



October 2018 Programs

Programs and Workshops

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.

Monday mornings from 10:00—12:00

Magic Carpet Ride Free 16-week program family literacy program for families with children 3-5 years

Tuesdays 10-12pm Starting September 18, 2018

Positive Discipline in Everyday Parenting—an 8 week program for parents of children of all ages in Heart of South Calgary Family Center

Wednesday 10-12 pm (September 12-October 31, 2018)

Youth Tutoring for students in Grade 7-12. Volunteers from our communities support youth with their academic studies. Every Wednesday evening. Contact tutoring@swcrc.ca to register

Wednesday 6:00-7:30 pm

Pre-employment Workshop a 4-week program for resume writing, resume critique, Job Search skills, and interview skills

Mondays 1-3pm starting Sept. 17.

My community, My Home This program offers immigrant women(50+) a place to build friendships, develop community support and involvement to help reduce social isolation.

Alternate Thursdays 12:30-2:30pm starting Sept. 6

Counseling and Therapy: offering individual and family counselling for \$5.00/hour for low-income individuals. Must complete intake. By appointment only.

Residents living in South Calgary 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 social workers? Please contact the office at 403-238-9222 or email us at info@swcrc.ca for more details.



2018 National Family Week

October 1 - 7, 2018

South 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 counseling for \$5.00 per hour

Self Compassion and Mindfulness : Develop Emotional Resilience, manage stress and build your confidence

CanLearn Society: Magic Carpet Ride—Every Tuesday mornings for families with young pre-school children

Aspen Family Center: Positive Discipline in Everyday Parenting is delivered by our centre and in partnership with Heart of the South.

Columbia College Calgary: Pre-employment Skills Workshop

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.



Calendar of Events

Call us 403-238-9222 or Email us info@swcrc.ca

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



Mon	Tue	Wed	Thu	Fri
1	9 Magic Carpet Ride 10:00-12:00pm	3 Positive Discipline 10:00-12:00pm Self-Compassion 1:00-3:00pm AGM 5:00—7:00	4	5
8 	9 Magic Carpet Ride 10:00-12:00pm 4:30-6pm	10 Positive Discipline 10:00-12:00pm Self-Compassion 1:00-3:00pm Youth Tutoring	11 My community My Home 12:30-2:30 pm	12
15 Chat 'N Play 10:00-12:00 pm Pre-Employment Workshop 1:00-3:00pm	16 Magic Carpet Ride 10:00-12:00pm	17 Positive Discipline 10:00-12:00pm Self-Compassion 1:00-3:00pm Youth Tutoring	18 My community My Home 12:30-2:30 pm	19
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