



These groups provide opportunities for parents of children ages birth to six years old to learn strategies that build their skills to positively parent. If the group you are interested in is not currently scheduled, call an intake facilitator at 780-471-3737 to find out when the next one is scheduled.

### Empowered Parenting

Mondays | 5:30 - 7:30 pm  
September 12 - October 24  
Norwood Centre

### Brain Builders

Fridays | 1:30 - 3:30 pm  
September 16 - November 4  
Norwood Centre

### Parenting in two Cultures

Tuesdays | 10:00 am - 12:00 pm  
September 20 - October 18  
Norwood Centre

### Triple P Positive Parenting Program

Wednesdays | 1:30 - 3:30pm  
September 21 - October 12 & November 9  
Norwood Centre

### Empower U

Tuesdays | 5:30 - 7:30 pm  
September 27 - December 13  
NE Community Hub

### Triple P Positive Parenting Program

Wednesdays | 2:00 - 4:00 pm  
October 26 - November 16 & December 14  
NE Community Hub

### Handle with Care

Mondays | 5:30- 7:30 pm  
November 7 - December 12  
Norwood Centre

### Empowered Parenting

Thursdays | 2:00 - 4:00 pm  
November 10 - December 15  
Clareview Recreation Centre\*  
*\*confirm location upon registration*

### Exploring Emotions

Wednesdays | 2:00 - 4:00 pm  
November 16 - December 14  
Norwood Centre

### Growing Together

Drop-in  
Fridays | 1:30 - 3:30 pm  
November 18 (ongoing)  
Norwood Centre

### Did you know?

Here at Norwood, the creative experiences we plan for children are *process-based*, not *product-based*.

This means that the experiences are focused on the process of creation and not the result (product).



By doing this, children can develop their social, physical - fine motor (small muscles) and gross motor (large muscles), language, intellectual, creative and emotional domains in a fun way!

For the most up-to-date schedule and course descriptions, visit:



[norwoodcentre.com/parent-programs](http://norwoodcentre.com/parent-programs)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Stay and Play</b> 10:00 am - 12:00 pm Norwood Centre</p> <p><b>Stay and Play</b> 10:00 am - 12:00 pm McLeod Community Hall</p>	<p><b>Stay and Play</b> 9:30 am - 1:00 pm Northeast Community Hub</p> <p><b>Explore the Outdoors</b> 10:00 am - 11:30 am Norwood Centre (ends Nov 29)</p> <p><b>Preschool Discovery Time</b> 2:00 pm - 4:00 pm Norwood Centre (starts Nov 22)</p>	<p><b>Jumping Gym Time!</b> 9:30 am - 11:00 am Clareview Recreation Centre*</p> <p><b>Stay and Play</b> 10:00 am - 12:00 pm Rundle School /Beverly Daycare Society</p> <p><b>Stay and Play</b> 10:00 am - 12:00 pm Riverdale Community Hall</p> <p><i>*Location may change in Sept. Check our website or phone us before dropping in</i></p>	<p><b>Jumping Gym Time!</b> 9:30 am - 11:00 am Alberta Avenue Community League (starts Oct 6)</p> <p><b>Stay and Play</b> 10:00 am - 1:00 pm McLeod Community Hall</p> <p><b>Baby and Toddler Exploration Time</b> 2:00 pm - 4:00 pm Norwood Centre (starts Sept 8)</p>	<p><b>Jumping Gym Time!</b> 9:30 am - 11:00 am Norwood Centre</p> <p><b>Stay and Play</b> 10:00 am - 1:00 pm Northeast Community Hub</p>
<p><b>Agency closed</b> no play groups September 5 (Labour Day) October 10 (Thanksgiving)</p>				<p><b>Agency closed</b> no play groups November 11 (Remembrance Day)</p>

### Locations:

Norwood Centre 9516 114 Avenue  
 Al Rashid Mosque 13070 113 Street NW  
 Alberta Avenue Community League 9210 118 Avenue  
 Clareview Recreation Centre 3804 139 Avenue  
 McLeod Community Hall 14715 59 Street  
 Northeast Community Hub 14017 Victoria Trail  
 Rundle School/Beverly Daycare Society  
 & Family Resource Centre 11005 34 Street  
 Riverdale Community Hall 9231 100 Avenue



Saturdays
<p><b>Stay and Play</b> September 17 October 22 November 26 December 10 10:00 am - 12:00 pm Norwood Centre</p> <p><b>Move and Play</b> September 10 &amp; 17 October 15 &amp; 22 November 5 &amp; 26 December 10 1:30 pm - 3:30 pm Al Rashid Mosque</p>

For the most up-to-date schedule visit: [norwoodcentre.com/parent-and-child-programs](http://norwoodcentre.com/parent-and-child-programs)