

### Parent Education Groups & One Day Parent Education Workshops:

Registration opens  
December 15

#### Empower U

Tuesdays  
January 6 - March 24  
2:00pm - 4:00pm  
Norwood Centre

EMPOWER U | ATB | United Way Alberta Capital Region

#### Empowered Parenting

Thursdays  
January 8 - February 12  
2:00pm - 4:00pm  
Norwood Centre



#### Circle of Security

Tuesdays  
January 13 - March 3  
10:00am - 12:00pm  
Norwood Centre

#### Understanding Your Child's Behaviour

Wednesday, January 28  
10:00am - 12:00pm  
NE Community Hub

#### Hello, Baby!

Wednesdays  
January 7 - March 25  
1:30pm - 3:30pm  
Norwood Centre  
(Register quarterly)

Registration opens  
January 15

#### Managing Misbehaviour

Mondays  
February 2 - March 16  
(No session February 16)  
5:00pm - 7:00pm  
Norwood Centre

#### Setting Boundaries and Limits with Children

Wednesday, February 4  
10:00am - 12:00pm  
NE Community Hub

#### Setting Successful Schedules

Wednesday, February 11  
10:00am - 12:00pm  
NE Community Hub

#### Handle with Care

Fridays  
February 13 - March 13  
1:30pm - 3:30pm  
Norwood Centre

#### Sleep time Strategies: Solving Bedtime Problems

Wednesday, February 18  
10:00am - 12:00pm  
NE Community Hub

#### Managing Misbehaviour

Wednesdays  
February 18 - March 25  
2:00pm - 4:00pm  
Clareview Recreation Centre

#### Exploring Emotions

Thursdays  
February 19 - March 19  
2:00pm - 4:00pm  
Online (ZOOM)

#### Managing Mealtimes: Solutions to Mealtime Problems

Wednesday, February 25  
10:00am - 12:00pm  
NE Community Hub

Registration opens  
February 15

#### Bye Bye Diapers

Wednesday, March 18  
10:00am - 12:00pm  
Online (ZOOM)

#### Understanding Separation Anxiety

Wednesday, March 25  
10:00am - 12:00pm  
Norwood Centre

#### Locations:

Norwood Centre 9516 114 Avenue NW

NE Community Hub 14017 Victoria Trail

Clareview Recreation Centre 3804 139 Ave NW, Edmonton

Online (ZOOM) - details will be sent to registrants closer to the date

## Register now:

SCAN ME 

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

## Not sure which group is right for you?

Check out our Parent Education Group Guide:

SCAN ME 

[www.norwoodcentre.com/  
parent-education-group-guide](http://www.norwoodcentre.com/parent-education-group-guide)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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 - 12:00pm Norwood Centre</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>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>Jumping Gym Time!</b> 9:30am - 11:00am Norwood Centre</p> <p><b>Stay and Play</b> 10:00am - 12:00pm C5 Northgate Hub</p>
			<p><b>Baby and Toddler Exploration Time</b> 2:00pm - 4:00pm Norwood Centre</p>	

### More information:

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

#### \*Our Weather Policy

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

- UV Index is greater than seven.
- Environment Canada issues an air quality advisory of 7-10+ on the Air Quality Health Index.
- Extreme weather such as: hail, torrential downpours, lightning/thunder or where a tornado warning is in effect.

Agency closed, no parent-child groups on:

January 26  
Staff Planning Day

February 16  
Family Day

March 30 - April 3  
Spring Break

### Locations:

**Norwood Centre** 9516 114 Avenue NW

**C5 Northgate Hub** 13530 97 St NW

**Parkdale Cromdale Community League** 11335 85 St NW

**Riverdale Community Hall** 9231 100 Avenue NW



## Programs and Services Guide

Winter 2026

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# Welcome to Norwood Centre!

Norwood Child and Family Resource Centre provides **FREE** programming and services to families with children birth to six years old 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 Workers come right to your home with parenting strategies, tips, information, and referrals. Get in touch today and try one of our programs!



## How to Get Started

### Intake Facilitators: 780-471-3737

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.

If you want to sign up for a Parent Education Group, registration can now be done online. To register, visit [norwoodcentre.com/courses](http://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 (as part of the Family Resource Network). This service is free! Call our Intake Facilitators to access.

**Ongoing sessions:** Short-term counselling is available at Norwood Centre for Norwood Centre participants, for up to six to eight sessions.

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

**Postpartum Support Group:** Multi-week support group for all community members. Call our Intake Facilitators to register at Norwood Centre. For other times and locations visit The Family Centre's website.

# One Day Parent Education Workshops

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

Learn about optimal child development, positive parenting strategies, healthy attachment, financial literacy, and more. If the group you want is full, please add your name to the Interest List.

## 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!

## Hear Me Out: Effective Communication between Parents and Children

Learn more about effectively communicating with your child. Topics include: how to listen to your child as well as how to talk with them so they listen.

## Managing Mealtimes: Solutions to Mealtime Problems

Parents will discuss common mealtime problems, encouraging good mealtime habits, managing challenging behaviours at mealtimes, and setting up a mealtime routine.

## Setting Successful Schedules

Day-to-day routines can have a huge impact on your life at home with your child. In this session, we will discover how to set your family up for success from the moment your child wakes up, to the moment they go to bed. Join us to discuss sleep, feeding, potty training, and how to turn our everyday tasks into brain-building opportunities to connect with your child.

## 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.

## Sleep Time Strategies: Solving Bedtime Problems

Parents will discuss common bedtime problems, different approaches to bedtime problems, and how to prevent problems at bedtime and through the night.

## Understanding Separation Anxiety

Understand why your child might be experiencing separation anxiety, and learn tips to support yourself and your child through it.

## Understanding your Child's Behaviour

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

## Register Now!

 **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.

## Circle of Security

Learn ways to help your child organize their feelings, support your child's exploration in the world, read and respond to your child's cues, promote a secure relationship with your child, and so much more!

## 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.

## Empowered Parenting

Participants in this group will discuss developing positive relationships and positive parenting skills such as health, safety, behaviour and development of children, through interactive activities, videos, and conversations. The goal of this group is for parents to learn positive parenting techniques and develop skills for success.



## 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.



United Way  
Alberta Capital Region

## Exploring Emotions

Discuss challenges and successes in navigating emotional development of children. Participants will learn more about their child's emotions including how to talk to children, how to teach children about emotions, and how to support children through their emotions.

## Handle With Care

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

## Managing Misbehaviour

Join us for this six week group where you will come together with other parents to share strategies for positive parenting, managing misbehaviour with empathy, and fostering healthy discipline practices. Together, you will explore practical tools for building strong connections with your children while guiding them toward growth and positive behaviour.

## Postpartum Support Group (PPD)

\*Register by calling 780-471-3737

Welcoming a new child can be difficult. This postpartum depression support group, offered through a partnership with The Family Centre, is designed to empower parents with knowledge, skills, and support needed to assist them on this journey. We look to provide a comfortable, safe, and judgment-free space where parents are able to receive therapeutic support and speak about their personal experiences with postpartum challenges.

# 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 Centre staff and other families in the community.

Find the schedule at [norwoodcentre.com/parent-and-child-programs](http://norwoodcentre.com/parent-and-child-programs).



## Art and Sensory

Come and get messy with us at Norwood Centre!

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.

**Curious about where  
your child is in their  
development?**

**Find out more:**

SCAN ME 

Completing an Ages and Stages Questionnaire (ASQ) can give you a deeper understanding of where your child is developmentally.

**Ask a Norwood Centre team member about completing an ASQ today!**



# S.P.L.I.C.E : The six areas of child development

There are many areas that make up a child's whole development. These areas of development can be easily remembered by the acronym S.P.L.I.C.E, which stands for:

## Social Development

Social development refers to how a child interacts with those around them and their ability to create and sustain relationships.

## Physical Development

Physical development refers to the development of your child's gross (large) and fine (small) motor skills.

## Language Development

Language development refers to your child's receptive (listening) and expressive (speaking) skills and their beginning understanding of words and print.

## Intellectual Development

Intellectual development refers to your child's developing brain! This includes the development of understanding of cause and effect (If I do \_\_\_ then \_\_\_ happens), the organizing of thoughts, feelings and ideas and their understanding of the world around them.

## Creative Development

Creative development refers to your child's ability to think creatively, use their imagination, create with various mediums of art and see the world not just for what it is, but for what it could be. This could be through art, drama, and imaginative play-the sky is the limit!

## Emotional Development

Emotional development refers to your child's ability to regulate their emotions, "bounce back" from challenging situations, and understand and process their emotions and the emotions of others.

We know that every child develops at their own rate and pace, but are you wondering how you can support your child in these areas of development? Check out our activity sheets created by our skilled team of Early Childhood Educators at: [www.norwoodcentre.com/child-development-activities](http://www.norwoodcentre.com/child-development-activities).





# Norwood

Child and Family Resource Centre

## Central Edmonton Family Resource Network (FRN)

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



**iHuman**  
Be a hero to your creativity.

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](http://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](http://www.crystalkids.org)

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### Contact Norwood Centre at:

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

780-471-3737

9516 - 114 Avenue NW  
Edmonton, AB T5G 0K7



**@NorwoodCentre**

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.



Collaborating  
for  
Change



**BOYLE**street  
COMMUNITY SERVICES

NEWCOMER  
CENTRE  
Thrive Here

**Norwood**  
Child and Family Resource Centre

**terra centre**  
Empowering Teen Parents to Succeed