



Norwood

Child and Family Resource Centre

Parent Education Groups Fall 2025

Parent Education Groups & One Day Parent Education Workshops:

**Registration opens
August 15**

Managing Mealtimes

Wednesday, September 10
10:00am - 12:00pm

Norwood Centre

Sleeptime Strategies

Wednesday, September 10
2:00pm - 4:00pm

North East Community Hub

Empower U

Wednesdays
September 10 - November 26
1:30pm - 3:30pm

Castle Downs YMCA



Empower U

Fridays
September 12 - November 28
2:00pm - 4:00pm

Norwood Centre

Understanding Human Connection

Wednesday, September 17
10:00am - 12:00pm

Norwood Centre

Stress-free Shopping with Children

Wednesday, September 17
2:00pm - 4:00pm

North East Community Hub

Rent Ready

Wednesday, September 24
9:30am - 12:30pm

Norwood Centre



Sleeptime Strategies

Wednesday, September 24
2:00pm - 4:00pm

Norwood Centre

Setting Successful Schedules

Wednesday, September 24
2:00pm - 4:00pm

North East Community Hub

Register now:



www.norwoodcentre.com/courses

**Registration opens
September 15**

Exploring Emotions

Wednesdays
October 1 - October 29
10:00am - 12:00pm

Norwood Centre

Managing Misbehaviour

Wednesdays
October 8 - November 12
2:00pm - 4:00pm

Norwood Centre

Circle of Security

Tuesdays
October 21 - December 16
2:00pm - 4:00pm

Norwood Centre

Setting Successful Schedules

Thursday, October 23
2:00pm - 4:00pm

Norwood Centre

**Registration opens
October 15**

Empowered Parenting

Mondays
November 3 - December 15
5:00pm - 7:00pm

Norwood Centre

Development Domains: Learning Happens Everywhere

Tuesday, November 4
10:00am - 12:00pm

Norwood Centre

Bye Bye Diapers

Wednesday, November 5
10:00am - 12:00pm

Norwood Centre

Brain Builders

Thursdays
October 30 - December 18
2:00pm - 4:00pm

Norwood Centre

Stress-free Shopping with Children

Monday, November 10
2:00pm - 4:00pm

Norwood Centre

Hear Me Out: Effective Communication

Wednesday, November 12
10:00am - 12:00pm

Norwood Centre

Handle with Care

Wednesdays
November 19 - December 17
10:00am - 12:00pm

Norwood Centre

Setting Boundaries and Limits

Wednesday, November 19
2:00pm - 4:00pm

Norwood Centre

Understanding Your Child's Behaviour

Tuesday, November 25
10:00am - 12:00pm

Norwood Centre

**Registration opens
November 15**

Play: The Work of Childhood

Friday, December 5
2:00pm - 4:00pm

Norwood Centre

Development: Supporting the Whole Child

Tuesday, December 9
10:00am - 12:00pm

Norwood Centre

Understanding Separation Anxiety

Friday, December 12
2:00pm - 4:00pm

Norwood Centre

Locations:

Norwood Centre 9516 114 Avenue NW

North East Community Hub
14017 Victoria Trail

Castle Downs YMCA

11510 153 Avenue NW

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Stay and Play 10:00am - 12:00pm Norwood Centre	Explore the Outdoors* 10:00am - 12:00pm Norwood Centre	Stay and Play 10:00am - 12:00pm Riverdale Community Hall	Stay and Play 10:00am - 12:00pm Parkdale/Cromdale Community League	Jumping Gym Time! 9:30am - 11:00am Norwood Centre
	Playtime with Dad 2:00pm - 4:00pm Norwood Centre	Growing Together Parent Education Group 1:30pm - 3:30pm Norwood Centre	 Stay and Play 10:00am - 12:00pm McLeod Community Hall	Stay and Play 10:00am - 12:00pm North East Community Hub
 Please bring Indoor Shoes or Socks for all Parent & Child Drop-in Groups			Baby and Toddler Exploration Time 2:00pm - 4:00pm Norwood Centre	Frolic Through the Forest* (until November 7) 2:00pm - 3:30pm Meet at Riverdale Community Hall

More information:



[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, lighting/thunder or where a tornado warning is in effect.

Agency closed,
no parent-child
groups on:

September 1 for
Labour Day

September 30
for Truth and
Reconciliation Day

October 13 for
Thanksgiving

November 11 for
Remembrance Day

November 24 for
Staff Appreciation
Day

December 22
- January 2 for
Holiday Break

Locations:

Norwood Centre 9516 114 Avenue NW

McLeod Community Hall 14715 59 Street NW

North East Community Hub 14017 Victoria Trail NW

Parkdale Cromdale Community League 11335 85 St NW

Riverdale Community Hall 9231 100 Avenue NW



Norwood

Child and Family Resource Centre



Programs and Services Guide

Fall 2025

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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.

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

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.

Register Now!



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.

Which Parent Education Group is right for me?



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 with 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: Finding 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.

Find parenting tips, development activities, and resources on our website today!

www.norwoodcentre.com



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.

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.

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.

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.

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.

Understanding your Child's Behaviour

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

Rent Ready

Hosted in partnership with the City of Edmonton and Bissell Centre. Build your knowledge and skills to help you find housing - and keep it. You will learn your rights and responsibilities as a tenant, how to make the most of your money and find savings, how to keep your home safe and secure, and more.

Edmonton



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.

Exploring Emotions

Discuss challenges and successes in navigating emotional development of children.

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

***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.



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.

Playtime with Dad

Dads! Come and enjoy fun activities with your children and meet new people in your community! This group is intended for any person who identifies as a dad or father figure to children birth to six years old. Together, you will play and explore!

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.

Frolic Through the Forest

Come with us and explore the magic that is the forest! In this group, we will start at the park and work our way through a local ravine space where we will play, explore, and take part in nature!

Find the schedule



Growing Together

Drop-in Parent Education Group

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

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?

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!



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:



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.

