









# SouthWest Communities Resource Centre

## MARCH | 2017 What's happening?

One-on-one consultation with our community workers is available throughout the week. To book an appointment call reception.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Multicultural Family Literacy Program 12:30 –2:30	2 	3 Schedule an appointment to learn more about resources
6 Chat N' Play 12:30 - 2 p.m. 	7 Positive Discipline in Everyday Parenting 10 - noon   <b>FULL</b> 	8 Multicultural Family Literacy 12:30 Youth Tutoring 6:00	9 Living Life to the Fullest 1:00	10 Schedule an appointment to learn more about resources
13 Chat N' Play 12:30 - 2 p.m.	14 Positive Discipline in Everyday Parenting 10 - noon   <b>FULL</b>	15 Multicultural Family Literacy Program Youth Tutoring 6:30 - 7:30 p.m.	16 Living Life to the Fullest 1:00 	17 Schedule an appointment to learn more about resources
20 Chat N' Play 12:30 - 2 p.m.	21 Positive Discipline in Everyday Parenting 10 - noon   <b>FULL</b>	22 Multicultural Family Literacy 12:30 Youth Tutoring	23 Living Life to the Fullest 1:00	24 Schedule an appointment to learn more about resources
27 Chat N' Play 12:30 - 2 p.m. 	28 Positive Discipline  TAX Clinic	29 Multicultural Family Literacy Program 12:30 –2:30	30 Parent Talk 10:00  Tax Clinic	31 

Do you need to talk to someone about your situation? Are you needing more information or referrals to another agency. Give us a call or visit us online.

**POP IN. SAY HELLO. REGISTER.**

Call us 403.238.9222

Email us [info@swcrc.ca](mailto:info@swcrc.ca)



Visit us #42 2580 Southland Drive SW

Browse us [www.swcrc.ca](http://www.swcrc.ca)

# MARCH 2017 | SWCRC Programs



## Family Literacy Program

Tailored for immigrants with children ages 3 - 5. This program helps prepare young children for pre-school and/or kindergarten programs. Wednesday afternoons starting **February 22– June 14, 2017**

**12:30 - 2:30 pm (16 sessions )**

## Living Life to the Full

In partnership with Immigrant Services Calgary, this program includes 8 sessions where you'll learn how to cope with anxiety, stress and life's challenges. **Thursdays March 9– May 6, 2017 – Call to register**

**(8 sessions) 1:00-2:30 pm**

## Chat 'n Play

Bring your young children and meet other parents for an informal social Time. **Mondays 12:30-2:30 pm**



## Positive Discipline in Everyday Parenting

Parents with children ages 0 - 18 years will learn strategies and how to apply them in a wide range of situations. Childcare is provided for parents during the course. **Next session starting April 11—May 30 2017.**

**This an 8 week committed curriculum built program. Please ask for Aynley or MaryLou to register.**

## Tutoring

Volunteer tutors are available to provide academic support to youth in grades 7 - 12. **Wednesdays 6 - 7:30 p.m.**

## ESL– Conversation

Practice your English language skills with friendly faces and a cup of coffee. **Call if interested.**



## Income Tax Clinic– Presented by CPA of Alberta

Low income families looking for help with their income tax. **March 28 or March 30 , 3 - 6 pm. Please call to book a time—no walk ins please**



## Parent Talk

Learn about parenting, different strategies and how to apply these learnings in your daily challenges. **March 30– June 1, 2017 (10 week program) 10:00-11:30 am. Please call to register**



## Money Management Workshops

Friday **April 7, 2017 10:00-12 pm–Budgeting– Control your money**

Wednesday **April 12, 2017 10:00-12 pm– Credit– Take charge of it!**

**Please call to register**