



Norwood

Child and Family Resource Centre

Program and Services Guide

October 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.

October 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. Explore simple ways to understand your child's cues, build connection through play and routines, while navigating the joys and challenges of the early years.

Understanding your Child's Behaviour (0-6 years)

Learn about the science behind your child's behaviour and how to nurture healthy and happy relationships with your family.

Development: Supporting the Whole Child (0-6 years)

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.

Parent as the Child's First and Most Important Teacher (0-6 years)

Discussion-based session for parents and caregivers. We'll look at how routines around sleep, eating, and family expectations shape your child's behaviour, and share practical strategies for making those routines work at home. There's no "right way" to run a family — this session helps you build the one that fits yours.

Setting Successful Schedules (0-6 years)

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.



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. Learn simple ways to connect before setting limits, offer manageable choices, notice effort, and help young children feel capable and included.

Raising Confident and Capable Kids (6-12 years)

NEW

The school years bring new friendships, responsibilities, challenges, and opportunities to grow. Explore ways to build your child's confidence, learning, friendships, and sense of belonging while helping them solve problems without taking over.

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. Explore practical ways to stay connected, support healthy decision making, and encourage independence, with ideas for opening conversations and working through limits together.

Preparing Your Teen for Adulthood (16-18 years) ***NEW***

Explore ways to support your teen as they practise responsibility, make decisions, learn from mistakes, and plan their next steps. Learn when to give direction, offer guidance, or step back while supporting 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.

October groups:

Brain Builders (0-6 years)

Parents will learn how they can build their child's brain during their early years. Learn the different development areas and how to support development through play.

Register here!


SCAN ME 



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.

October 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!

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.

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!

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.

October registered groups:

Explore, Play and Learn (0 to 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.

DONATE
NOW

Your support changes lives.



Your donation ensures children and families can access the support, resources, and opportunities they need to thrive.

Together, we're supporting healthy children, healthy families, and healthy communities.

**Make a difference
today!**

SCAN ME 



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.

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.

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.

October workshops:

Stretching Your Dollar

Whether you're finding it difficult to keep up with rising costs, you've experienced a job loss, an unexpected expense, or you just need your money to go further. This workshop will provide you with ideas as to how to make better use of your money and stretch your dollars when times are tough.



Did you know?

Norwood partners with community organizations across the greater Edmonton area to bring our free practical financial empowerment services directly to the people they serve.

Contact our team to explore a partnership tailored to your organization's needs by emailing financialprograms@norwoodcentre.com



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



Monday	Tuesday	Wednesday	Thursday	Friday
	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
	Jumping Gym Time! Parent and Child 1:30pm - 3:00pm Norwood Centre		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

For more information:



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



Please bring
Indoor Shoes or
Socks for all
Parent & Child
Drop-in Groups



No groups on:

October 12
Thanksgiving

Parent and Child Groups, Youth Groups, Parent Education Groups and Workshops and Financial Education Workshops

For Parents and Children

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

Tuesdays,
October 6 -
November 3
10:00am - 12:00pm
Norwood Centre

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

Tuesdays,
October 6 -
November 3
1:00pm - 3:00pm
Norwood Centre

For Youth

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

Thursdays,
October 1 - 22
2:45pm - 4:45pm
Norwood Centre

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

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

For Adults

Parent as the Child's First and Most Important Teacher (0-6 years)

Monday,
October 5
10:00am - 12:00pm
Norwood Centre

Raising Confident and Capable Kids (6-12 years) ***NEW***

Monday,
October 5
1:30pm - 3:30pm
Norwood Centre

Brain Builders (0-6 years)

Wednesdays,
October 7 -
November 18
10:00am - 12:00pm
Norwood Centre

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

Wednesday,
October 7
1:00pm - 3:00pm
Norwood Centre

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

Thursday,
October 8
10:00am - 12:00pm
Norwood Centre

Preparing Your Teen for Adulthood (16-18 years) ***NEW***

Wednesday,
October 14
1:30pm - 3:30pm
Norwood Centre

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

Thursday,
October 15
10:00am - 12:00pm
Norwood Centre

Stretching Your Dollar

Thursday,
October 15
3:30pm - 5:30pm
Norwood Centre

Understanding Your Child's Behaviour (0-6 years)

Monday,
October 19
1:00pm - 3:00pm
Norwood Centre

Development: Supporting the Whole Child (0-6 years)

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

Setting Successful Schedules (0-6 years)

Wednesday,
October 28
1:30pm - 3:30pm
Norwood Centre