



Norwood

Child and Family Resource Centre



Programs and Services Guide

Winter 2024



What's Inside:

Parent Respite Program	3
Head Start	3
Home Visitation	3
One-on-One Coaching	3
Parent Education Groups	4-5
Parent-Child Drop-in Groups	6
Resources	7

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 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!

Vision

Healthy Children • Healthy Families • Healthy Communities

Mission

Norwood Centre builds on the strengths of children and families through support and education to optimize child development and connect families to communities.

Guiding Principles

- Norwood Centre is inclusive, respectful of diversity, and values every person's worth.
- Our programs and services are child-centred, based on the most current understanding of how children develop and learn.
- Our work is grounded in fostering healthy relationships, the bonds between children and family, and family and the community.
- Our work is strength-based, trauma-informed, responsive to need, and effective.

How to Get Started

Intake Facilitators: P: 780-471-3737

We have many different programs, services and supports available to you. Please read through the descriptions to find those best suited to your needs. Once you have decided, there are two ways for you to register; depending on the selection you have made. The Parent Respite Program, Head Start Early Childhood Education, Home Visitation, and One-on-One Coaching 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 our website or scan the QR code on page 4 for the registration link.** The dates, times, and locations of the sessions being offered are listed on the website. If you encounter any issues during the registration process, please do not hesitate to reach out to our Intake team for assistance.

Sessions fill up fast, so if your desired session is full, please add your name to the waitlist. If there is enough interest, we will launch another group right away; otherwise, you will be among our first contacts in the following series.



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.

Morning 9:15 am - 12:15 pm
Afternoon 1:00 pm - 4:00 pm



Registration for 2024-2025 is now open. Children must be three years old by December 31. Contact us to register. 780-471-3737

Program Highlights:

- Healthy snacks
- Goal setting
- Parent/teacher interviews
- Access to health services
- Speech and language therapy
- Occupational therapy
- Family support
- Referrals to other support 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

Our program spaces are called “communities” to include each child as a citizen of their environment.

Our **Exploration Community** is for children aged birth to 2.5 years old, while our **Discovery Community** is for children aged 2.5 to 6 years old.

Both communities are staffed by qualified early childhood educators.

Program Highlights:

- Children are served healthy meals and snacks
- Flexible scheduling:
 - Times are available between 8:30 am and 5:30 pm, Tuesday to Friday
 - As needed: families can schedule an hour or two, a morning, the full day, etc.
- Parent and family supports: mental health therapist on-site, 'Ages and Stages' questionnaires, in-home family visits, parent coaching, and more
- Referrals to other services throughout Edmonton

Home Visitation

Sometimes you need parenting support right where you and your children live. If you have a child aged six years or under, Norwood Centre's early childhood development and family support experts can come to you!

Home Visitation is longer-term, goal-oriented support for when tougher challenges like financial distress, single parenthood, illness or disability, social isolation, housing issues, etc., interfere with your ability to focus on parenting.

Your Family Support Worker (FSW) will help you create a plan based on goals you choose and prioritize for yourself, your family, and your household. Your FSW is a source of connections, information, encouragement, advocacy and support for your child's ongoing development in their critical early years.

Program Highlights:

- Goal setting
- Weekly or bi-weekly in-home support visits
- Child development activities, information, and resources
- Whole family support
- Referrals to other services



Parent Education Groups

Registration required unless otherwise indicated

Join one of our parenting classes to learn about optimal child development, positive parenting strategies, healthy attachment, financial literacy, and more. It is now even easier to join one of our parenting groups with **online registration**! If the group you want is full – add your name to the waitlist. Visit www.norwoodcentre.com/courses.

Growing Together

A positive and safe gathering place for expecting and new parents with infants up to one year old to connect with one another. Come join us for the opportunity to access free resources and information, try new activities, and bond with your baby!

Triple P Positive Parenting Program

This parenting program provides participants with a toolbox of parenting ideas, strategies, and tools, so they can choose which ones are the best fit for their family. Triple P supports raising happy, confident children; managing challenging behaviours; encouraging positive behaviours; setting rules and routines; increasing parent confidence and more.



Handle with Care

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

Empower U

Empower U combines financial literacy programs with a FREE 1:1 matched savings component of up to \$500.00. This means every dollar saved by participants generates two dollars. Empower U is open to people of diverse backgrounds who are experiencing low income. Through this program, participants 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

Empowered Parenting

Participants will be involved in interactive activities, videos, and conversations related to topics that develop positive relationships and promote positive parenting skills such as health, safety, behaviour, and development of children. The goal of this group is to engage parents to promote the health and safety of children while giving parents tools for effective parenting.



Mental Health Corner: Dealing with Depression

This group focuses on understanding depression and gaining skills that can support living in more freedom. The group addresses questions like: where does depression come from, what are the common symptoms, how to reverse the spiral and much more. This group gives an opportunity to get to know others and find support in a shared experience.



to find more information and register
or go to:
norwoodcentre.com/courses

Support Resources

211

For complete information on social, community health and government services in Alberta, dial 211.

811

For health information in Alberta, dial 811.

For more supports available in Edmonton and province-wide:



One Day Workshops

Registration required unless otherwise indicated

Parent as the Child's First Teacher: 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.

Hassle-free Mealtimes with Children

This 2-hour sessions provides an opportunity to discuss specific behaviors and potential solutions to everyday parenting problems. In hassle-free mealtime, parents will discuss common mealtime problems, encouraging good mealtime habits, managing challenging behaviours at mealtimes, and setting up a mealtime routine.

Dealing with Disobedience

This 2-hour sessions provides an opportunity to discuss specific behaviors and potential solutions to everyday parenting problems. In Dealing with Disobedience, parents will discuss common parenting problems, how to set limits, how to manage disobedience, and encourage positive behaviour.

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!

Developing Good Bedtime Routines

This 2-hour sessions provides an opportunity to discuss specific behaviors and potential solutions to everyday parenting problems.

In Developing Good Bedtime Routines, parents will discuss common bedtime problems, different approaches to bedtime problems, and how to prevent problems at bedtime and through the night.




SCAN ME 

How our programs impact families

Participant Success Story

I would like to share my experience with the program here with Norwood.

My daughter and I started with Norwood Centre with the Stay and Play at the Alberta Avenue Hall last year in October, when she was nine months old. Not knowing it was a bigger program than just what was in the newsletter for the Community League.

We were welcomed to join more programs at Norwood Centre. From there, I have made a lot of mom

friends and my daughter has made friends as well.

I am an open person, but to know I could ask anything, from my own postpartum to about my child's development, I am so grateful to have an environment and place I could be myself and in return have no judgment on what I was going through, as well as happy to help others around us.

Over the year, we all watched my daughter go from crawling to walking, her not letting go of me, to having separation anxiety, to playing on her own with the

occasional "mom come here".

With the respite program, we are both working on being away from each other before I get daycare.

-Norwood Centre Participant



Support Us!

How has Norwood Centre impacted you and your family? Share your stories with us by connecting with a Norwood Centre Staff member today!

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

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!

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 event of harsh weather conditions, this group will move inside.

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.



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, and also give you a chance to celebrate some of those milestones together with your child. There are two kinds of questionnaires:

ASQ-3

This provides you with information about your child 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!



Resources

Child Development Activities

All children grow and change at their own pace through a set of developmental domains: social, physical, language, intellectual, creative and emotional.

Find printable activities you can use to build up your child's skills and abilities in every developmental domain, on our website.



Topics on this website include:

- bedtime routine
- easing separation anxiety
- learning to take turns
- healthy use of technology
- building fine motor skills
- learning expressive language
- building executive function
- developing problem solving skills
- self-expression and imagination
- labeling emotions
- emotional regulation
- and many more

Latest from our Blog:



Nov. 9, 2023

Healthy meals a priority at Norwood Child and Family Resource Centre

Edmonton's latest Vital Signs report shows that almost 22% of children lived in food insecure houses in Edmonton in 2021. Read more on our blog at norwoodcentre.com/blog

Food Resources

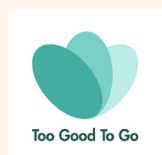
Flash Food (app): Discounted groceries close to their best before date.



FLIPP (app): Search grocery items to see which store has the best prices, flip through flyers, save points cards all in one place.



Too Good To Go (app): Fights food waste from restaurants and connects you to discount food items.



Red Flag Deals (app): A Canadian-made app to find the best deals.

Checkout51 (app): Digital coupon clipping.



WeCan Food Basket Society: Once a month food basket program at an affordable price.



Edmonton's Food Bank: Bread Run-free bread, online hamper orders, and much more.



Winter Clothing Resources

Coats for Kids & Families: Free winter outerwear for families and individuals. Call 211 or 780-482-4636 to find the location nearest you.



Coats for Kids & Families

Jasper Place Family Resource Centre: Free children's clothing exchange. Call 780-489-2243 Mon-Fri, 8:30 am-4:30 pm



Society of Saint Vincent de Paul: Free clothing. Monday-Thursday, 10am-12pm. Call 780-471-5577 (open 24 hours a day 7 days a week).



Society of Saint Vincent de Paul



Thrift Stores: Thrift Stores are a great option for low-cost Winter Clothing.

Some thrift stores will give coupons or discounts when you donate items.

Bissell Thrift Shop

Value Village

The Salvation Army Thrift Store

More Than a Fad

For more resources from other agencies, check out the bulletin board on our website.





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!

Winter 2024 Programs and Services Guide

For information or to register for a program:

www.norwoodcentre.com

780-471-3737

9516 - 114 Avenue NW
Edmonton, AB T5G 0K7



@NorwoodCentre

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.





Norwood

Child and Family Resource Centre

Parent Education Groups Schedule

Winter 2024

For more information call: 780-471-3737

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! **Visit our website for course descriptions!**

Parent Education Groups:

Triple P Positive Parenting Program

Thursdays | 2:00 pm - 4:00 pm
January 25-March 14
Clareview Community Recreation Centre



Empower U

Wednesdays | 5:30 pm - 7:30 pm
February 14-May 8
Norwood Centre

EMPOWER U
BUILDING CONFIDENT FUTURES



Empowered Parenting

Fridays | 1:30 pm - 3:30 pm
January 19-February 23
Norwood Centre



Growing Together

Drop-in

Wednesdays | 1:30 pm - 3:30 pm

Ongoing

Closed March 27
Norwood Centre

Mental Health Corner: Dealing with Depression

Tuesdays | 1:30-3:30pm
January 9- February 13
Norwood Centre

Handle with Care

Tuesdays | 1:30 pm - 3:30 pm
February 20-March 19
Norwood Centre

Scan the QR code to
register online!



norwoodcentre.com/courses
or call 780-471-3737

Locations:

Norwood Centre
9516 114 Avenue NW

Clareview Community
Recreation Centre
3804 139 Ave NW



One Day Workshops:

Parents as the Child's First Teacher: Setting Successful Schedules

Wednesday | 10:00 am - 12:00 pm
January 24
Norwood Centre

Hassle-free Mealtimes with Children

Wednesday | 10 am - 12:00 pm
January 31
Norwood Centre

Dealing with Disobedience

Wednesday | 10:00 am - 12:00 pm
February 7
Norwood Centre

Developmental Domains: Learning happens everywhere

Friday | 1:30-3:30pm
March 8
Norwood Centre

Developing Good Bedtime Routines

Friday | 1:30 pm - 3:30 pm
March 15
Norwood Centre

Monday	Tuesday	Wednesday	Thursday	Friday
Stay and Play 10:00 am - 12:00 pm Norwood Centre	Stay and Play 10:00 am - 12:00 pm Northeast Community Hub Explore the Outdoors* 10:00 am - 12:00 pm Norwood Centre *Explore the Outdoors will move inside if needed.	Stay and Play 10:00 am - 12:00 pm Riverdale Community Hall Growing Together Parent Education Group 1:30 pm - 3:30 pm Norwood Centre	Stay and Play 10:00 am - 12:00 pm Ridna Shkola Ukrainian Heritage Language School Stay and Play 10:00 am - 12:00 pm McLeod Community Hall Baby and Toddler Exploration Time 2:00 pm - 4:00 pm Norwood Centre	Jumping Gym Time! 9:30 am - 11:00 am Norwood Centre Stay and Play 10:00 am - 12:00pm Northeast Community Hub

Locations:

Norwood Centre 9516 114 Avenue NW
McLeod Community Hall 14715 59 Street NW
Northeast Community Hub 14017 Victoria Trail NW
Ridna Shkola Ukrainian Heritage Language School
 11301 95A Street NW
Riverdale Community Hall 9231 100 Avenue NW



Agency closed no parent-child groups on:

Dec. 21-Jan. 3
 Winter Break
 Monday, January 29
 Staff Planning Day
 Monday, February 19
 Family Day
 March 25-29
 Spring Break



@NorwoodCentre

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)