



Parent Education Groups:

Circle of Security

Fridays, 2:00-4:00 pm
September 6- October 25, 2024
Norwood Centre

Empower U

Thursdays, 2:00-4:00pm
September 12 - November 28, 2024
Norwood Centre



Empowered Parenting

Tuesdays, 2:00-4:00 pm
October 1 - November 5, 2024
Norwood Centre

OR

Wednesdays, 5:00 pm - 7:00 pm
November 13 - December 18
Norwood Centre

Exploring Emotions

Fridays, 2:00-4:00 pm
November 8 - December 6, 2024
Norwood Centre

Growing Together

DROP-IN
Wednesdays, 1:30-3:30 pm
Ongoing
Norwood Centre

Handle with Care

Tuesdays, 2:00-4:00 pm
November 12 - December 10, 2024
Norwood Centre

Locations:

Norwood Centre
9516 114 Avenue NW
Clareview Recreation Centre
3804 139 Avenue NW

One Day Parent Education Workshops:

Play: The Work of Childhood

Wednesday, September 4, 2024
10:00am - 12:00pm
Norwood Centre

Understanding Separation Anxiety

Wednesday, September 11, 2024
2:00pm-4:00pm
Norwood Centre

OR

Wednesday, November 6, 2024
1:30pm- 3:30pm
Clareview Recreation Centre

Hear me out: Effective Communication between Parents and Children

Wednesday, September 18, 2024
10:00am - 12:00pm
Norwood Centre

Development: Supporting the Whole Child

Wednesday, September 25, 2024
10:00am - 12:00pm
Norwood Centre

Science in Early Childhood: Understanding your Child's Behaviour

Wednesday, October 2, 2024
10:00am - 12:00pm
Norwood Centre

Setting Boundaries and Limits with Children

Wednesday, October 9, 2024
2:00pm - 4:00pm
Norwood Centre

Developmental Domains: Learning Happens Everywhere

Wednesday, October 16, 2024
10:00am - 12:00pm
Norwood Centre

Bye Bye Diapers

Wednesday, October 16, 2024
1:30pm - 3:30pm
Clareview Recreation Centre

OR

Wednesday, November 6, 2024
2:00pm - 4:00pm
Norwood Centre

Managing Mealtimes: Finding Solutions to meal time problems

Friday, November 1, 2024
2:00pm - 4:00pm
Norwood Centre

The Brain Architecture Game



Wednesday, November 13, 2024
2:00pm - 3:30pm
Norwood Centre

Sleeptime Strategies: Solving Bedtime Problems

Thursday, December 5, 2024
2:00 - 4:00pm
Norwood Centre

Stress Free Shopping with Children

Friday, December 13, 2024
2:00pm - 4:00pm
Norwood Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Stay and Play 10:00am - 12:00pm Norwood Centre</p>	<p>Explore the Outdoors* 10:00am - 12:00pm Norwood Centre</p>	<p>Stay and Play 10:00am - 12:00pm Riverdale Community Hall</p>	<p>Stay and Play 10:00am - 12:00pm Parkdale/Cromdale Community League</p>	<p>Jumping Gym Time! 9:30am - 11:00am Norwood Centre</p>
<p>Agency closed no parent-child groups on:</p> <p>Monday, September 2 for Labour Day</p> <p>Monday, September 30 for National Truth and Reconciliation Day</p> <p>Monday, October 14 for Thanksgiving</p> <p>Monday, November 11 for Remembrance Day</p> <p>Monday, November 25 for Staff Appreciation Day</p> <p>Monday December 23 - Friday January 3 for Christmas Break</p>	<p>Playtime with Dad 2:00pm - 4:00pm Norwood Centre</p> <p><small>*Explore the Outdoors will move inside if needed.</small></p>	<p>Stay and Play 10:00am - 12:00pm Spruce Avenue Community League</p> <p>Growing Together Parent Education Group 1:30pm - 3:30pm Norwood Centre</p>	<p> Stay and Play 10:00am - 12:00pm McLeod Community Hall</p> <p>Baby and Toddler Exploration Time 2:00pm - 4:00pm Norwood Centre</p>	<p>Stay and Play 10:00am - 12:00pm Northeast Community Hub</p>
		 <p>Please bring Indoor Shoes or Socks for all Parent & Child Drop-in Groups</p>		<p>Please note that public washrooms may not be available at all outdoor locations. Please come prepared!</p>

Locations:

- Norwood Centre 9516 114 Avenue NW
- McLeod Community Hall 14715 59 Street NW
- Northeast Community Hub 14017 Victoria Trail NW
- Parkdale Cromdale Community League, 11335 85 St NW
- Riverdale Community Hall 9231 100 Avenue NW
- Spruce Avenue Community League 10240 115 Ave NW

Live Webinars with AHS

Common Questions about Children Learning in More Than One Language

Thursday, September 19, 2024
10:00am - 12:00pm
Norwood Centre

Screentime: Finding Balance

Wednesday, November 20, 2024
10:00am - 12:00pm
Norwood Centre



Norwood

Child and Family Resource Centre



Programs and Services Guide

FALL 2024



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Welcome to Norwood Centre!

Norwood Child and Family Resource Centre provides **FREE** programming and services to families with children aged six and under throughout the City of Edmonton. Our approach to providing services is grounded in philosophies that are preventative in nature, recognize you, the parent, as the expert for your family's well-being, and draw from your family's strengths to create the conditions necessary for your child's optimal development.

We help you build your child's brain.

Our staff are trained, dedicated professionals who can help you help your child develop to their fullest potential. Our **early childhood programs** support the development of children's social, physical, language, intellectual, creative, and emotional skills, while our **parenting groups** help you learn strategies to build your confidence and skills as a parent. **Family support programs** come right to your home with parenting strategies, tips, information, and referrals. Get in touch today and try one of our programs!



How to Get Started

Intake Facilitators: 780-471-3737

The Parent Respite Program, Head Start Early Childhood Education, and Home Visitation can be accessed via an Intake Facilitator by calling **780-471-3737**. Our team will happily assist you in registering for programs and answering any questions.

If you want to sign-up for a Parent Education Group registration can now be done online. To register visit norwoodcentre.com/courses.



Head Start Program

Head Start is a **school readiness program** focused on child development for children three to five years old. It is offered in half-day sessions Tuesday through Friday from September to June.

Program Highlights:

- Healthy snacks
- Goal setting
- Access to health & therapy services
- Referrals to other services

Parent Respite Program

This free respite program provides **temporary relief from care for parents with children from birth to six years old**. Children take part in a quality, play-based early learning program while parents have some time to:

- Attend appointments or activities and take care of themselves
- Take some time away from parenting in order to improve overall family functioning and stability

Program Highlights:

- Healthy meals and snacks
- Flexible scheduling
- Parent/caregiver supports
- Referrals to other services

Home Visitation

Home Visitation is **longer-term, goal-oriented program** for when tougher challenges interfere with your ability to focus on parenting.

Your Family Support Worker (FSW) will help you create a plan based on goals you choose.

Program Highlights:

- In-home support visits
- Child development activities, information, and resources
- Referrals to other services

Mental Health Therapist

Connect with our on-site Mental Health Therapist (in partnership with the Family Centre). This service is free! Call our Intake Facilitators to access.

Ongoing sessions: Short-term counselling is available at Norwood Centre for Norwood Centre participants, for up to 6-8 sessions.

Rapid Access Counselling: 1-hour drop-in or scheduled sessions, on Thursdays at Norwood Centre. These sessions are for all community members, through the Family Resource Network.

Postpartum Support Group: Multi-week support group for all community members. Call our Intake Facilitators for more information, or to register.

One Day Parent Education Workshops

Register at norwoodcentre.com/courses

Bye Bye Diapers

Come and talk with other parents/caregivers who are ready to start toilet training or with those who are looking to start. Facilitators will walk you through the “ready” signs, and tips and tricks to successfully say “bye bye” to diapers!

The Brain Architecture Game

This tabletop game builds understanding of the powerful role of experiences on early brain development– what promotes it, what derails it, with what consequences for society. Learn about Toxic, Tolerable, and Positive stress and how to build a brain!

Development: Supporting the Whole Child

Did you know, developmental milestones are skills that a child acquires within a specific time frame? Are you interested in information about the important milestones? Join us to discuss resources that will support your child’s development as they master new skills.

Developmental Domains: Learning happens everywhere

Join us to discover how children are building their brains through different play experiences. Let’s find out how blowing bubbles can help develop a child’s ability to focus, how playing with play-doh has an effect on early literacy skills and how building with blocks strengthens the ability to learn math!

Hear me out: Effective Communication between Parents and Children

Learn more about effectively communicating with your child. Topics include: how to listen to your child as well as how to talk with your children so they listen.

Managing Mealtimes: Finding Solutions to Mealtime Problems

Parents will discuss common mealtime problems, encouraging good mealtime habits, managing challenging behaviours at mealtimes, and setting up a mealtime routine.

Find Parenting and Family Wellness information, tips and resources on our Blog!

www.norwoodcentre.com/blog


SCAN ME 
Register Now!



Play: The Work of Childhood

Discuss the parent's role in play and learn how to set up your home environments to keep your children safe, engaged, and growing through play.

Science in Early Childhood: Understanding your Child's behaviour

Learn about the science behind your child's behaviour, and how to nurture healthy, happy relationships with your family.

Setting Boundaries and Limits with Children

Together with other parents, learn tips to support setting up rules, limits, boundaries, and realistic expectations for you and your child.

Sleep Time Strategies: Solving Bedtime Problems

Parents will discuss common bedtime problems, different approaches to bedtime problems, and how to prevent problems at bedtime and through the night.

Which Parent Education Group is right for me?

Answer the question "What do you want to learn?" and get group suggestions that would best suit you.


SCAN ME 



Stress-free Shopping with Children

This 2-hour sessions provides an opportunity to discuss specific behaviors and potential solutions to everyday parenting problems.

In stress free shopping with children, parents will discuss common shopping problems, different approaches to shopping with children, and making a plan for next time.

Understanding Separation Anxiety

Learn why your child might be feeling separation anxiety, and tips to support both yourself and your child through it.

Live Webinars with AHS

Common Questions about Children Learning in More Than One Language

Is your child hearing or speaking more than one language? Do you wonder how this will affect their language skills? If these are questions you have, join this session.

Screen time: Finding Balance

Are you worried your child is spending a lot of time on screens (phone, tablet, TV)?

In this session, you will learn:

- why screens are hard to limit;
- key strategies to set up balanced use of screen time

Parent Education Groups

Registration required unless otherwise indicated

Learn about optimal child development, positive parenting strategies, healthy attachment, financial literacy, and more. Register online at norwoodcentre.com/courses. If the group you want is full, please add your name to the Interest List.

Circle of Security

Join this 8-week group for parents of children birth to 6 years of age. Learn ways to help your child organize their feelings, support your child's exploration in the world, read and respond to your child's cues, promote a secure relationship with your child, and so much more!

Growing Together Drop-in

A positive and safe gathering place for expecting and new parents with infants up to one year old. Access free resources and information, try new activities, and bond with your baby!

Empower U

Empower U combines financial literacy programs with a FREE 1:2 matched savings component of up to \$500. Through this program, participants experiencing low income take control of finances, reduce debt, and save money. Topics include budgeting, consumerism, credit, home ownership, debt repayment, and much more. Presented in partnership with the United Way and ATB Financial.

EMPOWER U
BUILDING CONFIDENT FUTURE



Empowered Parenting

Participants will be involved in interactive activities, videos, and conversations related to topics that develop positive relationships and promote positive parenting skills such as health, safety, behaviour, and development of children. The goal of this group is to engage parents to promote the health and safety of children while giving parents tools for effective parenting.



Exploring Emotions

Discuss challenges, and successes in navigating emotional development of children.

Handle With Care

The group focuses on supporting children's mental health. The four building blocks, including attachment, relationships with others, expressing emotions, and promoting self-esteem.


SCAN ME 
Register Now!



Parent and Child Education Groups

Drop-in unless otherwise indicated.

Participate in your child's learning and development! Drop-in groups offer a wide variety of activities and resources, and connect children and families with both Norwood Centre staff and other families in the community.

Highlights:

- Play together in a fun, child-friendly environment
- Healthy snacks
- Meet new people from your community
- Access to additional family support resources
- Referrals to other services



Baby and Toddler Exploration Time

A time for parents/caregivers and children to explore the five senses through stories, songs, rhymes, games, and movement. For children ages birth to two years old; siblings are welcome.

Playtime with Dad

Dads! Come and enjoy fun activities with your children and meet new people in your community! This group is intended for any person who identifies as a dad or father figure to children aged 0-6. Together, you will play and explore!

Explore the Outdoors

Let's explore the outdoors! Get outside with us and explore the benefits of risky play and connecting with nature! In the event of harsh weather conditions, this group will move inside.

Frolic in the Forest

Come with us and explore the magic that is the forest! In this group, we will start at the park and work our way through a local ravine space where we will play, explore, and take part in nature!

Jumping Gym Time!

Run, jump, climb, and move with your child in our play space with games and activities that build strong muscles!

Stay and Play

Visit one of our indoor play spaces to enjoy fun activities with your children and meet people in your community! All are welcome; play spaces are designed for ages birth to six years old.





**Call us today:
780-471-3737**

Let's talk about how we can support you to strengthen your parent/child interactions and build your child's brain!

For information or to register for a program:

www.norwoodcentre.com

780-471-3737

9516 - 114 Avenue NW
Edmonton, AB T5G 0K7

  **@NorwoodCentre**

Norwood Child and Family Resource Centre is part of the C5, a collaborative partnership of five leading Edmonton agencies that also includes Bent Arrow Traditional Healing Society, Boyle Street Community Services, Newcomer Centre, and Terra Centre.

