



Norwood

Child and Family Resource Centre

Programs and Services Guide

May/June 2022



Healthy Children • Healthy Families • Healthy Communities

Welcome to Norwood!

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

Guiding Principles

- Norwood is inclusive, respectful of diversity, and values every person's worth.
- Our programs and services are child-centered, 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.



Getting Started

Intake Facilitators: P: 780-471-3737

The first step to accessing Norwood Child and Family Resource Centre’s programs and services (after browsing this guide) is to call **780-471-3737** and ask to be connected with an intake facilitator.

An intake facilitator can talk through your needs with you and help you sort through programs, services, and resources. Our facilitators are well versed in our own programs, as well as with many others through the many organizations we collaborate with throughout Edmonton.

You can also get started by going to norwoodcentre.com/courses and registering for any parent education group. An intake facilitator will reach out to you to confirm your registration and chat with you about your needs (you can specify whether you would like them to contact you by phone, email, or text message).

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Did you know?

The first problems an infant’s brain needs to solve are related to movement. For example, to reach out to a parent or to a toy, a child must find a motor solution— they are developing a perception of their own body!

Each child develops physical skills at their own pace and like all areas of development, each child will show strengths and abilities in different areas.

The Ages and Stages Questionnaire (ASQ) includes a section about physical development. If you would like to see and celebrate your child’s successes in their physical development, ask about an ASQ today!

Norwood Programs

Parent Respite Program

This free respite program provides temporary relief from care for parents with children 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 family functioning and stability

Highlights:

- children are served healthy meals and snacks
- flexible scheduling:
 - available hours: 8:30 am to 5:30 pm, Tuesday to Friday
 - booked 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

“My daughter understood and used more English words since she came here. My wife and I appreciate Norwood respite program. We could have time for our appointments while knowing my daughter had a safe place to learn and play.”

- Parent Respite Program Parent



We refer to the Parent Respite Program environments as ‘communities’ as they are the children’s spaces in which to build relationships, make decisions, contribute, build social responsibility, explore, and discover.

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

Both communities are staffed by qualified early childhood educators.

Did you know?

Play provides opportunities for children to make social connections with others, allowing them to expand their learning, build confidence in their abilities, and grow in other areas such as in their use of language.



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.

Tuesday to Friday | September to June
Morning 9:15 am - 12:15 pm
Afternoon 1:00 pm - 4:00 pm
Norwood Centre Head Start Room

Highlights:

- free busing
- healthy snacks
- goal setting
- parent/teacher interviews
- access to health services
- speech and language therapy
- occupational therapy
- family support
- referrals to other support services



Our family coaches and family support workers will come to your home to help you meet your goals for positive parenting and building a strong, healthy family!

Family Coaching

Family Coaching provides supported parenting modeling and mentoring. Through this one-on-one **in-home** support, families interact with family educators to increase their knowledge and build skills related to positive parenting and healthy attachment.

As each family is different, there is no predetermined program or path that families must follow. This approach provides “in the moment” feedback and support to develop skills and confidence while meeting the needs of the family.

Home Visitation Program

This program provides services within the homes of families, with their young children birth to six years old.

Family support workers offer a strength-based approach to supporting families in order to enhance positive parenting and healthy parent/child interactions while building strong families.

Highlights:

- weekly or bi-weekly in-home support
- goal setting
- child development information and activities
- whole family support
- referrals to other services

Family Education

Family Education offers formal parent education groups and parent and child play groups to promote optimal child development, positive parenting strategies, and healthy attachment.

Highlights:

- healthy snacks (for in-person sessions)
- free child minding
- access to other family support resources
- referrals to other services



Parent Education Groups

(Registration required unless otherwise indicated - schedule on insert.)

Brain Builders

Brain Builders will introduce the different developmental areas of the brain and how to support a child's brain development while finding fun ways to build the brain through play!

Couch Conversations

Couch Conversations provides a relaxed space to come and socialize, chat, and share tips with other parents on Zoom, Reconnect with other parents from the comforts of your home! **DROP-IN.**

Empowered Parenting

Empowered Parenting focuses on developing healthy parent and child relationships by helping participants develop positive parenting skills.



Empower U

Empower U is open to people of diverse backgrounds who are experiencing low income. Through this program, participants take control of their finances, reduce debt, and save money. Receive up to \$500 in FREE matched savings!



Exploring Emotions

Learn more about your child's emotions as they move through the early years. Gain insights into how to talk to children about emotions and how to support them when they have big feelings.

First Five Years Project

What you need to know about the first five years of your child's life! After working with many different families, we created a series of sessions that answer YOUR questions about creating a healthy family. We discuss everything from setting limits to potty training to helping your child reach their highest potential.

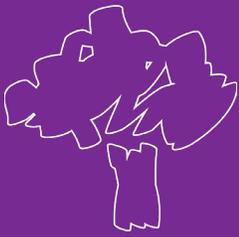
Handle with Care

The Handle with Care group focuses on supporting children's mental health through four building blocks: attachment, relationships, expressing emotions, and self-esteem.

Mindful Parenting

Join a group of parents for facilitated discussions on the parenting issues you are dealing with today, then practice with your child afterward in a parent-child play group. At the same time, learn more about promoting your child's healthy brain development through play! **DROP-IN.**





Parent and Child Groups

(Drop-in unless otherwise indicated - see schedule on insert.)

Parenting in Two Cultures

This program is for those interested in learning about parenting across cultures. Parents learn about raising happy, healthy children without losing the traditions and culture they value. This is done through engaging activities and group discussion.

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.

You're a Great Dad

Sometimes fathers underestimate how important they are in their children's lives. In fact, a father's active involvement is critical to children's healthy cognitive, emotional, and social development. This course will help fathers recognize the value of their parenting role and provide steps for becoming a more actively engaged dad.

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 Norwood staff and other families in the community.

Highlights:

- parents and children play together in a child-friendly environment
- access to additional family support resources & referrals to other services
- healthy snacks
- meet new people from your community

Did you know?

Every time a child performs a new activity, new connections are formed in the brain. Through repetition of a movement, the brain connections are strengthened, and the child gains more and more control, leading to mastery.



Explore the Outdoors

Did you know anything you can teach a child in an indoor classroom can be taught outdoors, in ways that are often more enjoyable for children? Let's explore the outdoors! Get outside with us and explore the benefits of risky play and connecting with nature!

Jumping Gym Time

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

Move and Play

Visit this indoor play space to enjoy fun and engaging play experiences. Children will be able to run, jump, and climb or take part in art, building, and play-based learning activities. All are welcome.

Preschool Discovery Time

Take part in a variety of learning activities including stories, songs, science concepts, and movement activities. For children ages three to five years old; siblings are welcome.

Stay and Play

Visit one of our indoor play spaces to enjoy fun activities with your children and meet people in your community! Snacks are provided. All are welcome; play spaces are designed for ages birth to six years old.



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 is not currently scheduled, call an intake facilitator at 780-471-3737 to find out when the next one is scheduled.

Pre-registered Groups

Brain Builders

Fridays
May 6- June 24
1:30- 3:30pm
Norwood Centre

Developmental Domains— Learning Happens Everywhere

Wednesdays
May 18, 3:00- 4:30pm
May 25, 3:00-4:00pm
Norwood Centre

First Five Years Project Series

The First Five Years— Growing Together

Wednesdays
June 22, 3:00-4:30pm
June 29, 3:00-4:00pm
Norwood Centre

First Five Years Project Series

Triple P Positive Parenting Program

Wednesdays
May 25- June 15 & July 13
2:00-4:00pm
Clareview Recreation Centre

Thursdays
June 2- June 23 & July 21
1:30-3:30pm
Norwood Centre

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



norwoodcentre.com/parent-programs

Drop-in Groups

Couch Conversations

Tuesdays
1:30 - 3:00 pm
Online via Zoom

Mindful Parenting

Fridays
1:00 - 2:00 pm
NE Community Hub

Lunch and Learns

Lunch and Learn: Home Safety for Infants and Toddlers

Wednesday
May 11
12:00- 1:00pm
Norwood Centre

Lunch and Learn: Car Seat Safety

Wednesday
May 18
12:00- 1:00pm
Norwood Centre





Norwood

Child and Family Resource Centre

Parent & Child Drop-In Groups

May/June 2022

For information or to register: 780-471-3737

These groups offer parents opportunities to participate in their child's learning and development, while at the same time connecting with other parents in the community. Plus there are snacks!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Stay and Play 10:00 am - 12:00 pm Norwood Centre</p> <p>Stay and Play 10:00 am - 12:00 pm McLeod Community Hall</p>	<p>Stay and Play 9:30 am - 1:00 pm Northeast Community Hub</p> <p>Preschool Discovery Time 10:00 am - 11:00 am Zoom</p> <p>Explore the Outdoors 10:00 - 11:30 am Norwood Centre (outside)</p>	<p>Stay and Play 10:00 am - 12:00 pm Rundle School /Beverly Daycare Society</p> <p>Stay and Play 10:00 am - 12:00 pm Riverdale Community Hall <i>starts May 18</i></p> <p>Jumping Gym Time! 9:30 am - 11:00 am Clareview Recreation Centre</p>	<p>Jumping Gym Time! 9:30 am - 11:00 am Alberta Avenue Community League</p> <p>Stay and Play 10:00 am - 1:00 pm McLeod Community Hall</p>	<p>Jumping Gym Time! 9:30 am - 11:00 am Norwood Centre</p> <p>Stay and Play 10:00 am - 1:00 pm Northeast Community Hub</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

Agency closed,
no play groups on:

- May 23
- June 13
- June 20



For the most up-to-date schedule visit:

norwoodcentre.com/parent-and-child-programs

Saturdays

Stay and Play
Registration required
May 28, June 25
10:00 am - 12:00 pm
Norwood Centre

Move and Play
Drop-in
May 14, June 11
1:30 pm - 3:30 pm
Al Rashid Mosque



**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!

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For information or to register:

www.norwoodcentre.com

780-471-3737

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Edmonton, AB T5G 0K7

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