




















**PARENT EDUCATION PROGRAM
MONTHLY CALENDAR**

JULY 2024

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
STATUTORY HOLIDAY				
8	9	10	11	12
Between 9:00am – 1:00pm One-to-One Parenting Consultations New Westminster Wellness Centre 2038 820 Sixth Street, New Westminster PRE-REGISTRATION REQUIRED				
15	16	17	18	19
			10:00am – 11:30am Co-regulation in Parent-child Relationship (Session 1 of 2) Cameray 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED	
22	23	24	25	26
Between 9:00am – 1:00pm One-to-One Parenting Consultations New Westminster Wellness Centre 2038 820 Sixth Street, New Westminster PRE-REGISTRATION REQUIRED			10:00am – 11:30am Co-regulation in Parent-child Relationship (Session 2 of 2) Cameray 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED	
29	30	31		
Between 9:00am – 1:00pm One-to-One Parenting Consultations New Westminster Wellness Centre 2038 820 Sixth Street, New Westminster PRE-REGISTRATION REQUIRED				

Group content and individual parenting consultations focus on middle childhood and adolescence, and best support parents with one or more children aged 6 to 18, who live in Burnaby and New Westminster.

Email us at pspgroupsignup@cameray.ca to sign up for groups

Email: annie.ngai@cameray.ca to inquire about and register for individual consultations

Early Years Parent Education Programs: Individual Consultations and Group Descriptions for JULY 2024

Individual Parenting Consultations: July 8, 22 and 29

- Feel free to drop by for a 30-minutes free consultation with Cameray's Parent Educator to discuss your concerns regarding parenting and children (aged 6 to 18) development concerns.

Parenting consultations cover, but are not limited to:

- ✚ Identifying families strengthen their skills to help create positive bonding
- ✚ Addressing behavioral challenges exhibited by tweens and teens
- ✚ Exploring ways to enhance effective communication
- ✚ Understanding age-appropriate developmental milestones
- ✚ Cultivating self-worth and self-compassion
- ✚ Seeking alternate ways in how to raise a good human
- ✚ Boundary setting
- ✚ Supporting tweens and teens to develop emotional and mental well-being

Available languages: English, Cantonese, and Mandarin.

Individual Parenting Consultations are in-person at Cameray's office at The Wellness Centre, 820 Sixth Street, New Westminster, BC V3M 3S2 (located via an exterior entrance, on south side of New Westminster Secondary School).

PRE-REGISTRATION IS REQUIRED.

Parent Educational Groups

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

- **Co-regulation in Parent-child Relationship (two sessions): Thursdays, July 18 and 25, 10:00 am to 11:30 am,** at Cameray, 2038 Rosser Avenue, Burnaby.

Big emotions are often fueled by unresolved anxiety and fear, further intensified by unmet attachment needs.

In this two-session workshop, we will learn effective methods to foster secure bonds that promote co-regulation in parent-child relationships.

We will explore:

- ❖ Identifying and addressing underlying emotions and needs
- ❖ Neuroscience and its correlation to emotion regulation in brain development
- ❖ Emotional regulation from an attachment perspective
- ❖ Cultivating self-compassion

This group is in-person. Snacks are provided. Childminding is available.

Bus tickets available upon request

SPACE LIMITED. PRE-REGISTRATION IS REQUIRED.

TO REGISTER, EMAIL: pspgroupsignup@cameray.ca or call: 604 436 9449.

Online Groups:

Please note that no internet-based group is 100% confidential.

However, in an effort to keep information private, we will require a meeting password for all online groups in order to enter each group and we will not allow any recording of groups.

We also ask that any information learned about other participants in group is kept between participants only.