

Make a Referral

If you would like to make a referral to the program please contact our front desk at 604-436-9449 or email us at counselling@cameray.ca

Any professional can refer to the program or families can self-refer.

For more information on all of the programming at Cameray please visit our website at www.cameray.ca



Donate

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



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.

The Parent Support Programs are offered *free of charge* through funding from the **Ministry of Children and Family Development**, the generous support of numerous donors in our community, as well as partnerships with:

- The Burnaby Early Child Development Community Table
- Kids New West Child Development Committee

Donations/Grants From:

- Calkins & Burke
- C.B. Island Fisheries LTD.
- CKNW Kids' Fund
- MCFD
- TD

Cameray Child & Family Services

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www.cameray.ca

604 436 9449



Cameray
Child & Family Services

Parent Support Program

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

Serving Burnaby and
New Westminster since 1972



Who is the Parent Support Program For?

This free program is for expectant parents and parents with children under the age of 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 IS INCLUDED IN THIS FREE SERVICE?

- Group Sessions
- Individual Parent Support Sessions
- Education and take-home resources on up-to-date parenting practices
- Bus Tickets to attend programming, when needed
- Snack during group and dinner for evening groups

GROUP SESSIONS

- One or two hour group sessions on various topics are offered on most weekdays and some evenings year round
- Play-based and educational groups available
- Parents can attend any groups they are interested in or feel would be beneficial
- New group calendar provided monthly
- A fun, relaxed environment to learn and connect with other parents

INDIVIDUAL SESSIONS:

- 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:

Circle of Security™
Managing Anger and Stress
Parent-Child Mother Goose®
Attachment and Bonding
Family Literacy Circle
Social and Emotional
Development Positive Discipline
...and many more!

