



2018 SWCRC Programs

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 social workers. Residents living in south west communities have **FREE** access to all our social programs and services. please contact the office at **403 238-9222** or visit our website at: www.swcrc.ca

May Programs and Workshops

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

Mondays 1:00—2:45

Computer Skills Workshop free 4-session beginner computer classes is provided in partnership with SouthWood Public Library.

Tuesdays 1:00-3:00pm May 8th, 15th, 22nd, and 29th, 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

Youth Tutoring For students in grade 7—12.

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

My Community, My Home A 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 May 3rd, 17th, and 31st, 2018

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

Thursdays Evenings 6:00-8:00pm Starting April 5th

Feeding Your Baby nutrition class for parents

Friday 9:30-11:30am May 11th

Living Life to the Full This popular 6 week program will teach new skills that help reduce stress and improve relationships in partnerships with Canadian Mental Health Association

Wednesdays 10:00– 12:00pm starting June 13 – July 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 South-West 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:

Insight Counselling and Therapy

Offering individual and Family counselling for \$5.00 per hour

Homebridge: Homeless Prevention Program; Children's Cottage Monday mornings.

Immigrant Service Calgary: Family Literacy Program—Wednesday afternoon





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)



Mon		Tue		Wed		Thu		Fri	
Chat 'N Play 1:00-2:45 pm		May 1		2 Family Literacy 12:30-2:30pm Youth Tutoring 6:00-7:30pm		3 My community My Home 12:30-2:30 pm Positive Discipline		4	
7 Chat 'N Play 1:00-2:45 pm		8 Computer Skills Workshop 1:00-3:00pm		9 Family Literacy 12:30-2:30pm Youth Tutoring 6:00-7:30pm		10 Positive Discipline 6:00-8:00pm		11 Feeding Your Baby 9:30-11:30am <i>Happy Mother's Day</i>	
14 Chat 'N Play 1:00-2:45 pm		15 Computer Skills Workshop 1:00-3:00pm		16 Youth Tutoring 6:00-7:30pm		17 My community My Home 12:30-2:30 pm Positive Discipline		18	
21 Statutory Holiday Office Closed		22 Computer Skills Workshop 1:00-3:00pm		23 Youth Tutoring 6:00-7:30pm		24 Positive Discipline 6:00-8:00pm		25	
28 Chat 'N Play 1:00-2:45 pm		29 Computer Skills Workshop 1:00-3:00pm		30 Youth Tutoring 6:00-7:30pm		31 My community My Home 12:30-2:30 pm Positive Discipline 6:00-8:00pm		June 1	