growing brains by creating rich connections through sound and play. Come join us for an hour of fun, learning, and harmony! The instructor will provide programming between 10:00am-11:00am. A light snack will be provided after the music component.
PRE-REGISTRATION IS REQUIRED. SPACE LIMITED.
- ROKband Infant Headshape Parent Education Session: Thursday, December 4, 1:00 pm to 3:00 pm**
 Babies are born with soft skulls, that can take up to 24 months to fully form. It's not unusual for parents to notice that their baby's head looks slightly uneven, but is it cause for worry? Mikaela Engracia from ROKband Pediatric Headshape Clinic, is returning to share information on what causes unevenness in babies' heads, and when treatment is needed. Mikaela is a head shape management clinician, specializing in the assessment and treatment of infant head shape asymmetry. Registration is required for this group; however, it will be less formal than our typical parent workshop, the Cameray space will be set up for parent/child play. Families are welcome to gather between 1:00pm-3:00pm. **The guest speaker would like to begin sharing information at 1:00pm.** Parents and children will remain together during the presentation, and Cameray staff will be available to provide support as needed. ***Parents with children 0-18 months will benefit most from this group.**
PRE-REGISTRATION IS REQUIRED. SPACE LIMITED.
- What about Sleep?!: Monday, December 8, 10:00 am to 12:00 pm**
 Should kids sleep through the night? Come to discuss and learn about sleep patterns, and strategies to support healthy sleep routines with your kid and what works for your family. Parents need sleep too! At Cameray, 2038 Rosser Avenue, Burnaby. Childminding is provided and bus tickets are available upon request.
PRE-REGISTRATION IS REQUIRED. SPACE LIMITED.
- Screen time and Digital Media: Monday, December 15, 10 am to 12:00 pm**
 In this workshop, we'll discuss the positive and negative effects of screen time exposure and digital media on children, parents, and family relationships and provide families with suggestions to navigate the digital age in a healthy way. At Cameray, 2038 Rosser Avenue, Burnaby. Childminding is provided, and bus tickets are available upon request. **PRE-REGISTRATION IS REQUIRED. SPACE LIMITED.**

Holiday Event:



- EYPSP & PEP Winter Party: Wednesday, December 10, 9:30 am to 11:30 am, at Cameray, 2038 Rosser Avenue.**
 Join us for a party filled with a variety of family-friendly activities, including music, photo booth, and a wealth of craft activities! Light snacks and festive goodies will be served throughout the party. Come and meet staff and other families. See you there!
★ Please note: REGISTRATION IS REQUIRED; NO DROP-IN'S.
Due to the popularity of family winter parties, priority will be given to parents and children who have attended a Cameray group or individual session in the last six months.
 You may register up to a maximum of four (4) people per family. Thank you for your understanding.

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.