



Parent Education Groups & One Day Parent Education Workshops:

Registration opens

March 15

Understanding Separation Anxiety

Tuesday, April 8
10:00am - 12:00pm
Norwood Centre

Managing Misbehaviour

Wednesdays
April 9 - April 30
2:00pm - 4:00pm
Norwood Centre

Empower U

Thursdays
April 10 - June 26
2:00pm - 4:00pm
North East Community Hub



Sleeptime Strategies

Friday, April 11
1:30pm - 3:30pm
Norwood Centre

Bye Bye Diapers

Monday, April 14
5:00pm - 7:00pm
Norwood Centre

The Brain Architecture Game

Tuesday, April 22
10:00am - 11:30am
Norwood Centre

Circle of Security

Fridays
April 25 - June 13
1:30pm - 3:30pm
Norwood Centre

Hear Me Out: Effective Communication with Children

Tuesday, April 29
10:00am - 12:00pm
Norwood Centre

Empowered Parenting

Mondays
April 28 - June 9
5:00pm - 7:00pm
Norwood Centre



Register now:



www.norwoodcentre.com/courses

Registration opens

April 15

Managing Mealtimes

Tuesday, May 6
10:00am - 12:00pm
Norwood Centre

Exploring Emotions

Tuesdays
May 20 - June 17
2:00pm - 4:00pm
Norwood Centre

Bye Bye Diapers

Wednesday, May 21
2:00pm - 4:00pm
Norwood Centre

Handle with Care

Tuesdays
May 27 - June 24
10:00am - 12:00pm
Clareview Recreation Centre

Understanding Human Connection

Wednesday, May 28
2:00pm - 4:00pm
Norwood Centre

Locations:

Norwood Centre
9516 114 Avenue NW

Clareview Recreation Centre (Entrance 3)
3804 139 Avenue NW

North East Community Hub
14017 Victoria Trail NW

Registration opens

May 15

Setting Successful Schedules

Wednesday, June 11
10:00am - 12:00pm
Norwood Centre

Setting Boundaries and Limits with Children

Wednesday, June 18
2:00pm - 4:00pm
Norwood Centre

Development: Supporting the Whole Child

Friday, June 20
1:30pm - 3:30pm
Norwood Centre

Development Domains: Learning Happens Everywhere

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

Understanding Your Child's Behaviour

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

Not sure which group is right for you?

Check out our Parent Education Group Guide:



www.norwoodcentre.com/parent-education-group-guide

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Stay and Play 10:00am - 12:00pm Norwood Centre</p>	<p>Explore the Outdoors* 10:00am - 12:00pm Norwood Centre</p> <p>Playtime with Dad 2:00pm - 4:00pm Norwood Centre</p> <p>*Explore the Outdoors will move inside if needed.</p>	<p>Stay and Play 10:00am - 12:00pm Riverdale Community Hall</p> <p>Stay and Play 10:00am - 12:00pm Spruce Avenue Community League</p> <p>Growing Together Parent Education Group 1:30pm - 3:30pm Norwood Centre</p>	<p>Stay and Play 10:00am - 12:00pm Parkdale/Cromdale Community League</p> <p> Parkdale Cromdale Community League Stay and Play 10:00am - 12:00pm McLeod Community Hall</p> <p>Baby and Toddler Exploration Time 2:00pm - 4:00pm Norwood Centre</p>	<p>Jumping Gym Time! 9:30am - 11:00am Norwood Centre</p> <p>Stay and Play 10:00am - 12:00pm North East Community Hub</p> <p>Frolic Through the Forest 2:00 pm - 3:30 pm Meet at Riverdale Community Hall (Starting April 25)</p>
<p>Agency closed, no parent-child groups on:</p> <p>April 18 and April 21 for Easter.</p> <p>May 19 for Victoria Day.</p>				

Drop-in Parent Education Groups

Growing Together

DROP-IN
Wednesdays
1:30pm - 3:30pm
Ongoing
Norwood Centre

NEW! Parent Connect

First Thursday of the month
10:00am - 11:30am
Childminding available
Norwood Centre



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
- Spruce Avenue Community League 10240 115 Ave NW

More information:



www.norwoodcentre.com/parent-and-child-programs



Norwood

Child and Family Resource Centre



Programs and Services Guide

SPRING 2025



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Welcome to Norwood Centre!

Norwood Child and Family Resource Centre provides **FREE** programming and services to families with children from 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, and Home Visitation 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 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.

Registration is now open for 2025-2026!

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 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.

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

The Brain Architecture Game

This tabletop game builds understanding of the powerful role of experiences on early brain development— what promotes it, what derails it, and what the consequences are for society. Learn about toxic, tolerable, and positive stress and how to build a brain!

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.

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.

Which Parent Education Group is right for me?

 SCAN ME 

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.

Register Now!

 SCAN ME 

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.

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!

Parent Education Groups

Registration required online at

norwoodcentre.com/courses

If the group you want is full, please add your name to the Interest List.

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!

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



United Way
Alberta Capital Region

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.



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.

NEW! 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.

*** Register through Intake at
780-471-3737**

Postpartum Support Group

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 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.

Find the schedule


SCAN ME 



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 ages 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! In the event of harsh weather conditions, this group will move inside.

Frolic Through the Forest

(Starts April 25)

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!

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.

Drop-In Parent Education Groups Growing Together

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

NEW! Parent Connect

Join us on the first Thursday of the month! In this group, you'll have a space to come and socialize, chat, and share tips with other parents. Snack and childminding provided.



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.

