



SouthWest Communities  
Resource Centre



#42-2580 Southland Drive SW  
Oakridge Shopping Centre  
Calgary, AB T2V 4J8  
(403) 238-9222 info@swcrc.ca

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Chat 'N Play 1:15pm-3pm	2	3
4  Daylight Saving Time Ends	5	6 Magic Carpet Ride 10am-12pm	7 Self- Compassion 1-3pm Youth Tutoring 6-7:30pm	8 Chat 'N Play 1:15pm-3pm	9	10  World Science Day for Peace and Development
11  REMEMBRANCE DAY <i>Left We Forget</i>	12 - Closed – Observed Holiday	13 Magic Carpet Ride 10am-12pm  World Kindness Day	14 Youth Tutoring 6-7:30pm	15 Chat 'N Play 1:15pm-3pm	16	17
18	19	20  Magic Carpet Ride 10am-12pm universal children's day	21 Youth Tutoring 6-7:30pm	22 Chat 'N Play 1:15pm-3pm	23	24
25	26	27 Magic Carpet Ride 10am-12pm	28 Youth Tutoring 6-7:30pm	29 Chat 'N Play 1:15pm-3pm	30	

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

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

# November 2018 Programs

## Programs and Workshops

### Magic Carpet Ride

Tuesdays, 10am to 12pm

Free 16-week family literacy program for families with children 3-5 years.



### Self-Compassion & Mindfulness

Ends November 7<sup>th</sup>, Wednesdays, 1pm to 3pm

A 6-week program for adults (max. 8 people) to help develop emotional resilience, discover harmonious strategies for managing stress and conflict, build confidence & self-esteem, connect and share with others.

Register by phone (403) 238-9222

### Youth Tutoring

Wednesdays, 6pm to 7pm

For students grade 7-12. Volunteers from our communities support youth with their academic studies.

Contact [tutoring@swcrc.ca](mailto:tutoring@swcrc.ca) to register.



### Chat N' Play

*New date starting Nov 1<sup>st</sup>!* Thursdays, 1:15pm to 3pm.

This program is designed as a casual social time with parents and children of all ages.

Drop by and meet other parents for coffee and play time!

\* Ongoing registration, please call (403) 238-9222 \*

### Counselling & Therapy

Offering individual and family counselling for \$5.00/hour for low-income individuals.

By appointment only. Must complete intake.

### 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.

Please call Sameena (403) 263-4414 ext. 264 for more information.

## 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](mailto:info@swcrc.ca) for more details.

Since 2003, the SouthWest Communities Resource Centre has provided resources, information, referrals, counselling, 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.



## South Community Partnerships

SWCRC builds partnerships that provide a variety of services that are closer to those who live in South Calgary.

Agencies that offer programs in our Resource Centre:

### Insight Counselling and Therapy Centre:

Counselling & Therapy, as well as the Self-Compassion & Mindfulness workshop

**CanLearn Society:** Magic Carpet Ride

**Columbia College Calgary:** Pre-employment skills workshop

**Calgary Immigrant Women's Association:** My community, My home

