

# MAY 2017 | SWCRC Spring Programs



## Positive Discipline in Everyday Parenting—8 week sessions

Parents with children of all ages will focus on long term solutions to their parenting challenges. Gain a better understanding of developmental stages and enjoy a stronger relationship with your child. Children will be part of Story Time with the **Southwood Library** at our location.

**April 11 - May 30, 2017 10-11:45**



## Living Life to the Full In partnership with **Canadian Mental Health,**

This program includes 8 sessions where you'll learn how to cope with anxiety, stress, changes, and life's challenges. Each **Thursday afternoon** **March 9 - May 6, 2017 CLASS IS FULL (Running Again...See upcoming workshops)**

## Parent Talk in Partnership with Further Education Society

Read stories, sing songs and get your parenting questions answered. Thursday mornings **March 30– June 1, 2017 10:00-11:30 am.**

## Family Literacy Program: In Partnership with Calgary Immigrant Services.

For new Canadians with preschool children. Help prepare your 3 and 4 yr. olds for entering the school system in fall 2017. **Wednesdays 12:45-2:45 until June 14, 2017 CLASS IS FULL.**

## Chat 'n Play

Bring your young children and meet other parents for coffee and play time for the preschoolers.

**Monday afternoons** drop-in between **12:30-2:30 pm**

## Bringing services closer to where you live!

The SWCRC builds partnerships that brings a variety of services closer to those who call south west Calgary their home.

**Contact our office for the appropriate referral or appointment.**

**Calgary Immigrant Women's Association** provides a family counselor each Wednesday at the Resource Centre to meet the diverse needs of women and children.

**Aboriginal Family Violence Prevention, NEFC** This program is offered free of charge to Aboriginal families living in south west Calgary.

**Homebridge, Homeless Prevention Program.** If you are having difficulties that may lead you and your family to homelessness, you may benefit from the community support worker with the Children's Cottage.

**Aspen Community Connections—** For those ready to move forward and need the weekly support to achieve their personal goals.

To register or to make an appointment drop by our office in the Oakridge Co-Op Plaza or call **403 238-9222**

## Upcoming Speaker Series & Workshops:

### LIVING LIFE TO THE FULL

Taking registration for the **Fall program.**  
Thursdays 1-2:30  
Sept 21-Nov 9, 2017 (16 weeks )

## SWCRC is Proudly Sponsored By:





Alberta Human Services





# SouthWest Communities Resource Centre

## MAY 2017 SPRING CALENDAR OF EVENTS AND ACTIVITIES

Mon	Tue	Wed	Thu	Fri
1 Chat N' Play 12:30-2:30 Southwood Library	2 Positive Discipline in Everyday Parenting 10-11:45	3 Multicultural Family Literacy Program 12:45-2:45 Youth Tutoring	4 Parent Talk 10-11:30  Living Life to the Full 1:00—2:30	5 
8 Chat N' Play 12:30-2:30	9 Positive Discipline in Everyday Parenting 	10 Multicultural Family Literacy Program 12:45-2:45 Youth Tutoring	11 Parent Talk 10-11:30	12
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29 Chat N' Play 12:30-2:30 	30 Positive Discipline in Everyday Parenting 10-11:45	31 Multicultural Family Literacy Program 12:45-2:45 Youth Tutoring 6-7:30	June 1 Parent Talk	2

Do you need to talk to someone about your situation? Are you needing more information or referrals to another agency? One-on-one consultation with our community resource workers are available each afternoon.

**Give us a call to book an appointment**

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)

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