



SouthWest Communities
Resource Centre



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

Mon

Tue

Wed

Thu

Fri

<p>25 </p>	<p>26 Magic Capet Ride 10am-12pm</p>	<p>27 Feeding Your Baby 1-3pm Youth Tutor Program 6-7:30pm</p>	<p>28 PDEP 10am- 12pm ESL Conversation Club 1-2:30pm</p>	<p>March 1</p>
<p>4 Basic Computer Skills 1-3pm</p>	<p>5 Magic Capet Ride 10am-12pm</p>	<p>6 Multicultural Family Literacy 1-3pm Youth Tutor Program 6-7:30pm</p>	<p>7 PDEP 10am- 12pm ESL Conversation Club 1-2:30pm</p>	<p>8</p>
<p>11 Basic Computer Skills 1-3pm Brain Awareness Week: Preteen/Teen Brain 6:30-8:30pm</p>	<p>12 Magic Capet Ride 10am-12pm</p>	<p>13 Multicultural Family Literacy 1-3pm Youth Tutor Program 6-7:30pm</p>	<p>14 ESL Conversation Club 1-2:30pm Women Self-compassionate and mindfulness program 6-8pm</p>	<p>15</p>
<p>18 Basic Computer Skills 1-3pm Mastering the Mouse 1-3pm</p>	<p>19 Magic Capet Ride 10am-12pm Tax Clinic 3-6pm</p>	<p>20 Multicultural Family Literacy 1-3pm Youth Tutor Program 6-7:30pm</p>	<p>21 Women Self-compassionate and mindfulness program 6-8pm</p>	<p>22</p>
<p>25 Basic Computer Skills 1-3pm Mastering the Mouse 1-3pm</p>	<p>26 Magic Capet Ride 10am-12pm Tax Clinic 3-6pm</p>	<p>27 Multicultural Family Literacy 1-3pm Youth Tutor Program 6-7:30pm</p>	<p>28 Women Self-compassionate and mindfulness program 6-8pm</p>	<p>29</p>

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

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March 2019



There are times in everyone's life when challenges arise and we need someone to help us work through our difficulties. On a daily basis, our Community Resource Centre helps people obtain the resources they need, build skills and increase personal resilience so that they can move to a place of well-being for themselves, their families and their community. We are all about building a great community that supports everyone.

All Programs are FREE for local Residents

- ✚ Book a time to visit with one of our Community Resource or Family Specialists. They will help you connect with the right services to support your goals, overcome barriers, and learn new skills
- ✚ **Youth Tutoring** free tutoring program for grade 7 - 12 students
Wednesdays, starting Jan 23rd 6:00-7:30pm



Would you like to stay connected with us? Please drop us an email and we will ensure you receive the calendar each month. info@swcrc.ca

Our March Programs -

- ✚ **Counselling** by *Insight Counselling & Therapy*
Our 2 Counsellors have extensive experience and background in health and wellness and will be providing strength and solution-focused counselling to those in need. The cost is \$5/hour for low income families or negotiable.
- ✚ **Basic Computer Skills** by *Southwood Library*
Learn to use the internet, email, and library resources.
Mondays, Mar 4 to Mar 25 - 1:00pm to 3:00pm
- ✚ **Mastering the Mouse** free 3-week computer literacy program for practicing your basic computer skills
Mondays, Mar18 to April 1 - 1:00pm to 3:00pm
- ✚ **Magic Carpet Ride** by *CanLearn Society*
Free program for parents of children 0-5 to play, sing, and learn together.
Tuesdays, Jan 15th to May 28th - 10:00am to 12:00pm
- ✚ **Tax Clinic** by *Aspen Family & Community Network Society*
Tuesday, Mar 19 from 3:00 to 6:00pm
Tuesday, Mar 26 from 3:00 to 6:00pm
- ✚ **Multicultural Family Literacy Program** by *Immigrant Services Calgary*
Families with children **ages 3-5 + siblings welcome!**
Join us for fun activities, field trips, crafts, sing-alongs & story time.
Wednesdays, Mar 6 to May 29 - 1:00 to 3:00pm
- ✚ **ESL Conversation Club** for *immigrants*
Thursdays, Feb 7 to Mar 14 - 1:00pm to 2:30pm
- ✚ **Self-compassionate and Mindfulness**
Free 6-week program for immigrant women to manage stress and conflict and build emotional resilience
Thursdays, Mar14 to April 25 - 6:00pm to 8:00pm

Watch out for more upcoming events!