












MARCH 2025

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>10:00am – 11:30am Mindfulness the Art of Being Present Cameray 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED</p>	<p>4</p> <p>7:30pm – 9:00pm Hold Me Tight® (session 5 of 7) Online, via zoom GROUP IS FULL</p>	<p>5</p> 	<p>6</p> <p>9:30am – 11:30am University Highlands Elementary Family Drop-In University Highlands Elementary (2nd Floor - Preschool Room) 9388 Tower Road, Burnaby ★ Please note: a visit from SFU Language and Learning Labs</p>	<p>7</p> <p>9:30am – 11:30am Drop-In @Century House (Literacy and Storytime) Family Place New West 620 Eighth Street New Westminster</p> <p>10:00am – 11:30am Let's Talk: Language Games Workshop with SFU Language Learning & Development Lab Cameray 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED</p>
<p>10</p> <p>10:00am – 11:30am Relaxation and Self-soothing strategies for young children 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED</p>	<p>11</p> <p>7:30pm – 9:00pm Hold Me Tight® (session 6 of 7) Online, via zoom GROUP IS FULL</p>	<p>12</p> 	<p>13</p> <p>9:30am – 11:30am Rosser Infant/Toddler Drop-In ★ Cameray 2038 Rosser Ave, Burnaby</p> <p>12:30pm – 2:30pm Rosser Infant/Toddler Drop-In ★ Cameray 2038 Rosser Ave, Burnaby</p>	<p>14</p> <p>9:30am – 11:30am Drop-In @Century House (Literacy and Storytime) Family Place New West 620 Eighth Street New Westminster</p>
<p>17</p> 	<p>18</p> <p>7:30pm – 9:00pm Hold Me Tight® (session 7 of 7) Online, via zoom GROUP IS FULL</p>	<p>19</p> 	<p>20</p> <p>9:30am – 11:30am ROKband Infant Headshape Parent Education Session Cameray 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED</p>	<p>21</p> <p>9:30am – 11:30am Drop-In @Century House (Literacy and Storytime) Family Place New West 620 Eighth Street New Westminster</p> <p>10:00am – 12:00pm Parent Intuition ... One of Your Greatest Parenting Tools Cameray 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED</p>
<p>24</p> <p>10:00am – 12:00pm Enhancing Literacy Through Creative Adventures Cameray 2038 Rosser Ave, Burnaby PRE-REGISTRATION REQUIRED</p>	<p>25</p> 	<p>26</p> 	<p>27</p> <p>9:30am – 11:30am Rosser Infant/Toddler Drop-In ★ Cameray 2038 Rosser Ave, Burnaby</p> <p>12:30pm – 2:30pm Rosser Infant/Toddler Drop-In ★ Cameray 2038 Rosser Ave, Burnaby</p>	<p>28</p> <p>9:30am – 11:30am Drop-In @Century House (Literacy and Storytime) Family Place New West 620 Eighth Street New Westminster</p>
<p>31</p> 				

Groups are for Burnaby and New Westminster families with one or more children.
Email us at pspgroupsignup@cameray.ca to sign up for groups



Early Years Parenting Support Programs: Group Descriptions for MARCH 2025

★ **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.*
★ **Please note: visit from SFU Language & Learning Lab on February 13, for the morning group only.**
- **Drop-In at Century House:** In collaboration with *Family Place New West*, 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.
★ *No registration is required, but space is limited.*
Please note: the new location is Century House (the playroom), 620 Eighth Street, behind the building facing Moody Park playground.
- **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 2nd 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.*
★ **Please note: a visit from SFU Language and Learning Labs on March 6**
★ **Note: there will be no drop-in on March 20th, 2025, as the school is closed for spring break.**

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

- **Hold Me Tight® Program: A Couples Guide to Building Relationships: Tuesdays, March 4, 11, 18, 7:30 pm to 9:00 pm (special online schedule for working parents).**
Having a strong, healthy, and secure couples' relationship is the best gift that we can give to our children. Based on the work of couples' therapist Dr. Sue Johnson, the Hold Me Tight Program is a 7-week group where we will learn about love and attachment, coping styles when facing conflict, negative patterns in which you get stuck, and how to build new patterns of connection and security. Please note that you may be asked to do 'homework' or complete readings between each group sessions. ***Online Evening Group Series***
THIS IS A CONTINUING GROUP AND IS CLOSED FOR REGISTRATION.
Gentle reminder – please keep your video cameras on throughout the video sessions.
- **Let's Talk: Language Games Workshop with SFU Language Learning and Development Lab: Friday, March 7, 10:00 am to 11:30 am**
Discover the magic of early language development in our interactive language games workshop, designed for children aged 2 to 5. This hands-on session will illuminate how young children learn to communicate through play and everyday interactions. Learn fun, engaging games using simple household items that can spark your child's language growth. Join us to explore playful techniques that nurture your child's emerging language skills, while having a great time together!
The SFU Language Learning and Development Lab is a research group in Linguistics and Cognitive Science, who study the learning of spoken language in infants, children and adults.
Snacks and childminding provided. This in-person group is at Cameray, 2038 Rosser Avenue, Burnaby.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.

- ROKband Infant Headshape Parent Education Session: Thursday, March 20, 9:30 am to 11:30 am.**

Babies are born with soft skulls which can take up to 24 months to fully form. It's not unusual for parents to notice that their baby's head looks slightly uneven, but is this cause for worry? Mikaela Engracia (from the ROKband Pediatric Headshape Clinic) will join us to share information on what causes unevenness in babies' heads, and when treatment is needed. Mikaela is a head shape management clinician, specializing in the assessment and treatment of infant head shape asymmetry. As this group is less formal than our typical parent education groups, the Cameray space will be set up for parent/child play. Families are welcome to gather between 9:30 am to 11:30 am. **Mikaela will begin a slide presentation at 10:00 am.** Parents and children will remain together during the presentation, however, Cameray staff will be available to provide support as needed. **Parents with children 0 to 18 months will benefit the most from this presentation.** This in-person group is at Cameray, 2038 Rosser Avenue, Burnaby.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.
- Parent Intuition ... One of Your Greatest Parenting Tools: Friday, March 21, 10:00 am to 12:00 pm.**

Parenting looks different for everyone, and what works in one family might not work in another. By trusting your intuition, you give yourself permission to make decisions that reflect your own values and goals and create a parenting approach that fits the unique needs of your family. During this group, we'll discuss why intuition is one of your greatest parenting tools, and how to combine your intuition with facts and logic to do what's best for your little ones. 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.
This in-person group is at Cameray, 2038 Rosser Avenue, Burnaby.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.
- Enhancing Literacy Through Creative Adventures: Monday, March 24, 10:00 am to 12:00 pm.**

As days stretch longer, animals creep out from their warm dens, and green begins to grow again, everyone knows spring is on its way! Join us on a journey with a boy and his dog as they explore nature and take a stroll through the countryside, greeting all the signs of the coming season. In a series of conversations with everything from the melting brook to chirping birds, they say goodbye to winter and welcome the lushness of spring. This interactive workshop is designed to foster an appreciation for the natural world and the seasonal changes that occur throughout the year. Parents and children will enjoy a dynamic read-aloud experience and engage in an enjoyable parent-child activity that builds relationship through shared enjoyment and creative exploration. This is an excellent opportunity to enrich your child's reading habits and observation skills, in a supportive and fun environment.
This in-person group is at Cameray, 2038 Rosser Avenue, Burnaby.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.
- Mindfulness the Art of Being Present: Monday, March 3, 10:00 am to 11:30 am**

Living in the present moment is the most wonderful skill that we can develop but often is challenging to master it. In this group you will practice how to slow the mind and will learn techniques, such as intention, mindfulness and compassion, to bring yourself back to the present. Childcare is available.
This in-person group is at Cameray, 2038 Rosser Avenue, Burnaby.
PRE-REGISTRATION REQUIRED. SPACE LIMITED.
- Relaxation and Self-soothing strategies for young children: Monday, March 10, 10:00 am to 11:30am**

Does your child have difficulty calming down? Join us for this informative to discuss tools and techniques for young children to help you calm them down and teach them how to self-soothe.
Childcare is available.
This in-person group is at Cameray, 2038 Rosser Avenue, Burnaby.
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.