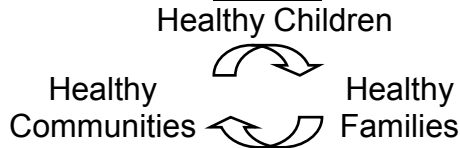




## NCFRC Mission and Vision Statement

### VISION



### MISSION

Active involvement of children and their families in a strong vibrant community.

## Centre CLOSED

Norwood Child & Family Resource Centre will be **CLOSED** on the following dates:

- Monday, February 6
- Saturday, February 18
- Monday, February 20
- Monday, February 27

## From our Kitchen

### English Muffin Egg Pizza

#### Ingredients:

- 1/2 a whole wheat English muffin
- 1 teaspoon pizza sauce
- 1 egg
- 1 tablespoon chopped vegetables (mushrooms, onions, green or red pepper, broccoli)
- 2 tablespoons shredded light mozzarella
- Cooking spray or butter/margarine

#### Directions:

1. Toast English muffin to desired darkness and spread with pizza sauce
2. Spray cooking spray or wipe a small amount of butter/margarine in round microwavable dish (a bowl the same size as the English muffin). Add egg and vegetables and whisk together.
3. Microwave on high for 30 seconds. Add cheese and microwave for an additional 30 seconds.
4. Remove the egg from the bowl and place on top of the English muffin. Serve and enjoy!

## Evening Intake Appointments

Intake appointments for program registration can now be booked Wednesday evenings.

## Evening and Weekend Home Visits

**Does an evening or Saturday home visit work better for your schedule?**

Requests can now be made with your Family Support Worker to complete your home visits in the evenings or on Saturdays.

## Family Dinner Event

Join us with your entire family Friday, February 17 from 4:30 pm - 7:30 pm for a great dinner, activities, and crafts.

## Rhymes That Bind

Parents and children birth to 3 years old are invited to sing songs, learn rhymes and meet new friends Wednesday, February 1, 8, 15, 22, and 29 from 10:30 am - 11:30 am in the gym. Snack is provided.

**Drop in group.**

## Books for Preschoolers

Parents and children 3 to 5 years old are invited Friday, February 3, 10, 17, and 24 from 10:00 am - 11:30 am in the Parent Room. Snack is provided.

**Please phone 780-471-3737 to register.**

## Books for Toddlers

Parents and children 13 months to 2 1/2 years old are invited Tuesday, February 7, 14, 21 and 28 from 10:00 am - 11:30 am in the Parent Room. Snack is provided.

**Please phone 780-471-3737 to register.**

## Cooking at Norwood

Learn a new recipe! We are asking parents to sign up for **one** session. If you are interested in all sessions, you will be placed on a waitlist for the other sessions. Once on the waitlist for a session, you will be contacted if there is a space available.

**When:** 3:00 pm - 5:00 pm, Wednesday, February 8:

- **Chili and Cornmeal Muffins**

1:00 pm - 3:00 pm, Wednesday, March 21:

- **Chicken and Dumplings**

**Please contact Jessy or any Family Support Worker to register.**

## Parent Advisory Committee

**Share your thoughts and ideas**



**When:** Monday, February 13

**Time:** 10:30 am - 11:45 am

**We Need You!**

## Me and My Buddy



Are you a male role model looking for a place to play and interact with your child?

Join KARA Family Resource Centre every Saturday from 9:30 am - 11:00 am here at Norwood.

**Drop in group.**

## New!

**Parent/Child Groups** are now available Mondays and Fridays.

These groups are a great opportunity for parents/caregivers to enjoy program activities with their child(ren). Early Start Staff offer a comfortable and attractive play environment that engages children in activities which promote their growth and development.

**Please phone 780-471-3737 to register.**

## Norwood Child and Family Resource Centre

Phone: (780) 471-3737 Fax: (780) 477-1632

Address: 9516 114 Avenue

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