



Norwood

Child and Family Resource Centre

Program and Services Guide

Winter 2026

**NEW
programs!**

Healthy Children • Healthy Families • Healthy Communities

Welcome to Norwood!

Norwood Child and Family Resource Centre provides free, preventative, family centered programs and services for families with children from **birth to age 18** across Edmonton. We believe parents are the experts on their own families and build on each family's strengths to support healthy child development and positive parenting.

Our **Building Financial Futures** program provides free, practical financial programs and services for individuals of **all ages**. We believe everyone deserves access to the knowledge, tools, and support they need to build financial well-being.

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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 intake.

Contact Information

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



Home Visitation Program

In-home family support beginning **prenatally** and continuing for families with children **up to age 6**. 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 6** flexible short term relief from caregiving responsibilities, giving them time to manage stress, attend appointments, or focus on other important needs.



One Day Parent Education Workshops

Childminding
available!

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.

Winter workshops:

Connecting with Your Little One (0-2 years) *NEW*

Everyday moments can help your baby or toddler feel safe, loved, and ready to learn. In this group, parents will explore simple ways to understand their child's cues, build connection through play and daily routines, and find support for the joys and challenges of the early years. You will leave with practical ideas to try at home.

Play: The Work of Childhood (0-6 years)

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.

Hear Me Out: Effective Communication with Children (0-6 years)

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 (0-6 years)

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 (0-6 years)

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

Developmental Domains: Learning Happens Everywhere (0-6)

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!



Bye Bye Diapers (0-6 years)

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!

Emotional Regulation (0-10 years) *NEW*

Did you know that managing emotions is important for getting along with others, adjusting to new situations, and overall health and well-being? This webinar is intended for all parents and caregivers of children from birth to 10 years. It's also suitable for parents and caregivers of children with developmental concerns, neurodiversity or who are autistic.



Helping Your Child Grow and Thrive (3-5 years)

NEW

Play, routines, choices, and small helping jobs can build your child's confidence and cooperation. In this group, parents will learn simple ways to connect before setting limits, offer manageable choices, notice effort, and help young children feel capable and included. You will leave with realistic ideas that fit into everyday family life.

Screentime: Finding Balance (7-12 years)

NEW

The school years bring new friendships, responsibilities, challenges, and opportunities to grow. In this group, parents will explore ways to strengthen their child's confidence, learning, friendships, positive values, and sense of belonging. You will practise helping your child solve problems without taking over and choose one realistic way to support their growth.

Raising Confident and Capable Kids (7-12 years)

NEW

The school years bring new friendships, responsibilities, challenges, and opportunities to grow. In this group, parents will explore ways to strengthen their child's confidence, learning, friendships, positive values, and sense of belonging. You will practice helping your child solve problems without taking over and choose one realistic way to support their growth.

Register here!


SCAN ME 



Staying Connected with Your Teen (13-15 years)

NEW

As young teens seek more privacy, independence, and time with friends, they still need parents who listen and provide clear boundaries. In this group, parents will learn practical ways to stay connected, support healthy decision-making, encourage growing independence, and respond to challenges with calm and curiosity. You will leave with ideas for opening conversations and working through limits together.

Preparing Your Teen for Adulthood (16-18 years)

NEW

Preparing for adulthood does not mean having every answer. In this group, parents will explore how to support teens as they practice responsibility, make decisions, learn from mistakes, and plan their next steps. You will learn when to give direction, offer guidance, coach, or step back while continuing to support safety, connection, and confidence.

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.

Winter groups:

Exploring Emotions (0-6 years)

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.

Handle with Care (0-6 years)

This group focuses on supporting children's mental health. We focus on four building blocks: attachment, relationships with others, expressing emotions, and promoting self-esteem.



Empowered Parenting (0-6 years)

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 



Parenting Older Teens: Connection, Responsibility, and Launching into Adulthood (16-18 years) *NEW*

This four-week group is designed for parents and caregivers of older teens ages 16 to 18. Each session is two hours long and focuses on the changing parent role as teens move toward adulthood, greater independence, employment, graduation, post secondary planning, relationships, decision making, and legal adulthood. The group is strengths based and practical, helping parents shift from managing daily behaviour to coaching responsibility, safety, self advocacy, and healthy connection.

Financial Education Workshops

Register at norwoodcentre.com/financial-education

Easy-to-understand workshops using real-life examples and fun, hands-on activities to help you build money skills, make informed choices, and work toward your financial goals.

Winter workshops:

Holiday Consumerism

NEW

Tired of the pressure to spend during the holiday season? Come explore the reasons we feel obliged to spend, ways to save money, and how to make celebrating meaningful without the price tag.

Credit Card Basics *NEW*

Take charge of your credit! Join us for an easy-to-understand session where we will cover:

- How credit cards really work
- Understanding interest rates, fees, and payments
- Building a healthy credit history
- Common credit mistakes to avoid
- Simple tips to use credit with confidence

Parent and Child Groups

Siblings are welcome!

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

Welcoming drop in and registered groups provide parents and children from **birth to age 6** opportunities to play, learn, and connect with others while building strong foundations for healthy child development.

Winter drop-in groups:

Art and Sensory (0-6 years)

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 (0-2 years)

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.

Stay and Play (0-6 years)

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.



Jumping Gym Time! (0-6 years)

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

Explore the Outdoors (0-6 years)

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.



Winter registered groups:

Explore, Play and Learn (0-2 years) *NEW*

Enjoy songs, movement, sensory play and other activities that support your baby or toddler's early communication, movement, thinking and social-emotional development. You will learn simple ideas to try at home while connecting with other families.

Explore, Play and Learn (3-6 years) *NEW*

Explore play-based activities that help your child build confidence, express their feelings, solve problems and develop skills for positive relationships. Discover practical ways to encourage their learning and independence through everyday play.

Head Start Program

This school readiness program offers play-based learning for children **ages 3 to 5***, 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.

**Registration for the 2027-2028 school year will open
in late January 2027.**

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 7 to 12** to build confidence, strengthen peer relationships, navigate life's challenges, and work toward the goals that matter to them.

Registered Youth Groups ***NEW***

Register your child at norwoodcentre.com/courses

Children **ages 7 to 12** build confidence, strengthen relationships, support emotional well-being, and learn to make positive choices while connecting with others in a supportive and welcoming environment.

Winter groups:

Stand Strong: Bullying Prevention Skills (7-12 years) ***NEW***

Through games, discussions, and skill practice, children learn to recognize bullying in person and online, ask trusted adults for help, respond safely, and support others. The program builds confidence, inclusion, and respectful peer relationships.

Super Skills: Building Confidence with Feelings and Friends (7-12 years)

NEW

Through fun, hands-on activities, children learn to understand feelings, use calming strategies, communicate respectfully, solve everyday problems, and recognize their strengths. The group builds confidence, emotional awareness, and positive relationships with others.



Youth Hangout (Drop-in) *NEW*

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

Thursdays

2:30pm - 4:30pm



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".

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 



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.

Did you know?



Some medical conditions may qualify for financial support, even if you don't consider yourself to have a disability? Norwood's experts can help you check if you qualify!



Partner with us!

Norwood's Building Financial Futures team partners with community organizations across the greater Edmonton area to bring our free practical financial empowerment services directly to the individuals they serve.

Contact our team to explore a partnership tailored to your organization's needs:

Send us an e-mail at financialprograms@norwoodcentre.com

Success Story

"When I came to Canada in October 2025, everything felt new and confusing. I first stayed in Quebec, but after one month, I decided to move to Edmonton because I wanted a brighter life for me and my daughter. It was a very hard decision. I did not know anybody there. I have no family, no friends, and no connections. As a single mom in a new country, I felt scared and overwhelmed. I wanted to find a job and stand on my own feet, but I did not know where to start. I did not know who to ask for help.

The hardest part was thinking about my daughter. Where can I leave her so I can look for work? How can I go to interviews if I have no one to care for her? There were many times I felt worried. I want to be strong for my daughter, but sometimes I did not know what to do next. Then someone told me about the Norwood Child and Family Resource Centre and their respite program. I decided to try. When I came here for the first time, the staff welcomed me with kindness. They listened to my story and did not make me feel ashamed. For the first time since moving to Edmonton, I felt some peace in my heart.

Because of Norwood, I was able to attend appointments and look for a job while my daughter was safe and cared for. She was not only safe, she was also learning, playing with other children and starting to speak English with her teachers. Seeing her happy gave me strength. Through the programs and support, I was able to find a janitorial job and now I am doing my training. Now I have hope and I can provide for my daughter and we are starting our new life.

I am very thankful to Norwood because they helped me during one of the hardest times in my life. I came to Edmonton feeling lost and alone, but now I feel stronger and more confident. I still have many goals, but now I believe I can reach them. Step by step, I am building a better future for me and daughter."

- A Norwood Program Participant

What's Your Story?

Let us know how Norwood's programs has made a positive impact in your life! Write your success story and give it to a Norwood Program staff for chance to be featured in one of our publications.



GIVING TUESDAY

December 1st is Giving Tuesday!

Giving Tuesday is a **global day of generosity** that brings people together to make a difference throughout the holiday season through donations, volunteering, and acts of kindness.

At **Norwood Child and Family Resource Centre**, your generosity helps individuals and families access free programs and services, build new skills, navigate life's challenges, and work toward a brighter future. Together, we can create a community where everyone feels supported and has the opportunity to thrive.



**Make a difference
today!**


SCAN ME 



Keep the giving going!

Giving Tuesday is just one day, but you can support our community all year long.

We welcome donations of much-needed items, including:

- Children's books
- Diapers and baby formula
- Hygiene products
- Backpacks and school supplies

Prefer to give financially? Scan the QR code above to make a donation any time of the year.



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



For Parents and Children (Registered)

Explore, Play and Learn (0-2 years) *NEW*

Fridays,
November 20 - December 11
10:00am - 12:00pm
Norwood Centre

Explore, Play and Learn (3-6 years) *NEW*

Mondays,
November 2 - 23
10:00am - 12:00pm
Norwood Centre

Register here!



For Youth (Registered)

Stand Strong: Bullying Prevention Skills (7-12 years) *NEW*

Tuesdays,
October 27 - November 17
3:30pm - 5:30pm
Norwood Centre

Super Skills: Building Confidence with Feelings and Friends (7-12 years) *NEW*

Wednesdays,
November 18 - December 9
3:30pm - 5:30pm
Norwood Centre

Stand Strong: Bullying Prevention Skills (7-12 years) *NEW*

Tuesdays,
November 24 - December 15
3:30pm - 5:30pm
Clareview Rec Centre

Super Skills: Building Confidence with Feelings and Friends (7-12 years) *NEW*

Thursdays,
November 26 - December 17
2:45pm - 4:45pm
Norwood Centre

Register here!



Drop-In Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Stay and Play Parent and Child 1:30pm - 3:30pm Norwood Centre Starts November 9	Explore the Outdoors* Parent and Child 10:00am - 12:00pm Norwood Centre	Baby and Toddler Exploration Time Parent and Child 1:30pm - 3:30pm Norwood Centre	Art and Sensory* Parent and Child 10:00am - 12:00pm Norwood Centre	Jumping Gym Time! Parent and Child 9:30am - 11:00am Norwood Centre
 <p>Please bring Indoor Shoes or Socks for all Parent & Child Drop-in Groups</p>	Jumping Gym Time! Parent and Child 1:30pm - 3:00pm Norwood Centre	 <p>No groups on: November 11 Remembrance Day November 30 Agency Closure December 24 - January 1 Holiday Closure</p>	Youth Hangout Youth 2:30pm - 4:30pm Norwood Centre	Explore the Outdoors* Parent and Child 1:30pm - 3:30pm Norwood Centre

*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, lightning/thunder, or where a tornado warning is in effect

Locations:

Norwood Centre

9516 114 Avenue NW

Clareview Community Recreation Centre

3804 139 Ave NW

For Adults (Registered)

Bye Bye Diapers (0-6 years)

Wednesday,
November 4
1:30pm - 3:30pm
Norwood Centre

Helping Your Child Grow and Thrive (3-5 years) *NEW*

Thursday,
November 5
10:00am - 12:00pm
Norwood Centre

Holiday Consumerism *NEW*

Thursday,
November 5
3:30pm - 5:30pm
Norwood Centre

Parenting Older Teens: Connection, Responsibility, and Launching into Adulthood (16-18 years)

NEW
Fridays,
November 6 - 27
10:00am - 12:00pm
Norwood Centre

Screentime: Finding Balance (7-12 years)

NEW
Monday,
November 9
1:30pm - 3:30pm
Norwood Centre

Handle with Care (0-6 years)

Thursdays,
November 12 -
December 17
10:00am - 12:00pm
Norwood Centre

Empowered Parenting (0-6 years)

Thursdays,
November 12 -
December 10
2:00pm - 4:00pm
Norwood Centre

Connecting with Your Little One (0-2 years)

NEW
Friday,
November 13
10:00am - 12:00pm
Norwood Centre

Exploring Emotions (0-6 years)

Wednesdays,
November 18 -
December 16
10:00am - 12:00pm
Norwood Centre

Emotional Regulation (0-10 years) *NEW*

Thursday,
November 19
1:30pm - 3:00pm
Norwood Centre

Stress-free Shopping with Children (0-6 years)

Wednesday,
November 25
2:00pm - 4:00pm
Norwood Centre

Play: The Work of Childhood (0-6 years)

Friday,
November 27
1:30pm - 3:30pm
Norwood Centre

Raising Confident and Capable Kids *NEW* (7-12 years)

Tuesday,
December 1
10:00am - 12:00pm
Norwood Centre

Credit Card Basics *NEW*

Thursday,
December 10
10:00am - 12:00pm
Norwood Centre

Setting Boundaries and Limits with Children (0-6 years)

Monday,
December 14
10:00am - 12:00pm
Norwood Centre

Preparing your Teen for Adulthood (16-18 years)

NEW
Tuesday,
December 15
10:00am - 12:00pm
Norwood Centre

Developmental Domains: Learning Happens Everywhere (0-6 years)

Tuesday,
December 15
1:30pm - 3:30pm
Norwood Centre

Staying Connected With Your Teen (13-15 years) *NEW*

Wednesday,
December 16
1:00pm - 3:00pm
Norwood Centre

Hear Me Out: Effective Communication with Children (0-6 years)

Monday,
December 21
10:00am - 12:00pm
Norwood Centre

Register here!



Don't see what you're looking for?

If there is a group or workshop you would like to attend that is not currently being offered, **join the interest list!** Your input helps us understand what families are looking for so we can plan future groups and workshops that meet the needs and interests of our community.

Interest List

