



Norwood

Child and Family Resource Centre

Programs and Services Guide

January/February 2022



Welcome to Norwood!

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!

Vision

Healthy Children • Healthy Families • Healthy Communities

Mission

Norwood builds on the strengths of children and families through support and education to optimize child development and connect families to communities.

Guiding Principles

- Norwood is inclusive, respectful of diversity, and values every person's worth.
- Our programs and services are child-centered, based on the most current understanding of how children develop and learn.
- Our work is grounded in fostering healthy relationships, the bonds between children and family, and family and the community.
- Our work is strength-based, trauma-informed, responsive to need, and effective.



Getting Started

Intake Facilitators: P: 780-471-3737

The first step to accessing Norwood Child and Family Resource Centre's programs and services (after browsing this guide) is to call **780-471-3737** and ask to be connected with an intake facilitator.

An intake facilitator can talk through your needs with you and help you sort through programs, services, and resources. Our facilitators are well versed in our own programs, as well as with many others through the many organizations we collaborate with throughout Edmonton.

Did you know?

What happens in the first years of life directly impacts children's long-term cognitive, emotional, and social outcomes through adulthood.



**Norwood
Centre**



**builds big
brains**



**for bright
futures**

Norwood Programs

Parent Respite Program

This free respite program provides temporary relief from care for parents with children 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 family functioning and stability

Program Highlights:

- healthy meals and snacks
- parent education
- family support
- referrals to other services

Did you know?

Science shows that the most crucial relationships in a person's life are those with their primary caregivers. You are your child's first and most important teacher!

Family Coaching

Family Coaching provides supported parenting modeling and mentoring. Through this one-on-one in-home support, families interact with Family Educators to increase their knowledge and build skills related to positive parenting and healthy attachment.

As each family is different, there is no predetermined program or path that families must follow. This approach provides "in the moment" feedback and support to develop skills and confidence while meeting the needs of the family.

Home Visitation Program

This program provides services within the homes of families, with their young children birth to six years old.

Family support workers offer a strength-based approach to supporting families in order to enhance positive parenting and healthy parent/child interactions while building strong families.

Program Highlights:

- weekly or bi-weekly in-home support
- goal setting
- child development information and activities
- family support
- referrals to other services



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:

- free busing
- healthy snacks
- goal setting
- parent/teacher interviews
- access to health services
- speech and language therapy
- occupational therapy
- family support
- referrals to other support services

Tuesday to Friday | September to June
Morning 9:15 am - 12:15 pm
Afternoon 1:00 pm - 4:00 pm
Norwood Centre Head Start Room

Register
now for
2022!

Registration is open for 2022-23.
Children must be three years old by December 31.



Family Education Groups

Family Education offers formal parent education groups and parent & child play-based groups to promote healthy child development, positive parenting strategies, and healthy attachment.

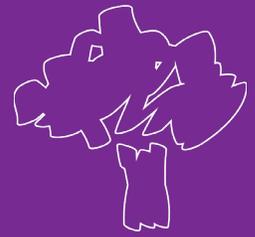
Parent education groups are pre-registered classes while most of the parent & child groups are drop-in. See pages 6 and 7 for descriptions.

“I think the Brain Builders program made a big impact on how I saw the time I spend with my kids. I felt like doing the program made a positive impact on my kids and it gave me the tools to be strong and independent.

I was given information on what is developmentally appropriate at what ages, and it really helped me pinpoint what I needed to work on with my son.”

Parent Education Groups

(registration required - see schedule next page)



Learn strategies for positive parenting, healthy attachment, and optimal child brain development in these important early years!

Highlights:

- healthy snacks (for in-person sessions)
- free child minding
- access to other family support resources
- referrals to other services

See full descriptions and the latest group schedules at:

norwoodcentre.com/parent-programs

Use QR code:



Did you know?

Your child will look to you for so much and what you do and say becomes the way they start to navigate their lives. They adopt your mannerisms, the quirky things you say, the fears you have, even the way you eat certain foods! They are on a journey to find their individuality while watching how you live your life.

Brain Builders

Brain Builders will introduce the different developmental areas of the brain and how to support your child's development while finding fun ways to build the brain through play!

Empowered Parenting

Empowered Parenting focuses on developing healthy parent and child relationships by helping participants develop positive parenting skills.

Empower U

Empower U is open to people of diverse backgrounds who are experiencing low income. Through this program, participants take control of their finances, reduce debt, and save money. Receive up to \$500 in FREE matched savings!

Exploring Emotions

Learn more about your child's emotions as they move through the early years. Gain insights into how to talk to children about emotions and how to support them when they have big feelings.

First Five Years Project

What you need to know about the first five years of your child's life! After working with many different families, we created a series of sessions that answer YOUR questions about creating a healthy family. We discuss everything from setting limits to potty training to helping your child reach their highest potential.

Handle with Care

The Handle with Care group focuses on supporting children's mental health through four building blocks: attachment, relationships, expressing emotions, and self-esteem.

Learning and Literacy (LAPS)

LAPS provides educational opportunities to develop literacy skills in parents and children. Participants learn how literacy is a way of communicating with children while building confidence in parenting. Topics are selected based on participant interest and need.

Mindful Parenting

Join a group of parents for facilitated discussions on the parenting issues you are dealing with today, then practice with your child afterward in a parent-child play group. At the same time, learn more about promoting your child's healthy brain development through play!



Parent and Child Groups

(drop-in unless otherwise indicated - see schedule next page)

Parenting in Two Cultures

This program is for those interested in learning about parenting across cultures. The goal for this program is for parents to gain information on parenting and raising happy, healthy children without losing the traditions and culture they value. This is done through engaging activities and group discussion.

Triple P Positive Parenting Program

This parenting program provides participants with a toolbox of parenting ideas, strategies, and tools, so they can choose which ones are the best fit for their family. Triple P supports raising happy, confident children; managing challenging behaviours; encouraging positive behaviours; setting rules and routines; increasing parent confidence and more.

You're a Great Dad

Sometimes fathers underestimate how important they are in their children's lives. In fact, a father's active involvement is critical to children's healthy cognitive, emotional, and social development. This course will help fathers recognize the value of their parenting role and provide steps for becoming a more actively

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 Norwood staff and other families in the community.

Highlights:

- parents and children play together in a child-friendly environment
- access to additional family support resources & referrals to other services
- healthy snacks
- meet new people from your community

See full descriptions and the latest group schedules at:

norwoodcentre.com/parent-and-child-programs

Use QR code:



Jumping Gym Time

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

Preschool Discovery Time

Take part in a variety of learning activities including stories, songs, science concepts, and movement activities. For children ages three to five years old; siblings are welcome.

Stay and Play

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

Story Time Adventure

Join us to hear a story and receive adventurous tasks to complete throughout the week with your family. After completing the activity, families will be invited to share the experiences they had with the objects found around their home, yard or neighborhood. This group is for families with children ages three to six years.

Questions?

Call **780-471-3737**

Currently Scheduled Parent Education Groups

(registration required)

These groups provide opportunities for parents of children ages birth to six years old to learn strategies that build their skills to positively parent. If the group you are interested in is not currently scheduled, call an Intake Facilitator at 780-471-3737 to find out when the next one is scheduled.

Brain Builders

Tuesdays
January 11 - March 1
1:30 - 3:30 pm
Norwood 9516 114 Avenue

Empower U

Tuesdays
January 18 - April 12
5:30 - 7:30 pm
Norwood 9516 114 Avenue

First Five Years Project 1 Parents as Child's First Teachers: Setting Successful Schedules

Wednesdays
January 19 - 3:00 - 4:30 pm
January 26 - 3:00 - 4:00 pm
Norwood 9516 114 Avenue

First Five Years Project 2 Play: The Work of Childhood

Wednesdays
February 16 - 3:00 - 4:30 pm
February 23 - 3:00 - 4:00 pm
Norwood 9516 114 Avenue

Handle with Care

Fridays
February 11 - March 11
1:30 - 3:30 pm
Norwood 9516 114 Avenue

Learning and Literacy (LAPS)

Thursdays
February 17 - March 24
5:30 - 7:30 pm
Norwood 9516 114 Avenue

Triple P Positive Parenting Program

Thursdays
January 13 - February 3 & March 3
5:30 - 7:30 pm
NE Community Hub, 14017 Victoria
Trail

Triple P Positive Parenting Program

Fridays
January 14 - February 4 & March 4
1:30 - 3:30 pm
Online via Zoom

You're a Great Dad

Tuesdays
February 22 - March 15, 2022
6:00 - 7:30 pm
NE Community Hub, 14017 Victoria Trail

All groups offer free
childminding and
snacks!



Parent and Child Groups Drop-In Schedule

(drop-in unless otherwise indicated)

These groups offer parents opportunities to participate in their child's learning and development, while at the same time connecting with other parents in the community. Plus there are snacks!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Stay and Play 10:00 am - 12:00 pm Norwood Multipurpose Room</p> <p>Stay and Play 10:00 am - 12:00 pm McLeod Community Hall</p>	<p>Stay and Play 9:30 am - 1:00 pm Northeast Community Hub</p> <p>Preschool Discovery Time 10:00 am - 11:00 am Zoom</p> <p>Story Time Adventure! January 18th- February 22nd 10:00 - 11:30 am Norwood Multipurpose Room</p>	<p>Stay and Play 10:00 am - 12:00 pm Rundle School/Beverly Daycare Society*</p> <p>Jumping Gym Time! 9:30 am - 11:00 am Clareview Recreation Centre</p>	<p>Jumping Gym Time! 9:30 am - 11:00 am Alberta Avenue Community League</p> <p>Stay and Play 10:00 am - 1:00 pm McLeod Community Hall</p>	<p>Jumping Gym Time! 9:30 am - 11:00 am Norwood Gym</p> <p>Stay and Play 9:30 am - 1:00 pm Northeast Community Hub</p>

Locations:

Norwood Centre, 9516 114 Avenue
 Alberta Avenue Community League, 9210 118 Avenue
 Clareview Recreation Centre, 3804 139 Avenue
 McLeod Community Hall, 14715 59 Street
 Northeast Community Hub, 14017 Victoria Trail
 Rundle School/Beverly Daycare Society 11005 34 Street

Special SATURDAY Stay and Plays

Saturday, January 22, 2022
 10:00 am - 12:00 pm
 Saturday, February 26, 2022
 10:00 am - 12:00 pm

Norwood Multipurpose Room
Registration required.



**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!

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www.norwoodcentre.com
Facebook: @norwoodcentre

9516 - 114 Avenue NW
Edmonton, AB T5G 0K7