

Child Development Basics: A Parent's Guide to Healthy Eating, Sleeping & more!



Cameray
Child & Family Services



Cameray Child and Family Services is hosting 6 **free** workshops in New Westminster that are open to all New West families with children 0-5 years old!

Child Development Basics

Join us for these 6 informative groups where parents will learn the basics about child development. Each week will feature a different topic of interest, where you will be provided with scientific information and practical skills to promote healthy development in children ages 0-5. There will also be time at the end of each group for parents to ask questions and chat. Parents can sign up for the entire series, or for individual groups.

Topics include:

- November 1st: Developmental Milestones*
- November 8th: A Parent's Guide to Healthy Eating*
- November 15th: Baby & Toddler Sleep*
- November 22nd: Brain Development*
- November 29th: Growing up with a Sibling*
- December 6th: Positive Discipline at Every Age*

WHERE: Centennial Community Centre (65 E Sixth Ave, New Westminster)

WHEN: Tuesdays November 1st - December 6th 10am-12pm

HOW TO REGISTER: **Registration is required** - to register please email pspgroupsignup@hotmail.com or call 604-436-9449

- Families must have at least one child under the age of 5 to qualify for registration
- FREE Childcare is provided on site – must register for child care
- FREE snacks and bus tickets are also provided at each group

Stronger Children, Stronger Families, Stronger Communities

For more information: Phone: 604-436-9449 | Fax: 604-436-1990 | www.cameray.ca