



# Norwood

Child and Family Resource Centre



Programs and Services Guide

WINTER 2025



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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 Workers** 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](http://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

### Program Highlights:

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

## Family Support Program

The Family Support Program is a longer-term, goal oriented, home visitation program that empowers parents to successfully navigate life's challenges.

Your Family Support Worker (FSW) will help you create a plan, based on goals you choose, and is a source of support for your child's development, as well as connection to community, and a source of information and advocacy.

### Program Highlights:

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

## Mental Health Services

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 to register at Norwood Centre. For other times and locations visit [www.bit.ly/family-centre-postpartum-support-group](http://www.bit.ly/family-centre-postpartum-support-group)

# One Day Parent Education Workshops

Register at [norwoodcentre.com/courses](http://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!

## 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!

## Digital Media and Online Safety for Caregivers

Your child is part of the world community the second you connect them to the internet. What does this world look like? How can you better protect them from the darker parts of the web? How can you help guide them to be good digital citizens and watch their digital footprint? This session is to help Caregivers better understand the influence of the internet, video games, dangers, and most importantly how to better protect them.



## 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.

**Which Parent Education Group is right for me?**

  
SCAN ME



## Parent as the Child's First and Most Important Teacher: Setting Successful Schedules

Day-to-day routines can have a huge impact on your life at home with your child. In this session we will discover how to set your family up for success from the moment your child wakes up, to the moment they go to bed. Join us to discuss sleep, feeding, potty training and how to turn our everyday tasks into brain-building opportunities to connect with your child.

## 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.

# Register Now!

 SCAN ME



## 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.

## Understanding Human Connection

Understanding Human Connection is a group focusing on enhancing interpersonal skills through effective communication, conflict resolution, self-care, and strategies for dealing with difficult situations. Participants will engage in education, discussions and activities focused on the importance of fostering resilience, boundary creation, and emotional intelligence. The group looks to teach valuable skills for building healthier, more fulfilling connections.

## Understanding Separation Anxiety

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

## Curious about where your child is in their development?

Completing an Ages and Stages Questionnaire (ASQ) can give you a deeper understanding of where your child is developmentally.

**Ask a Norwood Centre team member about completing an ASQ today!**

# Parent Education Groups

## Registration required

Register online at [norwoodcentre.com/courses](http://norwoodcentre.com/courses). If the group you want is full, please add your name to the Interest List.

### Brain Builders

Parents will learn how they can build their child's brain during their early years. Learn the different development areas and how to support development through play.

### Circle of Security

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!

### 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



United Way  
Alberta Capital Region

### Empowered Parenting

Participants in this group will discuss developing positive relationships and positive parenting skills such as health, safety, behaviour and development of children, through interactive activities, videos, and conversations. The goal of this group is for parents to learn positive parenting techniques and develop skills for success.



### 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.

## Drop-In Parent Education Groups Growing Together

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

### NEW! Parent Connect

Join us on the first Thursday of the month! In this group you'll have a space to come and socialize, chat, and share tips with other parents. Snack and Childminding provided.



# 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.

## 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.



## Find the schedule





**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](http://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.







## Parent Education Groups & One Day Parent Education Workshops:

Registration opens  
December 15

### Managing Mealtimes: Finding Solutions to meal time problems

Tuesday, January 7  
10am-12pm  
Norwood Centre

### Circle of Security

Tuesdays, January  
7-February 25  
2pm-4pm  
Clareview Recreation  
Centre

### Exploring Emotions

Wednesdays,  
January 8 -February 5  
2pm-4pm  
Norwood Centre

### Empower U

Thursdays, January 9-April  
3  
2pm-4pm  
Norwood Centre



### Brain Builders

Fridays, January 10-  
February 28  
1:30pm-3:30pm  
Norwood Centre

### Sleeptime Strategies: Solving Bedtime Problems

Tuesday, January 14  
10am-12pm  
Norwood Centre

### Understanding Human Connection

Tuesday, January 14  
2pm-4pm  
Norwood Centre

### Development: Supporting the Whole Child

Wednesday, January 15  
10am-12pm  
Norwood Centre

### Play: The Work of Childhood

Tuesday, January 21  
10am-12pm  
Norwood Centre

### Bye Bye Diapers

Wednesday, January 22  
10am-12pm  
Norwood Centre

### Science in Early Childhood:

### Understanding your Child's Behaviour

Tuesday, January 28  
10am-12pm  
Norwood Centre

Register now:



[www.norwoodcentre.com/courses](http://www.norwoodcentre.com/courses)

Registration opens  
January 15

### Setting Successful Schedules

Tuesday, February 4, 2025  
10am-12pm  
Norwood Centre

### Handle with Care

Tuesdays, February  
11-March 11, 2025  
10am-12pm  
Norwood Centre

### Empowered Parenting

Wednesdays, February 12 -  
March 19  
2pm-4pm  
Norwood Centre



### Empower U

Wednesdays, February 12  
- May 7  
5pm-7pm  
Norwood Centre



### Digital Media and Online Safety for Caregivers

Wednesday, February 5  
5pm-7pm  
Norwood Centre



### Locations:

Norwood Centre  
9516 114 Avenue NW

Clareview Recreation  
Centre (Entrance 3)  
3804 139 Avenue NW

Registration opens  
February 15

### Understanding Separation Anxiety

Friday, March 7, 2025  
2pm-4pm  
Norwood Centre

### Developmental Domains: Learning Happens Everywhere

Tuesday, March 11,  
2025  
2pm-4pm  
Norwood Centre

### Setting Boundaries and Limits with Children

Friday, March 14,  
2025  
2pm-4pm  
Norwood Centre

### Hear me out: Effective Communication between Parents and Children

Friday, March 21  
2pm-4pm  
Norwood Centre

### Understanding Human Connection

Tuesday, March 18  
2pm-4pm  
Norwood Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Stay and Play</b> 10:00am - 12:00pm Norwood Centre</p>	<p><b>Explore the Outdoors*</b> 10:00am - 12:00pm Norwood Centre</p>	<p><b>Stay and Play</b> 10:00am - 12:00pm Riverdale Community Hall</p>	<p><b>Stay and Play</b> 10:00am - 12:00pm Parkdale/Cromdale Community League</p>	<p><b>Jumping Gym Time!</b> 9:30am - 11:00am Norwood Centre</p>
<p><b>Agency closed, no parent-child groups on:</b> December 23-January 3 for Christmas Break.</p> <p>Monday, January 27 for Staff Planning Day.</p> <p>Monday, February 17 for Family Day.</p> <p>March 24-28 for Spring Break</p>	<p><b>Playtime with Dad</b> 2:00pm - 4:00pm Norwood Centre</p> <p>*Explore the Outdoors will move inside if needed.</p>	<p><b>Stay and Play</b> 10:00am - 12:00pm Spruce Avenue Community League</p> <p><b>Growing Together Parent Education Group</b> 1:30pm - 3:30pm Norwood Centre</p>	<p> <b>Stay and Play</b> 10:00am - 12:00pm McLeod Community Hall</p> <p><b>Baby and Toddler Exploration Time</b> 2:00pm - 4:00pm Norwood Centre</p>	<p><b>Stay and Play</b> 10:00am - 12:00pm Northeast Community Hub</p>

## Drop-in Parent Education Groups

### Growing Together

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

### NEW! Parent Connect

First Thursday of the month  
10am-11:30am  
Child-minding available  
Norwood Centre



### 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

### More information:



[www.norwoodcentre.com/parent-and-child-programs](http://www.norwoodcentre.com/parent-and-child-programs)