



Cameray Child & Family Services

The Parent Support Program at Cameray Child and Family Services is hosting a **free** online 5-week discussion group.

“Good Enough” Parenting in Stressful Times

Parenting always has its challenges but COVID-19, Zoom fatigue, and the “new normal” have added even more stress to our daily family lives. Striving for parenting perfection only leads to disappointment, as we know it doesn’t exist and we are bound to make mistakes along the way.

In this group, we will discuss:

- How to set reasonable parenting expectations
- How to support your child when they are under stress
- How to manage your stress
- How to stay curious rather than judgmental
- How to help your child thrive

WHERE: Zoom Online Group

WHO: Burnaby and New Westminister parents with children age 0-8 years

WHEN: Thursday Nov. 5, Nov. 12, Nov. 19, Dec. 3 & Dec. 10, 2020, from 11 AM – 12 PM
(No class Nov. 26)

HOW TO REGISTER: Registration is required - To register, please email pspgroupsignup@cameray.ca or call 604-436-9449.

Stronger Children, Stronger Families, Stronger Communities

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