






















**PARENT EDUCATION PROGRAM  
MONTHLY CALENDAR**

**MARCH 2025**

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
Between 9:00am – 1:00pm <b>One-to-One Parenting Consultations</b> New Westminster Wellness Centre 2038 820 Sixth Street, New Westminster				
10	11	12	13	14
Between 9:00am – 1:00pm <b>One-to-One Parenting Consultations</b> New Westminster Wellness Centre 2038 820 Sixth Street, New Westminster				6:00pm – 7:30pm <b>Parenting with Mindfulness: Supporting Children with Anxiety</b> <a href="#">Online, via zoom</a>
17	18	19	20	21
Between 9:00am – 1:00pm <b>One-to-One Parenting Consultations</b> New Westminster Wellness Centre 2038 820 Sixth Street, New Westminster				
24	25	26	27	28
				
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 Westminister.

Email us at [pspgroupsignup@cameray.ca](mailto:pspgroupsignup@cameray.ca) to sign up for groups

Email: [annie.ngai@cameray.ca](mailto:annie.ngai@cameray.ca) to inquire about and register for individual consultations

## **Individual Parenting Consultations: March 3, 10 and 17**

- You are welcome 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 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](mailto:annie.ngai@cameray.ca) to inquire about and register for individual consultations**

## **Parent Educational Groups**

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

- **Parenting with Mindfulness – Supporting Children with Anxiety:** Friday, March 14, 6:00 pm to 7:30 pm.

**Online via Zoom. Target audience: Parents/Caregivers with children aged 8-15**

Join us for an insightful workshop on mindfulness-based interventions for children with anxiety.

This workshop is specifically designed for parents and caregivers who would like to equip themselves with supporting children, as they go through challenging moments.

During this session, we will explore:

- ✦ Different types of anxiety
- ✦ Developmental considerations
- ✦ Culturally appropriate adaptations
- ✦ Mindfulness-based Interventions

This evening group is online, via zoom.

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

**TO REGISTER, EMAIL: [pspgroupsignup@cameray.ca](mailto:pspgroupsignup@cameray.ca) or call: 604 436 9449.**

## **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.