



Norwood

Child and Family Resource Centre

Program and Services Guide

Spring 2026

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Healthy Children • Healthy Families • Healthy Communities

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.**



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.

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 (www.familycentre.org).

One Day Parent Education Workshops

Register at norwoodcentre.com/courses

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

Which Parent Education Group is right for me?


SCAN ME 



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!

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.

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!

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.

Play: The Work of Childhood

Discuss the parent’s role in play and learn how to set up your home environments to keep your children safe, engaged, and growing through play.



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.

Stress Free Shopping with Children

In this group, parents will discuss common shopping problems, different approaches to shopping with children, and making a plan for next time.

**Register
Now!**



Understanding Human Connection

This group focuses on enhancing interpersonal skills through effective communication, conflict resolution, self-care, and strategies for dealing with difficult situations. Participants will engage in education, discussions, and activities focused on the importance of fostering resilience, boundary creation, and emotional intelligence. The group looks to teach valuable skills for building healthier, more fulfilling connections.

Understanding Separation Anxiety

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

Building Financial Futures*

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 notice and answer your questions.

*NEW program at Norwood!

Parent Education Groups

Register at norwoodcentre.com/courses

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

Brain Builders

Parents will learn how they can build their child's brain during their early years. Learn the different development areas and how to support development through play.

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!

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.



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.

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

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.

Call to register: 780-471-3737



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.

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.

Find the schedule



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 Centre team member about completing an ASQ today!



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



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

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>Stay and Play 10:00am - 12:00pm Norwood Centre</p>  <p>Please bring Indoor Shoes or Socks for all Parent & Child Drop-in Groups</p>	<p>Explore the Outdoors* 10:00am - 12:00pm Norwood Centre</p> <p>Jumping Gym Time! 1:30pm - 3:00pm Norwood Centre</p>	<p>Stay and Play 10:00am - 12:00pm Riverdale Community Hall</p>	<p>Stay and Play 10:00am - 12:00pm Parkdale/Cromdale Community League</p> <p>Art and Sensory* 10:00am - 11:30am Norwood Centre</p> <p>Baby and Toddler Exploration Time 2:00pm - 4:00pm Norwood Centre</p>	<p>Jumping Gym Time! 9:30am - 11:00am Norwood Centre</p> <p>Stay and Play 10:00am - 12:00pm C5 Northgate Hub and Market</p>

For more information:



www.norwoodcentre.com/parent-and-child-programs

Locations:

C5 Northgate Hub and Market 13530 97 Street NW

Norwood Centre 9516 114 Avenue NW

Parkdale Cromdale Community League 11335 85 St NW

Riverdale Community Hall 9231 100 Avenue NW

***Our Weather Policy**

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

- Temperature is -20°C with wind-chill or colder
- UV index is greater than 7
- Environment Canada issues an air quality advisory of 7-10+ on the Air Quality Index
- Extreme weather such as: hail, torrential downpours, lightening/thunder, or where a tornado warning is in effect

**Agency closed,
no parent-child
groups on:**

April 1 and 2

April 3
Good Friday

April 6
Easter Monday

May 18
Victoria Day

Parent Education Groups & One Day Parent Education Workshops:

**Registration Opens
March 15**

Empower U

Wednesdays
April 8 - June 24
10:00am - 12:00pm
Norwood Centre



Understanding Human Connection

Tuesday, April 14
10:00am - 12:00pm
Norwood Centre

Hear Me Out: Effective Communication

Monday, April 20
1:30pm - 3:30pm
Norwood Centre

Brain Builders

Fridays
April 24 - June 12
2:30pm - 4:00pm
Norwood Centre

Empowered Parenting

Mondays
April 27 - June 8
5:00pm - 7:00pm
Norwood Centre



Stress-free Shopping with Children

Tuesday, April 28
10:00am - 12:00pm
Norwood Centre

Hello, Baby!

Wednesdays
April 8 - June 24
1:30pm - 3:30pm
Norwood Centre
(Register Quarterly)

**Registration Opens
April 15**

Understanding Separation Anxiety

Monday, May 4
1:30pm - 3:30pm
Norwood Centre

Development: Supporting the Whole Child

Tuesday, May 5
10:00am - 12:00pm
Norwood Centre

Play: The Work of Childhood

Tuesday, May 12
10:00am - 12:00pm
Norwood Centre

Talking to Your Kids About Money

Thursday, May 14
2:00pm - 4:00pm
Norwood Centre

Managing Misbehaviour

Fridays
May 22 - June 26
1:30pm - 3:30pm
Online (ZOOM)

Development Domains: Learning Happens Everywhere

Tuesday, May 26
10:00am - 12:00pm
Norwood Centre

Fraud and Scam Awareness

Thursday, June 11
9:30am - 11:30am
Norwood Centre

**Registration Opens
May 15**

Setting Boundaries and Limits

Monday, June 1
1:30pm - 3:30pm
Norwood Centre

Understanding Your Notice of Assessment

Thursday, June 4
2:00pm - 4:00pm
Norwood Centre

Bye Bye Diapers

Monday, June 8
1:30pm - 3:30pm
Norwood Centre

Changes to AISH and Understanding ADAP

Thursday, June 25
2:00pm - 4:00pm
Norwood Centre

Locations:

Norwood Centre 9516 114 Avenue NW

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

Register now:



www.norwoodcentre.com/courses