



Norwood

Child and Family Resource Centre

Programs and Services Guide

September 2021



Welcome to Norwood!

Norwood is a non-profit child and family resource centre. We work with other local agencies to support your child and family to build a strong community. Norwood staff work to understand and respond to a variety of issues. Our programs respect culture and diversity.

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.



Head Start Program

Head Start is a **school readiness program** focused on child development for children three to five years old.

Program Highlights:

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

The program is offered in half day sessions Tuesday through Friday from September to June.

Tuesday to Friday | September 7 to June 30

Choose morning or afternoon session:

Morning 9:15 am - 12:15 pm

Afternoon 1:00 pm - 4:00 pm

Norwood Centre Head Start Room

**There are still a few spaces left
for the 2021-2022 school year!**



Did you know?

Resilience is the ability to bounce back from stress, adversity, failure, challenges, and even trauma. It is not something that children either have or don't have; it's a skill that is developed as they grow.

Executive function is when children are able to process a number of different things at one time - the ability to organize and manage our thoughts, actions, and emotions in order to initiate, sustain, and complete a task.

Year-Round Parent/Child Programs



Join us!

Join one of the free parent and parent/child groups we offer throughout the year.

Call 780-471-3737

Did you know?

Serve and return is about responsive interactions between children and the people who care for them.

Family Education

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

Parent Education groups provide opportunities for parents of children ages birth to six years old to learn strategies that build their skills to positively parent.

Program Highlights:

- formal educational groups focused on child development and positive parenting
- healthy meals and snacks
- free child minding
- family support
- referrals to other services

Parent/Child Education groups offer parents opportunities to participate in their child's learning and development. Drop-in groups offer a wide variety of activities and resources. Groups connect children and families with Norwood staff and other families in the community.

Program Highlights:

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

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.



Parent Respite Program

This free respite program in a childcare setting provides temporary relief from care for parents with children birth to six years old including:

- a break for parents to attend appointments or activities and take care of themselves
- respite from parenting in order to improve family functioning and stability
- opportunity for children to take part in a quality early learning play-based program

Program Highlights:

- healthy meals and snacks
- parent education
- family support
- referrals to other services

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.

Program Highlights:

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

Did you know?

Toxic stress can have an effect on a person's physical health as well as their mental health, increasing risk of heart disease, diabetes, and high blood pressure.



Pre-registered Parent Education Groups (registration required)

Did you know?

Children develop best when they have consistent, supportive, and loving adult influences throughout life.

Positive family, friends, and community bonds are extremely important to a child's success.

Triple P Positive Parenting Program

This parenting program provides participants with a toolbox of parenting ideas, so they can choose which ones are the best for their family.

Triple P can support families to:

- Raise happy, confident children
- Manage challenging behaviours
- Set rules and routines
- Encourage positive behaviours
- Increase parenting capacity and confidence

This eight session group provides an in-depth look at parenting strategies and opportunities to practice.

Activities Include:

- parent education
- opportunities to practice strategies
- one-on-one coaching

Fridays
September 10 to October 29
1:30 pm - 3:30 pm

Two Groups:

In-person:
Norwood Multipurpose
Room and Gym

Online:
Via Zoom

The First Five Years Project

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

Each topic is broken down into two sessions, one for education and one to practice at home. This program offers a variety of opportunities to connect with other parents, professionals, and most importantly, your own children. Be a part of The First Five Years Project!

September's Topic: Learning Happens Everywhere!

Join us to discover how children build their brains through play experiences. Let's find out how blowing bubbles can 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!

Wednesdays
September 22 - Part 1 3:00 - 4:30 pm
September 29 - Part 2 3:00 - 4:00 pm
Norwood Multipurpose Room and
Gym



Empower U

Empower U combines financial literacy education with a one-to-one matched savings component up to \$500.00 in free matched savings. This means every dollar saved by group 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 their finances, reduce debt and save money. Receive up to \$500 in FREE matched savings!

Topics include:

- budgeting
- consumerism
- credit
- home ownership
- debt repayment
- ... plus much more.

The program includes 12 sessions and is available to men, women, and couples.

Presented in partnership with the United Way and ATB Financial.

Wednesdays
September 29 to December 15
5:30 pm - 7:30 pm
Northeast Community Hub
14015 Victoria Trail

EMPOWER U
BUILDING CONFIDENT FUTURES



Learning and Literacy (LAPS)

LAPS provides educational opportunities to develop literacy skills in parents and children. Participants learn how literacy is a way of communicating with children while building confidence in parenting. Topics are selected based on participant interest and need.

Topics may include:

- positive discipline
- children's behavior
- attachment
- traditional parenting
- essential skills

Thursdays
September 23 to October 28
1:30 pm - 3:30 pm
Norwood Multipurpose Room and
Gym



Did you know?

Reading and sharing stories
can help your child get to
know sounds, words, and
language, and develop early
literacy skills?

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!

Fridays 9:30 am - 11:00 am
Norwood Gym - 9516 114 Avenue

Move and Play

Parents/caregivers and children take part in movement and active play. Physical literacy promotes moving with confidence and competence in a variety of activities and environments to benefit the whole body.

Wednesdays 10:00 am - 11:00 am
Via Zoom

Preschool Discovery Time

A gathering time for parents/caregivers and children to 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.

Tuesdays 10:00 am - 11:00 am
Thursdays 10:00 am - 11:00 am
Via Zoom

Stay and Play

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

Mondays 10:00 am - 12:00 pm
Norwood Multipurpose Room - 9516 114 Avenue

Tuesdays 9:30 am - 1:00 pm
Fridays 9:30 am - 1:00 pm
Northeast Community Hub - 14017 Victoria Trail

Story Time Adventure

Join us to hear a story and receive adventurous tasks to complete throughout the week with your family. After completing the activity, families will be invited to share the experiences they had with the objects found around their home, yard or neighborhood. This group is for families with children ages three to six years old.

Tuesdays 10:00 am - 11:30am
September 21 - October 26
Alberta Avenue Community League
9210 118 Avenue





**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:

780-471-3737
www.norwoodcentre.com
Facebook: @norwoodcentre

9516 - 114 Avenue NW
Edmonton, AB T5G 0K7