







**OCTOBER 2024**

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
		10:00am – 12:00pm <b>Sharing Circle: The Seven Sacred Teachings</b> (in partnership with Spirit of the Children Society) <b>Session 1 of 7</b> Cameray 2038 Rosser Ave, Burnaby <b>PRE-REGISTRATION REQUIRED</b>	9:30am – 11:30am <b>University Highlands Elementary Family Drop-In</b> University Highlands Elementary (2 <sup>nd</sup> Floor, Preschool Room) 9388 Tower Road, Burnaby	9:30am – 11:30am <b>Drop-In at Eighth &amp; Eight</b> Family Place New West Studio 1A, 735 8 <sup>th</sup> Ave New Westminster
7	8	9	10	11
		10:00am – 12:00pm <b>Sharing Circle: The Seven Sacred Teachings</b> (in partnership with Spirit of the Children Society) <b>Session 2 of 7</b> Cameray 2038 Rosser Ave, Burnaby <b>PRE-REGISTRATION REQUIRED</b>	9:30am – 11:30am <b>Rosser Infant/Toddler Drop-In ★</b> Cameray 2038 Rosser Ave, Burnaby  12:30pm – 2:30pm <b>Rosser Infant/Toddler Drop-In ★</b> Cameray 2038 Rosser Ave, Burnaby	9:30am – 11:30am <b>Drop-In at Eighth &amp; Eight</b> Family Place New West Studio 1A, 735 8 <sup>th</sup> Ave New Westminster
14	15	16	17	18
<b>STATUTORY HOLIDAY</b>		10:00am – 12:00pm <b>Sharing Circle: The Seven Sacred Teachings</b> (in partnership with Spirit of the Children Society) <b>Session 3 of 7</b> Cameray 2038 Rosser Ave, Burnaby <b>PRE-REGISTRATION REQUIRED</b>	9:30am – 11:30am <b>University Highlands Elementary Family Drop-In</b> University Highlands Elementary (2 <sup>nd</sup> Floor, Preschool Room) 9388 Tower Road, Burnaby <b>★ Visit from the Cameron Children's Librarian</b>	9:30am – 11:30am <b>Drop-In at Eighth &amp; Eight</b> Family Place New West Studio 1A, 735 8 <sup>th</sup> Ave, New Westminster  10:00am – 12:00pm <b>Becoming a More Emotionally Mature Parent</b> Cameray 2038 Rosser Ave, Burnaby <b>PRE-REGISTRATION REQUIRED</b>
21	22	23	24	25
8:00pm – 9:30pm <b>Behavior Strategies</b> Online via zoom <b>PRE-REGISTRATION REQUIRED</b>	10:00am – 12:00pm <b>Parenting with Neurodiversity Perspectives</b> (in partnership with Kinsight) Cameray 2038 Rosser Ave, Burnaby <b>PRE-REGISTRATION REQUIRED</b>	10:00am – 12:00pm <b>Sharing Circle: The Seven Sacred Teachings</b> (in partnership with Spirit of the Children Society) <b>Session 4 of 7</b> Cameray 2038 Rosser Ave, Burnaby <b>PRE-REGISTRATION REQUIRED</b>	9:30am – 11:30am <b>Rosser Infant/Toddler Drop-In ★</b> Cameray 2038 Rosser Ave, Burnaby  12:30pm – 2:30pm <b>Rosser Infant/Toddler Drop-In ★</b> Cameray 2038 Rosser Ave, Burnaby	9:30am – 11:30am <b>Drop-In at Eighth &amp; Eight</b> Family Place New West Studio 1A, 735 8 <sup>th</sup> Ave New Westminster  1:00pm – 3:00pm <b>Enhancing Literacy through Creative Adventures</b> Cameray 2038 Rosser Ave, Burnaby <b>PRE-REGISTRATION REQUIRED</b>
28	29	30	31	
8:00pm – 9:30pm <b>Behavior Strategies</b> Online via zoom <b>PRE-REGISTRATION REQUIRED</b>		10:00am – 12:00pm <b>Sharing Circle: The Seven Sacred Teachings</b> (in partnership with Spirit of the Children Society) <b>Session 5 of 7</b> Cameray 2038 Rosser Ave, Burnaby <b>PRE-REGISTRATION REQUIRED</b>		

All groups are for Burnaby and New Westminster families with one or more children.

Email us at [pspgroupsignup@cameray.ca](mailto:pspgroupsignup@cameray.ca) to sign up for groups



## Early Years Parenting Support Programs: Group Descriptions for OCTOBER 2024

### ★ **Interactive Groups (for families with children under the age of 5 years)** ★

#### **Drop-in Groups:**

- **Rosser Infant/Toddler Drop-In:** These drop-in groups (9:30 am to 11:30 am and 12:30 pm to 2:30 pm) are for parents and caregivers with children aged 0 to 36 months. During this two-hour program, parents can enjoy play time with their child, meet other families, and discuss any concerns regarding child development and growth, in a safe and relaxed environment. Light snacks are provided. This drop-in group is at 2038 Rosser Avenue, Burnaby.  
★ *No registration required and families may come and go as they please during the group time.*
- **Drop-In at Eighth and Eight Studio 1A:** In collaboration with *Family Place New West* at Eighth and Eight at **735 8<sup>th</sup> Ave, New Westminster**, this family-friendly drop-in includes free play and early learning programming, as well as literacy, story time and art-based activities for the little ones. Families are welcome to drop in between 9:30 am and 11:30 am. **NOTE: the Literacy Circle is now on Fridays** ★ *No registration is required, but space is limited.*
- **University Highlands Family Drop-In:** Visit our parent child drop-in program in partnership with University Highlands Elementary and the City of Burnaby. This program is held on the 2<sup>nd</sup> floor of University Highlands Elementary school (9388 Tower Street, Burnaby), in the preschool room. If you have children aged 0-5, our drop-in is a fun-filled and imaginative way to foster your child's early learning and development. During this 2-hour drop-in (9:30 am to 11:30 am), parents, caregivers, and children can engage in playtime, enjoy a light snack, and participate in circle time.  
★ *No registration is required, but space is limited.*  
**Visit from the Cameron Children's Librarian on October 17!**

#### **Parent Educational Groups (additional time for questions and discussion is included at the end of each group):**

- **Sharing Circle: The Seven Sacred Teachings: Wednesdays, October 2, 9, 16, 23, 30 and November 6, 13 (7 sessions), 10:00 am to 12:00 pm at Cameray, 2038 Rosser Ave, Burnaby.**  
We are pleased to offer a fall session of this interactive parent-child group in partnership with **Spirit of the Children Society** (<https://sotcs.ca/>). The **Seven Sacred Teachings** originate from the Seven Grandfather Teachings from the Anishinaabe people and have been adopted by many (but not all) First Nations, Métis, and Inuit Peoples. The seven teachings include love, respect, honesty, courage/bravery, truth, wisdom, and humility, and each teaching is represented by an animal. During this seven-week program, we will learn what each animal helps teach us about how we can live our lives respecting all living things. Families can expect play and art activities, followed by snack and circle time. **PRE-REGISTRATION REQUIRED for this program. SPACE LIMITED.**
- **Becoming a More Emotionally Mature Parent: Friday, October 18, 10:00 am to 12:00 pm at Cameray, 2038 Rosser Avenue, Burnaby.** Parents shape our childhood and our later years as well. When the care and the parenting we receive is healthy and emotionally mature, we grow up to be individuals who have more clarity on our emotions. Emotionally mature parents give us a healthy childhood which in turn makes our adult relationships function better. During this group, we'll discuss ways to improve emotional maturity, so that as parents, we can provide a level of support that allows our children to grow and gives them the space to be their true selves. Between 10:00am and 10:30am, parents and children will have time to get settled. Workshop content will be delivered from 10:30am to 11:30am. The last 30 minutes will be reserved for Q&A and mingling. Childcare is available.  
**PRE-REGISTRATION REQUIRED. SPACE LIMITED.**
- **Behavior Strategies: Mondays, October 21 and 28, 8:00 pm to 9:30 pm, online via zoom (special schedule to accommodate working parents).** We all have good intentions when it comes to parenting, but with so many theories on parenting and discipline, parents feel overwhelmed and confused about how to discipline their children. During these two informative group sessions, we will dig into discipline strategies/techniques that work best in specific situations, how and when to apply them and it will help you to bring the best from you and to guide and get the best from your child.  
**PRE-REGISTRATION REQUIRED. SPACE LIMITED.**  
**A zoom link will be sent to registered participants by October 21.**
- **Parenting with Neurodiversity Perspectives: Tuesday, October 22, 10:00 am to 12:00 pm at Cameray, 2038 Rosser Ave, Burnaby.** You may be somewhat familiar with the term, but what does Neurodiversity mean? Join us to learn more about neurodiversity, how it relates to your child's development and how your child's brain develops. We'll also share strategies to support child development and discuss challenging behaviour, as well as offering guidance to help you communicate your child's needs. There will be time for questions and follow-up resources will be available. This workshop is in partnership with **Kinsight** ([www.kinsight.org](http://www.kinsight.org)) with presenters Salimah Haji and Hannah Lin (New West Supported Child Development Consultants). Childcare is available.  
**PRE-REGISTRATION REQUIRED. SPACE LIMITED.**

- **Enhancing Literacy through Creative Adventures: Friday, October 25, 1:00 pm to 3:00 pm at Cameray, 2038 Rosser Ave, Burnaby.** This engaging workshop is centered around the beloved picture book “The Kissing Hand” by Audrey Penn. During this interactive workshop, you’ll enjoy a dramatic read-aloud experience with your child and together, we will explore our own emotional responses during times of sadness, triggered by separation, and discover effective ways to cope. This interactive workshop is designed to foster a love for reading, while addressing common emotional challenges for children, as they transition to early learning and school settings.  
**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.