




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
September 1	2 Labor day 	3  Free Bread	4	5	6	7
8 	9 Free Bread	10	11 Feeding Your Baby 1-3pm	12	13	14
15	16 Free Bread	17 Magic Carpet Ride 10-12pm	18	19 PDEP 10-12pm	20	21 
22	23 Free Bread	24 Magic Carpet Ride 10-12pm	25 Youth Tutoring 6-7:30pm	26 PDEP 10-12pm Rethinking our Thoughts Workshop 1-3pm	27	28
29	30 Free Bread Pre-employment workshop 10-12pm	October 1 Magic Carpet Ride 10-12pm AGM 6-8pm	2 Mealtime Struggles 1-3pm Youth Tutoring 6-7:30pm	3 PDEP 10-12pm Rethinking our Thoughts Workshop 1-3pm	4	5



“Building the strength of people with the power of community.”

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SEPTEMBER 2019



If you live in SW Calgary and have children at home, you can book a time to visit with one of our Social Workers or Family Education Specialists. They will help you connect with the right services to support your goals, overcome barriers, build skills, develop new friendship and increase personal resilience so that you can move to a place of well-being for yourself, your families and your community. We are all about building a great community that supports each other.

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

OUR PROGRAMS

All Programs are FREE for our families

+ **Counselling** by *Insight Counselling & Therapy*

Our 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.

+ **Free Bread** by *ECSSSEN Career School*

Fresh bread available for our families on Mondays - first come first serve

+ **Pre-employment Workshop** by *Columbia College*
Mondays, Sep 30 – Oct. 28 @10am - 12pm

+ **Magic Carpet Ride** by *CanLearn Society*
Free program for parents of children 2-5 to play, sing, and learn together. ONGOING REGISTRATION!
Tuesdays Sept 17-May 26@10am-12pm

+ **Feeding Your Baby** by *Alberta Health Services*
Tuesday, Sept 10 @ 1 to 3:00pm (one time only!)

+ **Youth Tutoring**
Free tutoring program for grade 7 – 12 students
Wednesdays, Sept 25-Dec11 @6pm-7:30pm

+ **Positive Discipline in Everyday Parenting (PDEP)**
5-week 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, Sept 19 to Oct 17 @10am - 12pm

+ **Rethinking our Thoughts Workshop** by *Canadian Mental Health Association*

It teaches how thoughts affect how we respond a fact and ways to use one's thoughts to help with everyday challenges.

Thursdays Sept 26-Oct 17@1pm-3pm

Watch out for more upcoming events!

+ **Mealtime Struggles to Mealtime Success** by *Alberta Health Services*
Wednesday, Oct 2 @ 1pm to 3pm (one time only!)

+ **ESL Conversation Café** for immigrants
TBA

+ **Budgeting** by *Momentum*
Wednesdays Oct. 16th, 30th & Nov. 13th @ 1-3pm