



Norwood

Child and Family Resource Centre

Program and Services Guide

September 2026

NEW
programs!



Healthy Children • Healthy Families • Healthy Communities

Welcome to Norwood!

Norwood Child and Family Resource Centre provides **free programs and services** for families with children from birth to 18 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.



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This guide provides an overview of Norwood's programs and services. For more information or to register for a program, contact reception.

Contact Information

 www.norwoodcentre.com
 780-471-3737
 9516 - 114 Avenue NW Edmonton, AB T5G 0K7



Home Visitation Program

In-home parenting education and family support beginning **prenatally** and continuing for families with children **up to age six**. Through regular visits, families receive practical guidance as they work toward their goals, build positive parenting skills, learn about child development, and strengthen parent-child relationships.



Child Development and Family Coaching *NEW*

Short-term, one-on-one coaching to support parents and families facing specific challenges raising children from **birth to age 18**. Together, we support you to strengthen your parenting skills and support your child's development.

Parent Respite Program

Offers parents of children from **birth to age six** flexible short-term relief from caregiving responsibilities, giving them time to manage stress, attend appointments, or focus on other important needs.



Parent Education Groups

Register at norwoodcentre.com/courses

Multi-session group learning opportunities for parents of children and youth from **birth to age 18**. Participants build parenting skills, connect with others, and learn practical strategies that strengthen family relationships and support healthy child and youth development.

September groups:

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 CONFIDENT FUTURE

ATB



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.



Register here!

SCAN ME 



Do you have children ages 7-18?



Parent education opportunities for parents of children over the age of 6 are coming soon! **Join our interest list to be the first to know when registration opens!**



One Day Parent Education Workshops

Register at norwoodcentre.com/courses

Single-session group learning opportunities for parents and caregivers of children and youth from **birth to age 18**. Each session offers practical information, strategies, and resources focused on a specific parenting topic—giving participants tools they can use right away.

September workshops:

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.

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.

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.

Managing Mealtimes: Solution to Mealtime Problems

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



Parent and Child Drop-in Groups

Find the schedule at
norwoodcentre.com/parent-and-child-programs

Welcoming drop-in and registered groups provide parents and children from **birth to age six** opportunities to play, learn, and connect with others while building strong foundations for healthy child development.

September groups:

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 children birth to six years old.



Head Start Program

This school readiness program offers play-based learning for children **ages three to five***, helping them build the skills they need for school while supporting their overall development. Half-day sessions are offered Tuesday through Friday from September to June.



*Children must be three years old by December 31 of the school year.

DONATE
NOW

Your support changes lives.



Your donation ensures children and families can access the support, resources, and opportunities they need to thrive.

Together, we're supporting healthy children, healthy families, and healthy communities.

**Make a difference
today!**

SCAN ME 



Parenting Through the Teen Years

NEW

Parents receive short term, one-on-one coaching to help navigate the challenges of raising youth **ages 13 to 18 years**. Together, we focus on practical strategies to strengthen relationships, build confidence and support your youth's healthy development.



Youth Coaching ***NEW***

Personalized, one-on-one coaching supports youth **ages seven to 12** to build confidence, strengthen peer relationships, navigate life's challenges, and work toward the goals that matter to them.

Youth Hangout ***NEW***

Youth **ages 7-12** can hang out, have a snack, and take part in club activities such as sports, art, cooking and games.

Tuesday - Thursday
3:00pm - 5:00pm.



Tax Filing

Book an appointment at norwoodcentre.com/taxes

File your taxes at no cost, right in your community. Our easy to access tax filing support helps individuals and families with low and modest incomes* submit their basic return accurately, making sure they receive important refunds, credits, and benefits they qualify for.

Available services include:

- Virtual tax filing
- Drop-off tax filing
- In-person appointments
- Drop-in tax clinics at Norwood and other Edmonton Partner Locations

Learn more here!

SCAN ME 



*View eligibility requirements by scanning the QR code and clicking on "Frequently Asked Questions".

Explore
examples of
benefits here!



SCAN ME 

Access to Benefits

Book an appointment at norwoodcentre.com/benefits

Hands-on support to help you understand what benefits and supports you may qualify for, and how to access them. From federal, provincial, and local community resources, we walk you through the application process and explain how each benefit works.

1:1 Financial Coaching and Counselling

Book an appointment at
norwoodcentre.com/financial-coaching

Tailored support to help you feel confident and set a clear financial path forward. Build practical skills, explore your goals, and create a plan that fits your life.



Financial Coaching

Support to help you build confidence, develop skills, and work toward long-term financial goals.

Examples of topics:

- Creating and following a budget
- Debt repayment strategies
- Learn about banking in Canada
- Improve your credit
- Planning for school or other education costs

Financial Counselling

Immediate support for urgent financial challenges and concerns.

Examples of topics:

- Financial impacts of job loss or reduced income
- Responding to collection agencies
- Facing eviction or utility disconnection
- Financial challenges after a relationship breakdown or other major life event

**Book your
appointment
here!**



SCAN ME 



Financial Education Workshops

September workshops:

Credit

This two session workshop will provide a foundational introduction to the credit system. We will clarify what credit is, the different types available, and how to safely utilize it. Participants will also explore how credit is reported and tracked, gaining the tools needed to manage their financial reputation with confidence.

Register here!


SCAN ME 



HAVE YOU CLAIMED YOUR \$100?

September 30th is the deadline to apply for the Alberta Energy Rebate!

Need help applying?
Book an appointment with a member of Norwood's **Building Financial Futures** team today!



BOOK NOW



Register at norwoodcentre.com/financial-education



Did you know?

Norwood partners with community organizations across the greater Edmonton area to bring our free practical financial empowerment services directly to the people they serve.

Contact our team to explore a partnership tailored to your organization's needs by emailing financialprograms@norwoodcentre.com



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 at:

www.norwoodcentre.com
780-471-3737
9516 - 114 Avenue NW
Edmonton, AB T5G 0K7

Follow us on social media!



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.



Norwood's Building Financial Futures programs are in partnership with Prosper Canada and funded in part by the Government of Canada's Social Development and Partnerships Program

Funded in part by the
Government of Canada's Social
Development Partnerships Program



Monday	Tuesday	Wednesday	Thursday	Friday
Stay and Play 10:00am - 12:00pm Norwood Centre	Explore the Outdoors* 10:00am - 12:00pm Norwood Centre Jumping Gym Time! 1:30pm - 3:00pm Norwood Centre Youth Hangout 3:00pm - 5:00pm Norwood Centre	Stay and Play 10:00am - 12:00pm Riverdale Community Hall Youth Hangout 3:00pm - 5:00pm Norwood Centre	Art and Sensory* 10:00am - 11:30am Norwood Centre Baby and Toddler Exploration Time 2:00pm - 4:00pm Norwood Centre Youth Hangout 3:00pm - 5:00pm Norwood Centre	Jumping Gym Time! 9:30am - 11:00am Norwood Centre Explore the Outdoors* 1:30pm - 3:30pm Norwood Centre



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

*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+
- Extreme weather such as: hail, torrential downpours, lightening/thunder, or where a tornado warning is in effect

Locations:

Norwood Centre

9516 114 Avenue 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:

September 7
Labour Day

September 30
National Day for
Truth and
Reconciliation

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

**Registration Opens
August 15**

Empowered Parenting

Wednesdays,
September 9 - October 14
5:00pm - 7:00pm
Norwood Centre



Empower U

Mondays,
September 14 - November 2
4:00pm - 7:00pm
Norwood Centre



Hear Me Out: Effective Communication with Children

Thursday,
September 10
2:00pm - 4:00pm
Norwood Centre

Setting Boundaries and Limits with Children

Tuesday,
September 15
1:00pm - 3:00pm
Norwood Centre

Credit

Thursdays,
September 10 & 17
10:00am - 12:00pm
Norwood Centre

Get Outside!

Monday,
September 21
1:00pm - 3:00pm
Norwood Centre

Register Quarterly

Hello, Baby!

Wednesdays
September 2-
December 16
1:30pm - 3:30pm
Norwood Centre



Meals and Snacks

Nutritious meals and snacks are served at all Norwood groups and workshops. We take care of the food so that you can focus on having fun and learning!



Hi Parents! Do you have children ages 7-18?

Parent education opportunities for parents of children over the age of 6 are coming soon! **Join our interest list to be the first to know when registration opens!**

