

February 2018 SWCRC Programs

Residents living in south west communities have **FREE** access to all our programs and services . Do you need information on community resources or need a referral to other agencies? Are you 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

February Programs and Workshops

Resume Critique Workshop

Monday 10:00-12:00pm February 5th

Interview Preparation Workshop

Monday 10:00-12:00pm February 12th

Chat 'N Play Drop by and meet other parents for coffee and play time.

Mondays 1:00—2:45

Youth Employment Workshop: a 3-session workshop provides job search, resume writing and interview skills for youth

Tuesdays 4:30-6:00pm February 20,27th, & March 6th 2018

Family Literacy Program free program for immigrant families with children 3-5 years old to get their children ready for school

Wednesdays 12:30-2:30pm Starting February 7th

Youth Tutoring For students in grade 7—12.

Wednesday evenings from 6:00-7:30 starting January 10th

My Community, My Home This is a new **bi-weekly** program at the SWCRC that offers senior immigrant women (50+) a place to build friendship, develop community support and reduce isolation

Thursdays 12:30-2:30

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

Thursdays Evenings 6:00-8:00pm Starting January 18th



There are times in everyone's life when challenges arise and we need someone to help us work through our difficulties. Since 2003 the SouthWest Communities Resource Centre has provided resources, information, referral, counseling, education and prevention programs to help our neighbours to deal with challenges, develop a sense of belonging, learn new skills and build resilience to stress and adversity.

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:

Calgary Immigrant Women Association:
Offering individual and Family counselling

Canadian Mental Health Association: Family Peer Support Program on Monday evenings

Columbia College Calgary: Pre-employment Skills Workshop

Homebridge: Homeless Prevention Program; Children's Cottage

Immigrant Service Calgary: Family Literacy Program





SouthWest Communities Resource Centre

Call us 403.238.9222 Email us info@swcrc.ca

Visit us #42 2580 Southland Drive SW
(Oakridge Co-op Mall)



February

Mon	Tue	Wed	Thu	Fri
			February 1	
5 Chat 'N Play 1:00-2:45 pm Pre-employment Workshop 10:00-12:00pm	6	7 Family Literacy 12:30-2:30pm Youth Tutoring 6:00-7:30pm	8 My community My Home 12:30-2:30 pm Positive Discipline 6:00-8:00pm	9
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