

# REFERRALS:

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*SELF*  
*COMMUNITY PROGRAMS*  
*PUBLIC HEALTH*  
*MCFD*  
*DOCTORS*  
*SCHOOLS*



*Participation is voluntary  
and provided at  
no charge to Burnaby  
and New Westminster  
residents.*



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FOR MORE INFORMATION OR  
TO MAKE A REFERRAL:

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## BURNABY OFFICE

#203 – 5623 Imperial St.  
Burnaby, BC V5J 1G1  
Phone: 604-436-9449  
Fax: 604-436-1990

[eippcameraybu@hotmail.com](mailto:eippcameraybu@hotmail.com)

## NEW WESTMINSTER OFFICE

#6 – 602 Seventh Ave.  
New Westminster, BC V3M 2J3  
Phone: 604-520-0009  
Fax: 604-520-6100

[camerayeipnw@hotmail.com](mailto:camerayeipnw@hotmail.com)



Cameray  
Child & Family  
Services

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## PARENT SUPPORT PROGRAM

(Also Known As Early  
Intervention Parenting  
Program)



[www.cameray.ca](http://www.cameray.ca)

Burnaby 604-436-9449

New Westminster 604-520-0009

## WHAT DOES THE PARENT SUPPORT PROGRAM OFFER?

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- Support for healthy child development and family relationships
- Skills to help develop effective parenting
- Community building and connections
- A fun, relaxed environment to learn and connect with other parents
- One-to-one counselling and support
- All programs provided free of charge



## WHO IS THE PROGRAM FOR?

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- **PREGNANT WOMEN**
- **PARENTS WITH CHILDREN UP TO THE AGE OF 5**



## PARENTS ...

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- Work with a counsellor to develop personalized family plans identifying strengths, needs and goals
- Participate in one-to-one counselling and support
- Attend group modules
- Expand support system
- Connect with resources in their community
- Learn information to share with others



- Free one-hour group sessions on various topics are offered each week
- Parents attend any group they are interested in or feel would be beneficial
- Groups run year round

**FREE CHILDCARE IS PROVIDED!**



### GROUP TOPICS INCLUDE:

Pre and post natal information  
Child development  
Attachment  
Positive Discipline  
Boundaries  
Communication skills  
Mother Goose  
Relationship building  
Nobody's Perfect

*...and much much more!*