



Norwood

Child and Family Resource Centre

Programs and Services Guide

Autumn 2022



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Healthy Children • Healthy Families • Healthy Communities

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?

Intellectual development is how children organize their ideas and thoughts to make sense of the world they live in.



The ability to distinguish sizes and recognize patterns is a math concept you can teach by using items around your house, specifically in your cupboards and drawers! Simple activities such as getting your child to organize the cups from smallest to biggest when putting dishes away or allowing your child to organize objects in your cupboards according to their size can help develop their understanding of patterns and sizes.



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

Highlights:

- children are served healthy meals and snacks
- flexible scheduling:
 - available hours: 8:30 am to 5:30 pm, Tuesday to Friday
 - booked 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?

The very first stage of intellectual development is the sensorimotor stage, which lasts from approximately birth to around two years old. During this stage, children are using their senses and motor skills to learn all about life and the world they live in.

This child is learning about cause and effect by reaching for, and eventually grasping, the red block. He is also problem-solving and thinking critically as he experiments with different ways to move his body to get closer and reach his goal!



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

Children must be three years old by December 31.

Did you know?

Executive function is the ability to control multiple tasks at a time. This allows us to manage our impulses and stay fully engaged in activities.



The children from our Head Start program are showing off their amazing executive function skills while visiting with these newly hatched chicks. While the children were excited to hold, feed and touch the chicks, they were able to control their excitement level and create a safe and caring environment for the fragile animals.

Sometimes you need parenting support right where you and your children live. Our family coaches and family support workers will come to your home to help you meet your goals for positive parenting and building up your strong, healthy family.

Family Coaching

Family Coaching provides supported parenting modeling and mentoring. Through this one-on-one **in-home** support, families work with a family educator to build their knowledge and 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 program provides “in the moment” feedback and support to develop skills and confidence while meeting the needs of the family.

Common scenarios are:

- potty training
- setting bedtime routines
- mealtime struggles with picky eaters
- sibling rivalry
- child development through play

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
- 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:

...I totally started to understand that behaviour is an additional language for children to use, so they can let adults know what their needs are.

I now always remember a short message that stuck to me: If you just stop behaviour from happening without teaching your children what to do instead, you will be dealing with it again and again. However, if you equip your children with how to go about expressing their feelings in an appropriate way, they will use it like a tool.

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
September 16 - November 4
Norwood Centre

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!

Tuesdays | 5:30 - 7:30 pm
September 27 - December 13
NE Community Hub

Sponsored by:



United Way
Alberta Capital Region

Empowered Parenting

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

Mondays | 5:30 - 7:30 pm
September 12 - October 24
Norwood Centre

Thursdays | 2:00 - 4:00 pm
November 10 - December 15
Clareview Recreation Centre

Sponsored by:



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.

Wednesdays | 2:00 - 4:00 pm
November 16 - December 14
Norwood Centre

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
Starts November 18 (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.

Mondays | 5:30 - 7:00 pm
November 7 - December 12
Norwood Centre

Parenting in Two Cultures

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

Tuesdays | 10:00 am - 12:00 pm
September 20 - October 18
Norwood Centre

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 | 1:30 - 3:30 pm
September 21 - October 12 & November 9
Norwood Centre

Wednesdays | 2:00 - 4:00 pm
October 26 - November 16 & December 14
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.

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.

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.



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





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.

Empowered Parenting

Mondays | 5:30 - 7:30 pm
September 12 - October 24
Norwood Centre

Brain Builders

Fridays | 1:30 - 3:30 pm
September 16 - November 4
Norwood Centre

Parenting in two Cultures

Tuesdays | 10:00 am - 12:00 pm
September 20 - October 18
Norwood Centre

Triple P Positive Parenting Program

Wednesdays | 1:30 - 3:30 pm
September 21 - October 12 & November 5
Norwood Centre

Empower U

Tuesdays | 5:30 - 7:30 pm
September 27 - December 13
NE Community Hub

Triple P Positive Parenting Program

Wednesdays | 2:00 - 4:00 pm
October 26 - November 16 & December 14
NE Community Hub

Handle with Care

Mondays | 5:30 - 7:30 pm
November 7 - December 12
Norwood Centre

Empowered Parenting

Thursdays | 2:00 - 4:00 pm
November 10 - December 15
Clareview Recreation Centre*
**confirm location upon registration*

Exploring Emotions

Wednesdays | 2:00 - 4:00 pm
November 16 - December 14
Norwood Centre

Growing Together

Drop-in
Fridays | 1:30 - 3:30 pm
November 18 (ongoing)
Norwood Centre

Did you know?

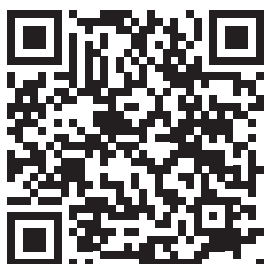
Here at Norwood, the creative experiences we plan for children are *process-based*, not *product-based*.

This means that the experiences are focused on the process of creation and not the result (product).



By doing this, children can develop their social, physical - fine motor (small muscles) and gross motor (large muscles), language, intellectual, creative and emotional domains in a fun way!

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



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>Explore the Outdoors 10:00 am - 11:30 am Norwood Centre (ends Nov 29)</p> <p>Preschool Discovery Time 2:00 pm - 4:00 pm Norwood Centre (starts Nov 22)</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 Rundle School /Beverly Daycare Society</p> <p>Stay and Play 10:00 am - 12:00 pm Riverdale Community Hall</p>	<p>Jumping Gym Time! 9:30 am - 11:00 am Alberta Avenue Community League (starts Oct 6)</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>Agency closed no play groups September 5 (Labour Day) October 10 (Thanksgiving)</p>				<p>Agency closed no play groups November 11 (Remembrance Day)</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
 McLeod Community Hall 14715 59 Street
 Northeast Community Hub 14017 Victoria Trail
 Rundle School/Beverly Daycare Society
 & Family Resource Centre 11005 34 Street
 Riverdale Community Hall 9231 100 Avenue



Saturdays

Stay and Play
 September 17
 October 22
 November 26
 December 10
 10:00 am - 12:00 pm
 Norwood Centre

Move and Play
 September 10 & 17
 October 15 & 22
 November 5 & 26
 December 10
 1:30 pm - 3:30 pm
 Al Rashid Mosque

For the most up-to-date schedule visit: norwoodcentre.com/parent-and-child-programs





**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