

























PARENT EDUCATION PROGRAM MONTHLY CALENDAR

OCTOBER 2024

Mon	Tue	Wed	Thu	Fri
2	1	2	3	4
				
7	8	9	10	11
Between 9:00am – 1:00pm One-to-One Parenting Consultations <i>New Westminster Wellness Centre Online or 820 Sixth Street, New Westminster</i>				
14	15	16	17	18
STATUTORY HOLIDAY		 	 	
21	22	23	24	25
Between 9:00am – 1:00pm One-to-One Parenting Consultations <i>New Westminster Wellness Centre Online or 820 Sixth Street, New Westminster</i>				
28	29	30	31	
				

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 OCTOBER 2024**

Individual Parenting Consultations: October 7 and 21

- 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).