


















PARENT EDUCATION PROGRAM MONTHLY CALENDAR

FEBRUARY 2025

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
				
10	11	12	13	14
Between 9:00am – 1:00pm One-to-One Parenting Consultations <i>New Westminster Wellness Centre 2038 820 Sixth Street, New Westminster</i>				
17	18	19	20	21
STATUTORY HOLIDAY				
24	25	26	27	28
Between 9:00am – 1:00pm One-to-One Parenting Consultations <i>New Westminster Wellness Centre 2038 820 Sixth Street, New Westminster</i>				

Individual Consultations for FEBRUARY 2025

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.

Individual Parenting Consultations: February 10 and 24

- 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 being
 - ✦ 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).

Email: annie.ngai@cameray.ca to inquire about and register for individual consultations