

Building Strong Families Parenting Series

Be a Happy Parent
Nurture Healthy Children



Cameray
Child & Family Services

Cameray Child & Family Services and Burnaby Pacific Grace Church are hosting 6 free workshops that are open to all families with children 0-5 years old.

Join us for these 6 informative groups where parents will learn how they can nurture their children while being a happy parent. Each week will feature a different topic of interest, where you will be provided with information and practical skills to promote healthy development in children ages 0-5. Parents can sign up for the entire series or individual sessions.

Topics include:

Oct 24: Baby and Toddler Sleep: Pre-Sleep Routines

Oct 31: Supporting Children with Their Emotions

Nov 14 : Technology for Toddlers

Nov 21: Mom and Dad Get Angry Too!

Nov 28: How to Have a Happy Marriage While Raising Young Children

Dec 5: When You and Your Partner Have Different Parenting Styles

WHERE: Burnaby Pacific Grace Church, 3883 Triumph Street, Burnaby

WHEN: Tuesdays, 12:45-2:45pm

Registration is required - to register please contact:

Cameray Child and Family Services: pspgroupsignup@hotmail.com Tel: 604-436-9449

- Families must have at least one child under the age of 5 to qualify for registration
- **FREE Childcare** is provided on site – must register for child care
- **FREE snacks and bus tickets** are also provided at each group

Stronger Children, Stronger Families, Stronger Communities

For more information: Phone: 604-436-9449 | Fax: 604-436-1990 | www.cameray.ca