

# About Us

Cameray Child & Family Services is a community-based agency committed to the strengthening of individuals and families through a spectrum of services including counselling, education, outreach and advocacy.



# Donate

To make a donation, please contact our administration office or visit our website at [www.cameray.ca](http://www.cameray.ca). Your donation helps us to develop a stronger community, and we offer tax deductible receipts.



For more information about the Community Kitchens, please call or email:  
Pat @ 604-764-1358  
[pmcdavison@gmail.com](mailto:pmcdavison@gmail.com)

Funded by:



*and* Private Donations

## Cameray Child & Family Services

#102-5623 Imperial Street, Burnaby, BC V5J 1G1

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**Cameray**  
Child & Family Services

## COMMUNITY KITCHENS

*Eating Healthy For Families*

BURNABY & NEW WESTMINSTER

**Stronger Children,  
Stronger Families,  
Stronger Communities**

Serving Burnaby and  
New Westminister since 1972



# How does a Community Kitchen work?

A Community Kitchen group is formed with 8-10 people who meet with the Co-ordinator to cook tasty recipes, gain new ideas, and create new friendships.

Guest speakers are invited occasionally.

Once meals are prepared, participants take home their portions.

Space is limited to 10 participants each month for each Kitchen.

# Who can join a Community Kitchen?

The Community Kitchen Program is open to residents of Burnaby and New Westminster who are interested in learning new skills in the kitchen.

Free Childcare is provided

# Why join a Community Kitchen Program?

## You Will:

- Meet new people
- Try new recipes
- Learn to cook low cost, nutritious meals
- Save time
- Save money and learn good budgeting
- Gain nutritional tips
- Take home delicious meals



There is a play space and lots of toys for children. Along with parents, a staff member will ensure that the children are having fun and are taken care of.



## Other Programs Offered at Cameray:

### Counselling Program

This program offers counselling to children, youth, and their families based on their needs. Each of these programs may include individual counselling for the child or youth, parent support and education, or family therapy.

### Parent Support Program

This program offers prevention and early intervention services for parents to strengthen family resiliency. Services include individual parent support sessions and interactive / psycho-educational groups for expectant parents and parents with child aged 0–5.

### Assisting the Community with Transitioning Students (ACTS) Program

The ACTS program mentors, guides, and builds life skills in children in grades 5-7 to assist them with the transition to high school. The program is held in a variety of Burnaby schools.