

November 2017 SWCRC Programs

Residents living in south west communities have **FREE** access to all our programs and services

Parenting Programs:

Positive Discipline in Everyday Parenting an 8-week program for parents of children of all ages.

Evening Workshops will be available early in 2018.

Chat 'N Play This program is designed as a casual social time with parents and children ages 0-6. Drop by and meet other parents for coffee and play time.

Mondays 12:45—2:45

Parent Talk Read stories, sing songs and get your parenting questions answered. In partnership with Further Education Society. Drop-ins are welcomed.

Thursdays 10:00-11:30

Defiance Parenting Workshop Speaker from Wood's homes will support parents in managing social, emotional and behavioral challenges exhibited by their child and/or adolescent, which include defiance, anger, anxiety and depression.

November 23rd 6:30-8pm

Youth Tutoring: For students in grade 7—12. Volunteers from our communities support youth with their homework and help them learn to be critical thinkers.

Wednesday evenings from 6:00-7:30

Community Partnerships

The SWCRC builds partnerships that provide a variety of services that are closer to those who live in the south west. Agencies that offer programs in our Resource Centre:

Canadian Mental Health Association— Provides a Family Peer support group for those who have family members living with mental health or addictions. Give the office a call to find our more information.

Monday evenings 6-8:30

Calgary Immigrant Women's Association My Community My Home is a new bi-weekly program at the SWCRC that offers senior immigrant women (50+) a place to build friendships, develop community support and reduce social isolation. **Thursday afternoons from 12:00—2:00**

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 individuals who are ready to move forward with their personal goals but feel stuck. A community worker will meet on a weekly basis and provide personal supports.

If you are interested in registering for a program or booking a time with one of our community partners, please contact the office at **403 238-9222** for details on the referral process and the dates of availability.



Holiday Offerings:

Holiday Food Hampers:

From November 15 to December 20 the SWCRC has partnered with the Calgary Food Bank to have holiday hampers delivered to our site each Wednesday for residents in SW Calgary. Contact the office for more information.

Free computer courses: In partnership with the South Wood Public Library we will be offering free beginner computer courses on Monday mornings for the month of November.

Holiday Campaign: We are asking for YOUR help. During December we will be asking for donations of grocery gift cards to give to vulnerable families during the holidays. Contact the office on ways to give.




SouthWest Communities Resource Centre

Call us 403.238.9222 Email us info@swcrc.ca

Visit us #42 2580 Southland Drive SW

*Hello,
November*

Mon	Tue	Wed	Thu	Fri
<p>30</p> <p>Beginner Computers 10-12</p> <p>Chat and Play 1:00—2:45</p> <p>Family Peer Support 6-8:30</p>	<p>31</p> <p>Positive Discipline 10:00—11:45</p>	<p>November 1</p> <p>Living Life to the full 1-2:30</p> <p>Youth tutoring 6:00—7:30</p>	<p>2</p> <p>Parent Talk 10-11:30</p>	<p>3</p> 
<p>6</p> <p>Chat and Play 1:00—12:45</p> <p>Family Peer Support 6-8:30</p>	<p>7</p> <p>Positive Discipline 10:00—11:45</p>	<p>8</p> <p>Living Life to the Full 1-2:30</p> <p>Youth tutoring 6:00—7:30</p>	<p>9</p> <p>Parent Talk 10-11:30</p> <p>My community My Home 12-2</p>	<p>10</p> <p>Office closed pm For Prof. Develop.</p>
<p>13</p> <p>Beginner Computes 10-12</p> <p>Chat and Play 1:00—2:45</p> <p>Family Peer Support 6-8:30</p>	<p>14</p>	<p>15</p> <p>Holiday Food Hampers 9:00—12:00</p> <p>Youth Tutoring 6:00—7:30</p>	<p>16</p> <p>Parent Talk 10-11:30</p>	<p>17</p> 
<p>20</p> <p>Beginner Computers 10-12</p> <p>Chat and Play 1:00—2:45</p> <p>Family Peer Support 6-8:30</p>	<p>21</p>	<p>22</p> <p>Holiday Food Hampers 9:00—12:00</p> <p>Youth Tutoring 6:00—7:30</p>	<p>23</p> <p>Parent Talk 10-11:30</p> <p>My community My Home 12-2</p> <p>Woods' homes 6:30-8:30</p>	<p>24</p>
<p>27</p> <p>Beginner Computers 10-12</p> <p>Chat and Play 1:00—2:45</p> <p>Family Peer Support 6-8:30</p>	<p>28</p>	<p>29</p> <p>Holiday Food Hampers 9:00—12:00</p> <p>Youth Tutoring 6:00—7:30</p>	<p>30</p> <p>Parent Talk 10-11:30</p>	<p>December 1</p> 