



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>April 1</p> 	<p>2</p> <p>Magic Capet Ride 10am-12pm</p>	<p>3</p> <p>Youth Tutor Program 6-7:30pm</p>	<p>4</p> <p>ESL Conversation Club 1-2:30pm Women Self-compassionate and mindfulness program 6-8pm</p>	<p>5</p>
<p>8</p> 	<p>9</p> <p>Magic Capet Ride 10am-12pm</p>	<p>10</p> <p>Multicultural Family Literacy 1-3pm Youth Tutor Program 6-7:30pm</p>	<p>11</p> <p>PDEP 10am- 12pm ESL Conversation Club 1-2:30pm Women Self-compassionate and mindfulness program 6-8pm</p>	<p>12</p>
				
<p>15</p> 	<p>16</p> <p>Magic Capet Ride 10am-12pm</p>	<p>17</p> <p>Multicultural Family Literacy 1-3pm Youth Tutor Program 6-7:30pm</p>	<p>18</p> <p>PDEP 10am- 12pm ESL Conversation Club 1-2:30pm Women Self-compassionate and mindfulness program 6-8pm</p>	<p>19</p> <p>Office Closed</p> 
<p>22</p>  <p>Easter Monday</p> 	<p>23</p> <p>Magic Capet Ride 10am-12pm</p>	<p>24</p> <p>Multicultural Family Literacy 1-3pm Youth Tutor Program 6-7:30pm</p>	<p>25</p> <p>PDEP 10am- 12pm ESL Conversation Club 1-2:30pm</p>	<p>26</p>
<p>29</p> 	<p>30</p> <p>Magic Capet Ride 10am-12pm</p>	<p>May 1</p> <p>Multicultural Family Literacy 1-3pm Youth Tutor Program 6-7:30pm</p>	<p>2</p> <p>PDEP 10am- 12pm ESL Conversation Club 1-2:30pm</p>	<p>3</p>

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

April 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
- ✚ **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.



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 April Programs -

- ✚ **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
 - ✚ **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
 - ✚ **Youth Tutoring**
Free tutoring program for grade 7 - 12 students
Wednesdays, starting Jan 23rd 6:00-7:30pm
 - ✚ **Positive Discipline in Everyday Parenting (PDEP)**
Free program for parents of children of any age. This program will create a positive home environment and learn strategies to deal with parenting challenges.
Thursdays, April 11 to May 2 - 10:00am to 12:00pm
 - ✚ **ESL Conversation Club** for new immigrants
Thursdays, Mar 28 to May 2 - 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 18 - 6:00pm to 8:00pm
- ## Watch out for more upcoming events!
- ✚ **Indigenous Program** by Further Education Society
Free program for indigenous families to build self-esteem, manage conflict, establish healthy relationships and manage money.
Tuesdays, May 7 to May 28 - 1:00pm to 3:00pm