



Norwood

Child and Family Resource Centre

Programs and Services Guide

Winter 2022-23



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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.



How to Get 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.

You can also get started by going to norwoodcentre.com/courses and registering for any parenting group. An intake facilitator will reach out to you to confirm your registration and chat with you about your needs (you can specify whether you would like them to contact you by phone, email, or text message).

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Did you know?

Developmental milestones are functional skills or tasks that most children can do at a particular age. The first five years of a child’s life are critical to their development. By tracking your child’s milestones and providing them with age-appropriate activities you can help them reach those important milestones.



Check out our child development activity sheets to help build up your child’s skills and abilities in every developmental domain!

 SCAN ME



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 overall family functioning and stability

Highlights:

- children are served healthy meals and snacks
- flexible scheduling:
 - times are available between 8:30 am and 5:30 pm, Tuesday to Friday
 - as needed: families can schedule an hour or two, a morning, the full day, etc.
- parent and family supports: mental health therapist on-site, 'Ages and Stages' questionnaires, in-home family visits, parent coaching, and more
- referrals to other services throughout Edmonton

Our program spaces are called “communities” to include each child as a citizen of their environment.

Our **Exploration Community** is for children aged birth to 2.5 years old, while our **Discovery Community** is for children aged 2.5 to six years old

Both communities are staffed by qualified early childhood educators.



Did you know?

To promote literacy skills in their children, the best thing parents can do is provide a “language-rich environment.”

What does this mean? It means surround your child with words, both written and spoken: read books together, sing songs together, have conversations together ... point out the letters on a sign as you pass by, read labels at the grocery store, even just describe what you are doing while you do chores.

The more you surround your child with language, the more you encourage their interest in words and help them see reading and writing as fun and exciting!



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.

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

Registration is open for 2023-24.

Children must be three years old by December 31, 2023.

One-on-One Coaching and Home Visitation

Sometimes you need parenting support right where you and your children live. If you have a child aged six or under, Norwood's early childhood development and family support experts can come to you!

One-on-One Coaching is short-term, solution-focused parenting support that takes place where you need it: in your home, at the grocery store, at the playground, on the crosswalk, etc. Your coach will provide hands-on, 'in the moment,' early childhood development knowledge and techniques that help resolve challenging behaviours quickly, safely, and positively! One-on-one coaching generally lasts **one to four sessions**.

Common Scenarios:

- potty training
- bedtime routines
- mealtime struggles with picky eaters
- 'risky play' at the playground
- sibling rivalry
- unsafe behaviour near cars, at the bus stop, etc.

Home Visitation is longer-term, goal-oriented support for when tougher challenges like financial distress, single parenthood, illness or disability, social isolation, housing issues, etc., interfere with your ability to focus on parenting.

Your Norwood family support worker (FSW) will help you create a plan based on goals you choose and prioritize for yourself, your family, and your household. Your FSW is a source of connections, information, encouragement, advocacy AND support for your **child's ongoing development** in their critical early years.

Program Highlights:

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



Parent Education Groups

Registration required unless otherwise indicated

Join one of our parenting classes to learn about optimal child development, positive parenting strategies, healthy attachment and more!

Highlights:

- healthy snacks
- free child minding
- access to additional family support resources
- referrals to other services

From a parent:

Our family has experienced lots of changes since receiving one-on-one coaching. Our family coach has been a wonderful support to our family and has helped guide me through all my worries and concerns about my child by providing resources, information, and advice.

I've learned about "serve and return" playing, proper ways to do time-outs, strategies for potty training, and redirecting and helping my child regulate their emotions. They taught me ways to address these things through reading, playing games, and leading by example.

I believe my experience with my family educator has allowed me to grow as a parent making my relationship with my children stronger.

Brain Builders

Brain Builders introduces the different developmental areas of the brain and how to support a child's brain development in the critical early years. We will explore fun ways to build the brain through play!

Fridays | 1:30 - 3:30 pm
January 13 - March 3
Shelley Milner Children's Library



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!

Thursdays | 5:30 - 7:30 pm
February 2 - April 20
Norwood Centre

Sponsored by:



Empowered Parenting

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

Wednesday | 1:30 - 3:30 pm
February 8 - March 22
Norwood Centre



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.

Tuesdays | 2:00 - 4:00 pm
January 24 - February 21
Location TBD

Growing Together

Drop-in

This is an ongoing drop-in parent education group that provides a positive and safe gathering place for expecting and new parents with infants up to 6 months old to connect with one another. Come join us for the opportunity to access free resources and information, try new activities, and bond with your baby!

Fridays | 1:30 - 3:30 pm
Ongoing
Norwood Centre



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.

Wednesday | 10:00 am - 12:00 pm
February 15 - March 15
Norwood Centre

Parenting in Two Cultures

Gain positive parenting techniques for raising happy, healthy children without losing the culture and traditions you value.

Wednesdays | 1:30 pm - 3:30 pm
February 15 - March 15
Location TBD

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.

Wednesdays | 5:30 - 7:30 pm
January 18 - February 8 & March 8
Norwood Centre

Thursdays | 1:30 - 3:30 pm
February 2 - February 23 & March 23
NE Community Hub



Parent and Child 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 staff and other families in the community.

Highlights:

- parents and children 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

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. Offered in collaboration with Edmonton Public Library.



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!

Move and Play

Visit this play space to enjoy fun and engaging indoor play. Children will be able to run, jump, and climb or take part in art, building, and play-based learning activities. All are welcome.

See insert for
drop-in
schedule!

or visit norwoodcentre.com/parent-and-child-programs

Preschool Discovery Time

Parents/caregivers and children take part in learning activities including stories, songs, science concepts, and movement. 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! All are welcome; play spaces are designed for ages birth to six years old.

Story Time Adventure!

Join us for a story and receive adventurous tasks to complete throughout the week with your family! After completing the activities, families are invited to share the experiences they had with the objects found around their home, yard, and neighbourhood. This group is recommended for families with children aged three to six years old.





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

Fridays | 1:30 - 3:30 pm
January 13 - March 3
Shelley Milner Children's Library



Triple P Positive Parenting Program

Wednesdays | 5:30 - 7:30pm
January 18 - February 8 & March 8
Norwood Centre

Exploring Emotions

Tuesdays | 2:00 - 4:00 pm
January 24 - February 21
Location TBD

Triple P Positive Parenting Program

Thursdays | 1:30 - 3:30 pm
February 2 - February 23 & March 23
NE Community Hub

For the most up-to-date schedule and course descriptions, visit:



norwoodcentre.com/parent-programs

Empower U

Thursdays | 5:30 - 7:30 pm
February 2 - April 20
Norwood Centre

Empowered Parenting

Wednesdays | 1:30 - 3:30 pm
February 8 - March 22
Norwood Centre

Handle with Care

Wednesdays | 10:00 am - 12:00 pm
February 15 - March 15
Norwood Centre

Parenting in Two Cultures

Wednesdays | 1:30 pm - 3:30 pm
February 15 - March 15
Location TBD

Growing Together

Drop-in
Fridays | 1:30 - 3:30 pm
Ongoing
Norwood Centre



Did you know?

Typically speaking, from about 2-3.5 years old children engage in onlooker play (watching others play) or parallel play (playing alongside other children without directly playing with them). Children need a lot of practice with both their communication and social skills before taking the big step toward playing with others.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Stay and Play 10:00 am - 12:00 pm Norwood Centre</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>Story Time Adventure! 10:00 am - 11:30 am Norwood Centre (Jan 23 - Feb 28)</p> <p>Preschool Discovery Time 2:00 pm - 4:00 pm Sprucewood Branch - Edmonton Public Library </p>	<p>Jumping Gym Time! 9:30 am - 11:00 am Clareview Recreation Centre *</p> <p>Stay and Play 10:00 am - 12:00 pm Riverdale Community Hall</p> <p><i>*Location may change in Dec. Check our website or phone us before dropping in</i></p> <p>Agency closed no play groups December 21 - January 3 (Christmas Break)</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>Baby and Toddler Exploration Time 2:00 pm - 4:00 pm Norwood Centre</p>	<p>Jumping Gym Time! 9:30 am - 11:00 am Norwood Centre</p> <p>Stay and Play 10:00 am - 1:00 pm Northeast Community Hub</p> <p>Growing Together Parent Education Group 1:30 pm - 3:30 pm Norwood Centre</p>

Locations:

- Norwood Centre 9516 114 Avenue
- Al Rashid Mosque 13070 113 Street NW
- Alberta Avenue Community League 9210 118 Avenue
- Clareview Recreation Centre 3804 139 Avenue
- Edmonton Public Library - Sprucewood 11555 95 Street
- Edmonton Public Library - Shelley Milner Children's Library 7 Sir Winston Churchill Square
- McLeod Community Hall 14715 59 Street
- Northeast Community Hub 14017 Victoria Trail
- Riverdale Community Hall 9231 100 Avenue

For the most up-to-date schedule:



or visit: norwoodcentre.com/parent-and-child-programs

Saturdays

Stay and Play
December 10
January 28
February 25
10:00 am - 12:00 pm
Norwood Centre

Move and Play
December 10
January 14 & 28
February 11 & 25
1:30 pm - 3:30 pm
Al Rashid Mosque





**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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For information or to register for a program:

www.norwoodcentre.com

780-471-3737

9516 - 114 Avenue NW
Edmonton, AB T5G 0K7