



# 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

## March Programs and Workshops

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

**Mondays 1:00—2:45**

**Tax Clinic** free one-on-one tax consultation service for individuals , couples or families with low income

**Monday 3:00-6:00pm March 26**

**Youth Employment Workshop:** a 3-session workshop provides job search, resume writing and interview skills for youth 15-24

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

**Mealtime Struggles to Mealtime Success** nutrition class for parents of 1-5 year old

**Tuesday 6:00-8:00pm March 20**

**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 March 8th and March 22nd 2018**

**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**

Aspen Family: **tax clinic workshop providing assistance to prepare your 2017 tax**

Calgary Immigrant Women Association: **Offering individual and Family counselling**

City of Calgary Youth Employment Center : **Pre-employment workshop for youth 15-24**

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)



# well hello, march

Mon	Tue	Wed	Thu	Fri
			March 1	2
5 Chat 'N Play 1:00-2:45 pm	6 Youth Employment Workshop 4:30-6pm	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
12 Chat 'N Play 1:00-2:45 pm	13	14 Family Literacy 12:30-2:30pm Youth Tutoring 6:00-7:30pm	15 Positive Discipline 6:00-8:00pm	16
19 Chat 'N Play 1:00-2:45 pm	20 Mealtime Struggles 6:00-8:00pm	21 Family Literacy 12:30-2:30pm Youth Tutoring 6:00-7:30pm	22 My community My Home 12:30-2:30 pm Positive Discipline 6:00-8:00pm	23
26 Chat 'N Play 1:00-2:45 pm Tax Clinic 3:00-6:00pm	27	28 Family Literacy 12:30-2:30pm Youth Tutoring 6:00-7:30pm	29 Positive Discipline 6:00-8:00pm	30 Closed 



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