





















PARENT EDUCATION PROGRAM MONTHLY CALENDAR

AUGUST 2024

Mon	Tue	Wed	Thu	Fri
			<p>1</p> <p>10:00am – 11:30am</p> <p>Co-regulation in Parent-child Relationship <i>(Session 2 of 2)</i></p> <p>Cameray 2038 Rosser Ave, Burnaby</p> <p>GROUP IS FULL</p>	<p>2</p> 
5	6	7	8	9
STATUTORY HOLIDAY				
12	13	14	15	16
<p>Between 9:00am – 1:00pm</p> <p>One-to-One Parenting Consultations</p> <p><i>New Westminster Wellness Centre</i> Online or 820 Sixth Street, New Westminster</p>				
19	20	21	22	23
				
26	27	28	29	30
<p>Between 9:00am – 1:00pm</p> <p>One-to-One Parenting Consultations</p> <p><i>New Westminster Wellness Centre</i> Online or 820 Sixth Street, New Westminster</p>				<p>5:30pm – 7:30pm</p> <p>Self-compassion through Emotional Regulation</p> <p>Module 1 of 4</p> <p>Cameray 2038 Rosser Ave Burnaby</p> <p>PRE-REGISTRATION REQUIRED</p>

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 AUGUST 2024

Individual Parenting Consultations: August 12 and 26

- Feel free to drop by for a 30-minute 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 either online or 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).

Parent Educational Groups

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

- **Co-regulation in Parent-child Relationship (final session): Thursday, August 1, 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

THIS GROUP IS FULL.

- **Self-compassion through Emotional Regulation: Fridays: August 30 and September 6, 13 and 20. 5:30 pm to 7:30 pm, in-person at Cameray, 2038 Rosser Avenue, Burnaby.**

In this four-module workshop, parents will gain an understanding of different emotions (e.g., anger, sadness, fear, shame) and how these emotions affect bonding in the parent-child relationship. Parents will be guided to embrace their emotional experiences to advance self-regulation and cultivate self-compassion. Each session consists of a mini-lecture, experiential exercise, and case discussion.

Childcare is available. Bus tickets available upon request.

This group is for parents with school- aged children.

PRE-REGISTRATION REQUIRED. SPACE LIMITED.

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.