

**DECEMBER 2024**

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>10:00am – 11:30am <b>Sing-Along Together</b> Session 3 of 5 Cameray 2038 Rosser Ave, Burnaby <b>THIS GROUP IS FULL</b></p>	<p>3</p> <p>10:00am – 12:00pm 於子女衝突中促進成長 (廣東話) <b>(Promoting Growth in Sibling Conflict)</b> In Cantonese Cameray 2038 Rosser Ave, Burnaby <b>PRE-REGISTRATION REQUIRED</b></p>	<p>4</p> 	<p>5</p> <p>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</p>	<p>6</p> <p>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</p> <p>10:30am – 1:30pm <b>Early Years Toy/Clothing Swap</b> Cameray 2038 Rosser Ave, Burnaby</p>
<p>9</p> <p>10:00am – 11:30am <b>Sing-Along Together</b> Session 4 of 5 Cameray 2038 Rosser Ave, Burnaby <b>THIS GROUP IS FULL</b></p>	<p>10</p> 	<p>11</p> <p>10:00am – 11:30am <b>Families and Digital Media</b> In partnership with SFU Child Research Group Cameray 2038 Rosser Ave Burnaby <b>PRE-REGISTRATION REQUIRED</b></p>	<p>12</p> <p>9:30am – 11:30am <b>Rosser Infant/Toddler Drop-In ★</b> Cameray 2038 Rosser Ave, Burnaby</p> <p>12:30pm – 2:30pm <b>Rosser Infant/Toddler Drop-In ★</b> Cameray 2038 Rosser Ave, Burnaby</p>	<p>13</p> <p>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</p> <p>10:00am – 12:00pm <b>Winter Wellness and Safety</b> Cameray 2038 Rosser Ave, Burnaby <b>PRE-REGISTRATION REQUIRED</b></p>
<p>16</p> <p>10:00am – 11:30am <b>Sing-Along Together</b> Session 5 of 5 Cameray 2038 Rosser Ave, Burnaby <b>THIS GROUP IS FULL</b></p>	<p>17</p> <p>10:00am – 12:00pm <b>EYPSP &amp; PEP Winter Party</b> Cameray 2038 Rosser Ave, Burnaby <b>PRE-REGISTRATION REQUIRED; NO DROP-IN'S</b></p>	<p>18</p> 	<p>19</p> <p>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 SFU Language Learning and Development Lab staff</b></p>	<p>20</p> <p>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</p>
<p>23</p> 	<p>24</p> 	<p>25</p> 	<p>26</p> 	<p>27</p> 
<p>30</p> 	<p>31</p> 			

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

Please **try not to register** on the day of the group, as groups fill up quickly; thank you!



## Early Years Parenting Support Programs: Group Descriptions for DECEMBER 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 New West Family Place:** In collaboration with *New West Family Place* at Eighth and Eight (735 8<sup>th</sup> Ave, New Westminster) and Quayside (112-960 Quayside Drive, New Westminster), this family-friendly drop-in on Friday mornings 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.  
★ *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.  
★ **Please note: visit from SFU Language Learning and Development Lab staff on December 19<sup>th</sup>.**  
★ *No registration is required, but space is limited.*  
★ *No drop-in on January 2, 2025, as the school is closed for winter break.*
- Early Years Toy/Clothing Swap: Friday, December 6, 10:30 am to 1:30 pm, 2038 Rosser Avenue, Burnaby.** Join us for this fun event and share gently used toys and clothing. The idea is to donate clothes and/or toys and take some items home – bring what you can and take what you need. All donated items should be clean and in good condition. We are unable to accept baby furniture and baby equipment, including car seats and baby potties. For more information about how, when and what to donate, please contact Renée: [renee.austin@cameray.ca](mailto:renee.austin@cameray.ca)  
★ *No registration is required, but space is limited.*

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

- 於子女衝突中促進成長 (廣東話) Promoting Growth in Sibling Conflict: Tuesday, December 3, 10:00 am to 12:00 pm, Cameray, 2038 Rosser Avenue, Burnaby. This group is in Cantonese.**  
此工作坊會協助照顧者探索兄弟姊妹衝突的根本原因，了解子女的情緒反應（嫉妒、競爭等）和於家中排行位置引申的變化。照顧者會學習簡易有效的方法提升年幼子女認知和處理情緒的能力，並實踐設立健康的界限。我們亦會探討照顧者自身文化背景和成長經驗如何影響個人處理子女衝突的能力。  
This workshop will help caregivers explore the underlying causes of sibling conflict, understand children's emotional responses (such as jealousy, competition, etc.), and the dynamics related to their birth order in the family. Caregivers will learn simple and effective methods to enhance younger children's ability to recognize and manage emotions, as well as practice setting healthy boundaries. We will also explore how caregivers' own cultural background and upbringing influence their ability to handle children's conflicts.  
Bus tickets and childminding are provided. **PRE-REGISTRATION REQUIRED. SPACE LIMITED.**
- Sing-Along Together: Mondays, 10:00 am to 11:30 am, Cameray, 2038 Rosser Ave, Burnaby. Final three sessions: December 2, 9 and 16.**  
Join us for this five-session group series, inspired by the Parent-Child Mother Goose Program®. During this interactive group experience for parents and their babies and/or young children, you'll experience the pleasure and the power of using rhymes, songs, and stories together. The principles of this group promote positive early literacy and language development skills, as well as foster healthy and positive connections.  
Bus tickets and light snacks are provided. **THIS ONGOING GROUP IS FULL.**

- **Families and Digital Media: Wednesday, December 11, 10:00 am to 11:30 am at Cameray, 2038 Rosser Ave, Burnaby. \* In partnership with SFU Child Research Group.**

In this informative workshop, we will discuss recent research on digital media used during infancy, early childhood, and later childhood. Join us and learn about how parent-child interactions may be impacted using devices. Tools and recommendations about best practices when using digital media will be shared, including positive and negative effects, and navigating the digital age in healthier ways. Childminding and bus tickets are available.

**PRE-REGISTRATION REQUIRED. SPACE LIMITED.**

- **Winter Wellness and Safety: Friday, December 13, 10:00 am to 12:00 pm at Cameray, 2038 Rosser Ave.**

Yes, the winter season is often dark, chilly and wet in this part of Canada, but that's exactly why it's full of candles, twinkly lights, warm drinks, and cozy moments. And when it snows here in the Lower Mainland, we perk up, bundle up, and head outdoors for all types of winter fun. During this group we'll discuss strategies, safety tips, and ideas to help you take care of yourself and your family during these days of less daylight and colder weather. Between 10:00am and 10:30am, parents and children will have time to get settled. Workshop content will be delivered from 10:30am-11:30am. The last 30 minutes will be reserved for Q&A and mingling. Childcare is available.

**PRE-REGISTRATION REQUIRED. SPACE LIMITED.**

#### **Winter Event:**

- **EYPSP & PEP Winter Party: Tuesday, December 17, 10:00 am to 12:00 pm, at Cameray, 2038 Rosser Avenue.**

Drop by and join us for a party filled with a variety of family-friendly activities, including music, a photo booth and a wealth of craft activities! Light snacks and festive goodies will be served throughout the party. Come and meet the program staff, as well as other families. See you there!

★ **Please note: PRE-REGISTRATION IS REQUIRED is required; NO DROP-IN'S.** Due to the popularity of past winter parties, we ask that you please pre-register through: [pspgroupsignup@cameray.ca](mailto:pspgroupsignup@cameray.ca)

**You may register up to a maximum of four (4) people per family.** Thank you for your understanding.

#### **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.