

# What would happen if you needed some help and didn't know where to turn?



## SouthWest Communities Resource Centre (SWCRC)

Throughout south Calgary, our Resource Centre has been providing vulnerable residents with information and support by making referrals, building on social networks, collaborating with other partners and building on individual goals creating new futures and possibilities.

### Why this is important....

Since 2003, the SouthWest Communities Resource Centre has provided resources, information, referral, counseling education, and prevention programs to vulnerable individuals and families living in 28 south Calgary communities.

We help people access the resources they need, build skills and increase personal resilience in order to move to a place of well-being for themselves, their families, and their community.

All our programs and services are FREE and we provide a welcoming space that celebrates individual strengths diversity, and community engagement. We provide immediate support when people are in crisis and often provide access to basic resources such as food, clothing, diapers etc. It is our philosophy not only help them in the short term, but ensure everyone has the opportunity to develop new skills, and knowledge for the future.



### Contact Details:

#24, 2580 Southland Drive. S.W. Calgary, Alberta T2V 4J8

Phone: 403 238-9222

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



### Testimonials:

*"Since coming to this centre I am able to deal more effectively with the day to day challenges that we encounter as a family"*

*"When I come to this centre, I feel welcomed and accepted"*

I came as a new immigrant and they helped my children with their school

### What we do.....

There are times in everyone's life when challenges arise and we need someone to help us work through our difficulties. The SWCRC offers a welcoming space with compassionate people, someone to talk to whom they could trust and who listens without judgment.



On a daily basis our Community Resource Workers hear complex problems that our neighbours are facing. It can be a middle class family who can't find employment and is having to sell their home, or a single mother with four children, or the elderly widow who doesn't know where she is going to live next, or perhaps the new Canadian family who doesn't know how to access subsidized programs.

Each is given the necessary information and appropriate referrals with people who will follow-up and support their needs. Together with our community partners, we help residents in south Calgary develop a sense of belonging, promote vitality, and build resilience to stress and adversity.

### Our Shared Commitment

The SWCRC has built strong linkages with a range of community agencies and partnerships to create greater provisions of services in south Calgary.

**The SouthWest Communities Resource Centre**

*Building the strength of people with the power of community.*

# SouthWest Communities Resource Centre

## Our Financial Supporters

The SWCRC gratefully acknowledges the generous donations of our major sponsors allowing free access and opportunities for everyone!



### Find your community support through the SouthWest Communities Resource Centre:

We offer quality educational and social services on site, or by referral that respond to individuals and families living in south Calgary.

- We provide a wide range of strength-based services that support families and help them create a stable, secure and loving home.
- We provide free parenting workshops that enhance family functioning.
- We offer monthly speaker series with experts in the field of mental health, addictions, immigration, poverty, financial literacy, and more.
- We run Youth Tutoring programs designed to help Jr. and Sr. High School students at risk by partnering them with volunteer tutors/mentors.

Programs and services are constantly changing to respond to the community's needs. Call our office for information on dates and times

## FAQ's

- Each year the SWCRC has more than 1400 individual contacts and program participants.
- We have seen a 20% increase in people coming to our organization over the last two years.
- We have more than 75 volunteers providing 2900 hours of volunteer time .
- We partner with more than 10 different agencies each year to bring services closer where people live.
- Approximately 50% of people visiting our organization are from a culturally diverse background.
- More than 80% of our families are the working poor, underemployed, or have financial barriers.
- (more to be added)

