





















**PARENT EDUCATION PROGRAM
MONTHLY CALENDAR**

JANUARY 2025

Mon	Tue	Wed	Thu	Fri
		1	2	3
		STATUTORY HOLIDAY		
6	7	8	9	10
Between 9:00am – 1:00pm One-to-One Parenting Consultations <i>New Westminster Wellness Centre 2038 820 Sixth Street, New Westminster</i>				
13	14	15	16	17
Between 9:00am – 1:00pm One-to-One Parenting Consultations <i>New Westminster Wellness Centre 2038 820 Sixth Street, New Westminster</i>				
20	21	22	23	24
Between 9:00am – 1:00pm One-to-One Parenting Consultations <i>New Westminster Wellness Centre 2038 820 Sixth Street, New Westminster</i>				
27	28	29	30	31
Between 9:00am – 1:00pm One-to-One Parenting Consultations <i>New Westminster Wellness Centre 2038 820 Sixth Street, New Westminster</i>				

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



Parent Education Program: Individual Consultations and Group Descriptions for JANUARY 2025

Individual Parenting Consultations: January 6, 13, 20 and 27

- You are welcome 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).