



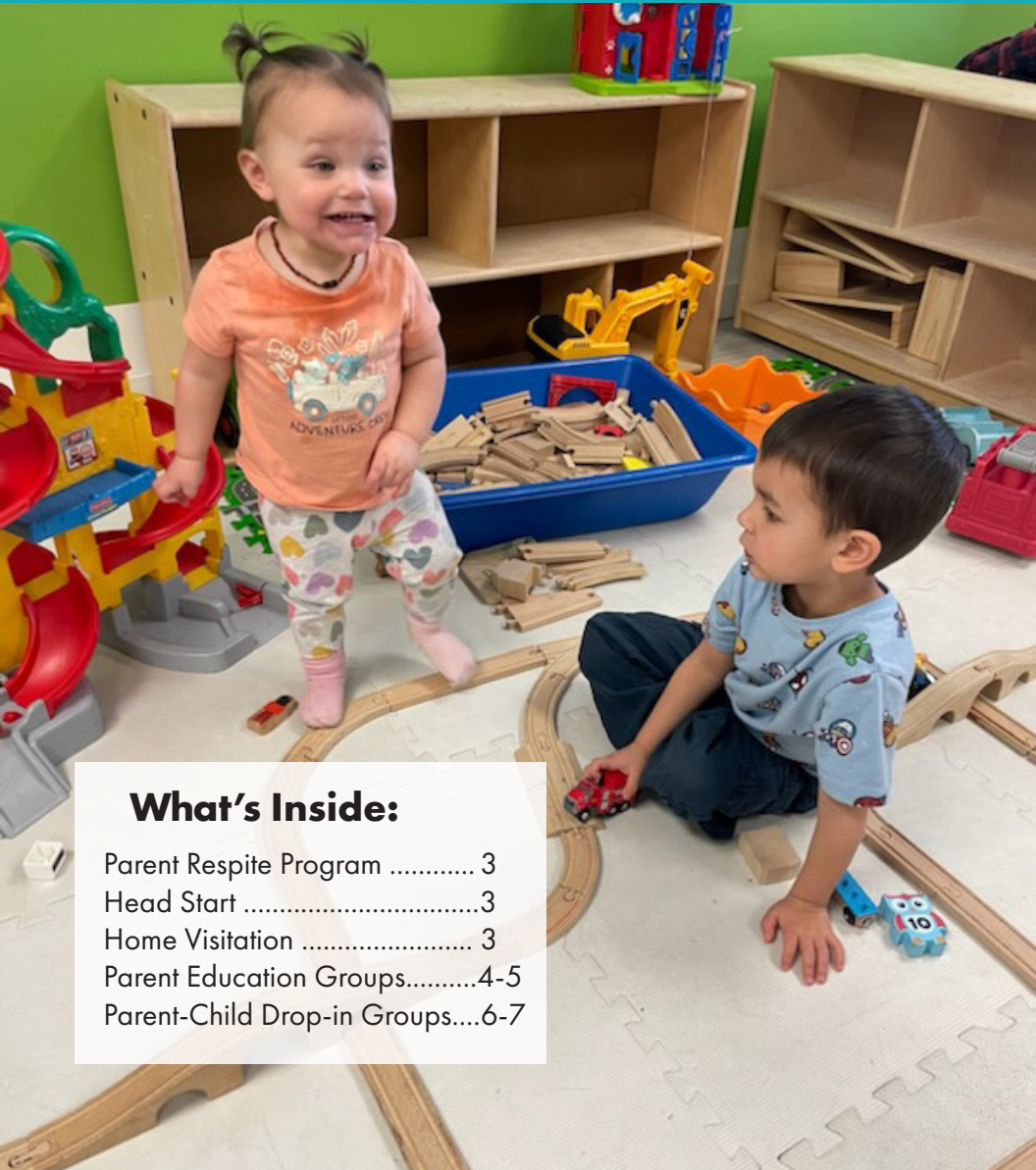
Norwood

Child and Family Resource Centre



Programs and Services Guide

SPRING 2024



What's Inside:

Parent Respite Program	3
Head Start	3
Home Visitation	3
Parent Education Groups.....	4-5
Parent-Child Drop-in Groups....	6-7

Welcome to Norwood Centre!

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!



How to Get Started

Intake Facilitators: 780-471-3737

The Parent Respite Program, Head Start Early Childhood Education, and Home Visitation 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

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.

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 from 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

Home Visitation

Home Visitation is **longer-term, goal-oriented program** for when tougher challenges interfere with your ability to focus on parenting.

Your Family Support Worker (FSW) will help you create a plan based on goals you choose.

Program Highlights:

- In-home support visits
- Child development activities, information, and resources
- Referrals to other services

Support Resources

Dial 211

For complete information on social, community health and government services in Alberta.

Dial 811

For health information in Alberta.

Dial 988

Suicide Crisis Helpline

Dial 1-877-303-2642

Mental Health Help Line, available 24/7.

Dial 1-800-668-6868

For Kids Help Phone, a 24/7 mental health service for young people.

Dial 1-855-443-5722

Abuse Helpline, available 24/7 in multiple languages

For more supports available in Edmonton and province-wide:




SCAN ME

Parent Education Groups

Registration required unless otherwise indicated

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.

Growing Together

A positive and safe gathering place for expecting and new parents with infants up to one year old. Access free resources and information, try new activities, and bond with your baby!

Circle of Security

Join this 8-week group for parents of children birth to 6 years of age. 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

The goal of this group is to promote the health and safety of children while giving parents tools for effective parenting.



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.

Empower U

Empower U 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 CONFIDENT FUTURES



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.


SCAN ME 
Register Now!



One Day Parent Education Workshops

Register at norwoodcentre.com/courses

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.

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.

Understanding Separation Anxiety

Learn why your child might be feeling separation anxiety, and tips to support both yourself and your child through it.

Science in Early Childhood: Understanding your Child's Behaviour

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

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 your children so they listen.

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, with what consequences for society. Learn about Toxic, Tolerable, and Positive stress and how to build a brain!

Parent and Child Education 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 Centre staff and other families in the community.

Highlights:

- 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



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.

Explore the Outdoors

Did you know anything you can teach a child in an indoor classroom can be taught outdoors, often in ways that are more enjoyable for children? Let's explore the outdoors! Get outside with us and explore the benefits of risky play and connecting with nature! Together we will test boundaries and feelings around risky play, explore new heights, and interact with the world around us. In the vent of harsh weather conditions, this group will move inside.

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 ages birth to two years old; siblings are welcome.

Jumping Gym Time!

Run, jump, climb, and move with your child in our play space with games and activities that build strong muscles!


SCAN ME 
See the schedule now!



One Day Parent & Child Education Workshops

Drop-In unless otherwise indicated

Puppets and Dramatic Play

In this group we will play with puppets, dress-up, and tell stories!

This groups is intended for families with children aged 2-6.

STEM

(science, technology, engineering, math)

In this group, you and your child will explore different science, technology, engineering, and math activities that support the development of collaboration, communication, problem solving and critical thinking!

This groups is intended for families with children aged 3-6.

Music and Movement

Dance, sing, and explore music and movement, with your child.

Loose Parts

In this group, you and your child will explore different open-ended natural materials, recycled objects, and found objects with endless possibilities! Build, move, create and play with you child in our Loose Parts Workshop!

This group is intended for families with children aged 3-6.

Art and Sensory Workshop

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!

Are you 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. There are two types of ASQs:

ASQ-3

This provides you with information across five developmental areas: communication, gross motor, fine motor, problem-solving, and personal-social.

ASQ: SE-2

This provides you with information about your child's social and emotional development.

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



**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!

For information or to register for a program:

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 also includes Bent Arrow Traditional Healing Society, Boyle Street Community Services, Edmonton Mennonite Centre for Newcomers, and Terra Centre.





These groups provide opportunities for parents of children ages birth to six years old to learn strategies that build their skills to positively parent. Families attending Parent Education Groups will have access to snacks, childminding (up to age 12), and bus tickets if needed to attend the group! [Register online at norwoodcentre.com/courses](https://norwoodcentre.com/courses)

Parent Education Groups:

Growing Together

DROP-IN

Wednesdays, 1:30-3:30 pm

Ongoing

Norwood Centre

Circle of Security

Tuesdays, 2:00-4:00 pm

May 7-June 25, 2024

Norwood Centre

Empowered Parenting

Mondays, 5:30-7:30 pm

April 8-May 13, 2024

Northeast Community Hub



Brain Builders

Fridays, 1:30-3:30 pm

April 5-May 24, 2024

Norwood Centre

Empower U

Thursdays, 2:00-4:00pm

May 2-July 18, 2024

Northeast Community Hub



Exploring Emotions

Fridays, 2:00-4:00pm

May 31-June 28

Norwood Centre

One Day Parent Education Workshops:

Play: The Work of Childhood

Tuesday, April 2, 2024

2:00-4:00pm

Norwood Centre

Bye Bye Diapers

Tuesday, April 9, 2024

2:00-4:00pm

Norwood Centre

Development: Supporting the Whole Child

Tuesday, April 16, 2024

2:00-4:00pm

Norwood Centre

Science in Early Childhood: Understanding your Child's Behaviour

Wednesday, May 29

10:00am - 12:00pm

Norwood Centre

Understanding Separation Anxiety

Wednesday, June 5, 2024

10:00am - 12:00pm

Norwood Centre

Setting Boundaries and Limits with Children

Wednesday, June 12, 2024

10:00am - 12:00pm

Norwood Centre

Hear me out: Effective Communication between Parents and Children

Wednesday, June 19, 2024

10:00am - 12:00pm

Norwood Centre

The Brain Architecture Game

Wednesday, June 26, 2024

10:00am - 11:30 am

Norwood Centre



Register Now!

or call 780-471-3737



Locations:

Norwood Centre

9516 114 Avenue NW

Northeast Community Hub

14017 Victoria Trail NW



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Stay and Play 10:00am - 12:00pm Norwood Centre</p>	<p>Stay and Play 10:00am - 12:00pm Northeast Community Hub</p> <p>Explore the Outdoors* 10:00am - 12:00pm Norwood Centre</p>	<p>Stay and Play 10:00am - 12:00pm Riverdale Community Hall</p> <p>Growing Together Parent Education Group 1:30pm - 3:30pm Norwood Centre</p>	<p>Stay and Play (starting March 7) 10:00am - 12:00pm Parkdale/Cromdale Community League</p>  <p>Stay and Play 10:00am - 12:00pm McLeod Community Hall</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 Northeast Community Hub</p>
<p>Agency closed no parent-child groups on:</p> <p>Monday, April 1 Easter Monday</p> <p>Monday May 20 Victoria Day</p>				 <p>Please bring Indoor Shoes or Socks for all Parent & Child Drop-in Groups</p>

Locations:

Norwood Centre 9516 114 Avenue NW
McLeod Community Hall 14715 59 Street NW
Northeast Community Hub 14017 Victoria Trail NW
Parkdale Cromdale Community League, 11335 85 St NW
Riverdale Community Hall 9231 100 Avenue NW



Parent and Child Drop-In Workshops

<p>Music and Movement Tuesday, May 21, 2024 2:00-4:00pm Norwood Centre</p>	<p>Loose Parts Tuesday, June 11, 2024 2:00-4:00pm Norwood Centre</p>
<p>Puppets and Dramatic Play Tuesday, May 28, 2024 2:00-4:00pm Norwood Centre</p>	<p>Art & Sensory Tuesday, June 25, 2024 2:00-4:00pm Norwood Centre</p>
<p>STEM Workshop (science, technology, engineering, math) Tuesday, June 4, 2024 2:00-4:00pm Norwood Centre</p>	

Follow us on social media for daily schedules and the latest Norwood Centre updates!

or visit: [norwoodcentre.com/parent-and-child-programs](https://www.norwoodcentre.com/parent-and-child-programs)