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# Welcome to Norwood Centre!

**Norwood Child and Family Resource Centre** provides **free programs and services** for families with children from birth to six years old across Edmonton. Our services are preventative, family-centered, and built on the belief that parents are the experts on their own families. We build on your family's strengths as a foundation for your child's healthy development.

## Supporting Every Part of Your Child's Development

Our trained professionals support children's social, physical, language, intellectual, creative, and emotional development through early childhood programs. We also offer parenting groups to help build your confidence and skills, as well as in-home support from Family Support Workers who provide strategies, information, and referrals. Contact us today to learn more and join a program.



## How to Get Started

The Parent Respite, Head Start, Family Education and Family Support Programs 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 you have.

Registering for Parent Education Groups can now be done online. **To register, visit: [norwoodcentre.com/courses](https://norwoodcentre.com/courses).**



## Head Start Program

This school readiness program focuses 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 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.

### Program Highlights:

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

## Family Support Program

This is a long-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.

### 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.

**Rapid Access Counselling:** One hour drop-in or scheduled sessions at Norwood Centre. These sessions are for all community members, through the Family Resource Network.

# Parent and Child Drop-in Groups

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.

## Art and Sensory

Come and get messy with us! We will be creating, playing, and having fun with different art materials. Explore with your child all the fun that can be had with water, paint, chalk, and glue - just to name a few!

## 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 birth to two years old; siblings are welcome.

## Explore the Outdoors

Let's explore the outdoors! Get outside with us and explore the benefits of risky play and connecting with nature! This group will move inside if needed.

## 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 birth to six years old.

## Splash and Play

Join us this summer for water play! Together, you and your child will enjoy playing outside and splashing around - at the playground, or splash park! This group will be outside and move inside if needed.

## Story Time Adventures

Join us for the summer to hear stories, learn a variety of learning activities and participate in outdoor adventures and creations and receive adventurous tasks to complete throughout the week with your family with the objects found around your home, yard or neighborhood.



Please bring  
Indoor Shoes or  
Socks for all  
Parent & Child  
Drop-in Groups

## Find the schedule

SCAN ME 



# Parent Education Groups

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

If the group you want is full, please add your name to the Interest List.

## Empower U

This group 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 COMMUNITY FUTURES

ATB

United Way  
Alberta Capital Region



## Hello, Baby!

A friendly, inviting space where you can connect with other new parents, celebrate your baby's milestones, and ask questions in a relaxed environment.

## 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 team member about completing an ASQ today!**



# One Day Parent Education Workshops

Register at [norwoodcentre.com/courses](https://norwoodcentre.com/courses)

Learn about optimal child development, positive parenting strategies, healthy attachment, financial literacy, and more. Register online at [norwoodcentre.com/courses](https://norwoodcentre.com/courses). If the group you want is full, please add your name to the Interest List.

## Understanding your Child's Behaviour

Learn about the science behind your child's behaviour and how to nurture healthy and happy relationships with your family.

## The Brain Architecture Game

This tabletop game builds understanding of the powerful role of experiences on early brain development: what promotes it, what derails it, and with what consequences to society. Learn about toxic, tolerable, and positive stress, and how to build a brain!

## Get Outside!

Discover the power of outdoor play! Join us to learn how time spent in nature supports your child's physical, emotional, and cognitive development. We'll share practical ideas for encouraging outdoor exploration including how to support age appropriate risky play like climbing, jumping, and exploring new spaces, helping your child build confidence and resilience through hands-on experiences outside.

## Screen Time: Finding Balance

Are you worried your child is spending a lot of time on screens (phone, tablet, TV)?

In this session, you will learn:

- why screens are hard to limit
- key strategies to set up balanced use of screen time

## 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!

## 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.



## 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.

## 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!

# Financial Education Workshops

## Changes to AISH & Understanding ADAP

With so many changes to AISH in recent years, it can be hard to keep up. This session will explain the updates to AISH, the transition to ADAP, the new rules, and how to apply to stay on AISH.

## Fraud & Scam Awareness

Scams are EVERYWHERE! Phishing, job and rental scams, investment scams and more. We'll practice spotting scams, how to protect yourself, and what to do if you've been a victim, using videos, worksheets, and group discussions.

## Talking to Your Kids About Money

Explore practical ways to talk with your kids about money, set clear limits on spending and around "extras" while helping them learn basic saving and budgeting skills.

## Understanding Your Notice of Assessment

What is a Notice of Assessment? What does each specific part mean? What is TFSA eligibility room? Find out by joining this session as we walk you through a review of sample notices and answer your questions.



### Help secure Norwood 's future and donate today!

Your donation directly supports Norwood's programs. With the help of generous donors like you, we can continue to provide high-quality programming for children and families.



**Make a difference today and support our vision of  
Healthy Children • Healthy Families • Healthy Communities**



# Norwood

Child and Family Resource Centre

## City Centre Edmonton Family Resource Network (FRN)

Norwood is the Hub for the City Centre Edmonton FRN. FRNs provide support services to help Alberta families become more resilient, strong, and healthy. Partners of this network include:



Helping at-risk youth create workable pathways to healthy lives. Supports include: meeting basic needs, mentorship, mental health, meals, and family programs.

(780) 421-8811  
9635 102A Ave NW  
www.ihuman.org



Critical mentoring and nutrition for children and youth 6-19 years old. Services include: free out-of-school care and much more!

(780) 479-5283  
8718 118 Ave NW  
www.crystalkids.org

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### Contact Norwood Centre at:

www.norwoodcentre.com

780-471-3737

9516 - 114 Avenue NW  
Edmonton, AB T5G 0K7



Norwood Child and Family Resource Centre is part of the C5, a collaborative partnership of five leading Edmonton agencies that includes Bent Arrow Traditional Healing Society, Boyle Street Community Services, Newcomer Centre, and Terra Centre.





Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Splash and Play*</b> 10:00am - 11:30am Riverdale Community Hall</p> <p><b>Stay and Play</b> 10:00am - 12:00pm Norwood Centre</p>  <p>Please bring Indoor Shoes or Socks for all Parent &amp; Child Drop-in Groups</p>	<p><b>Explore the Outdoors*</b> 10:00am - 11:30am Norwood Centre</p> <p><b>Story Time Adventures*</b> 10:00am - 11:30am Parkdale/Cromdale Community League</p> <p><b>Jumping Gym Time!</b> 1:30pm - 3:00pm Norwood Centre</p>	<p><b>Stay and Play</b> 10:00am - 12:00pm Riverdale Community Hall</p> <p><b>Outdoor Fun and Games*</b> 10:00am - 11:30am Norwood Centre</p>	<p><b>Stay and Play</b> 10:00am - 12:00pm Parkdale/Cromdale Community League</p> <p><b>Art and Sensory*</b> 10:00am - 11:30am Norwood Centre</p> <p><b>Baby and Toddler Exploration Time</b> 2:00pm - 4:00pm Norwood Centre</p>	<p><b>Jumping Gym Time!</b> 9:30am - 11:00am Norwood Centre</p> <p><b>Explore the Outdoors*</b> 1:30pm - 3:00pm Norwood Centre</p>

**\*Our Weather Policy** 

For programming outside, we may move inside or cancel a group if:

- UV index is greater than 7
- Environment Canada issues an air quality advisory of 7-10+
- Extreme weather such as: hail, torrential downpours, lightening/thunder, or where a tornado warning is in effect

**Locations:**

**Norwood Centre**

9516 114 Avenue NW

**Parkdale Cromdale Community League**

11335 85 St NW

**Riverdale Community Hall**

9231 100 Avenue NW

**For more information:**



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



**No groups on:**

**July 1**  
Canada Day

**August 3**  
Civic Holiday

**Parent Education Groups, One Day Parent Education Workshops  
and Financial Education Workshops**

**Registration Opens  
June 15**

**Get Outside!**

Thursday, July 2  
5:00pm - 7:00pm  
Norwood Centre

**Empower U**

Wednesdays  
July 8 - August 26  
1:30pm - 4:30pm  
Norwood Centre



**Changes to AISH and  
Understanding ADAP**

Thursday, July 9  
10:00am - 12:00pm  
Norwood Centre

**The Brain Architecture  
Game**

Monday, July 13  
2:00pm - 4:00pm  
Norwood Centre

**Development:  
Supporting the Whole  
Child**

Tuesday, July 21  
10:00am - 12:00pm  
Norwood Centre

**Screen Time: Finding  
Balance**

Thursday, July 23  
10:00am - 12:00pm  
Norwood Centre

**Talking to Your  
Kids About Money**

Thursday, July 30  
3:30pm - 5:30pm  
Norwood Centre

**Developmental  
Domains: Learning  
Happens Everywhere**

Friday, July 31  
1:30pm - 3:30pm  
Norwood Centre

**Hello, Baby!**

Wednesdays  
July 8 - August 26  
1:30pm - 3:30pm  
Norwood Centre  
(Register Quarterly)

**Register now:**

**SCAN  
ME**



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

**Registration Opens  
July 15**

**Fraud and Scam  
Awareness**

Thursday, August 6  
3:30pm - 5:30pm  
Norwood Centre

**The Brain Architecture  
Game**

Wednesday, August 12  
10:00am - 12:00pm  
Norwood Centre

**Get Outside!**

Thursday, August 13  
1:30pm - 3:30pm  
Norwood Centre

**Setting Boundaries and  
Limits with Children**

Tuesday, August 18  
10:00am - 12:00pm  
Norwood Centre

**Understanding Your  
Child's Behaviour**

Thursday, August 20  
10:00am - 12:00pm  
Norwood Centre

**Understanding  
Separation Anxiety**

Friday, August 21  
2:00pm - 4:00pm  
Norwood Centre

**Bye Bye Diapers**

Monday, August 24  
2:00pm - 4:00pm  
Norwood Centre

**Understanding your  
Notice of Assessment**

Thursday, August 27  
10:00am - 12:00pm  
Norwood Centre