





SouthWest Communities  
Resource Centre

# OCTOBER

#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
29	30 Free Bread Pre-employment workshop 10-12pm	<b>October 1</b> 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
6	7 Free Bread Pre-employment workshop 10-12pm	8 Magic Carpet Ride 10-12pm	9 Youth Tutoring 6-7:30pm	10 PDEP 10-12pm Rethinking our Thoughts Workshop 1-3pm	11	12
13	14 <b>Thanksgiving</b>  <b>Office Closed</b>	15 Free Bread Magic Carpet Ride 10-12pm	16 Budgeting 1-3pm Youth Tutoring 6-7:30pm	17 PDEP 10-12pm Rethinking our Thoughts Workshop 1-3pm	18	19
20	21 Free Bread Pre-employment workshop 10-12pm	22 Magic Carpet Ride 10-12pm Youth Social Club 4-5pm	23 Youth Tutoring 6-7:30pm	24 ESL conversation Club 1-3pm	25	26
27	28 Free Bread Pre-employment workshop 10-12pm Basic Computer Skills 1-3pm	29 Magic Carpet Ride 10-12pm Youth Social Club 4-5pm	30 Budgeting 1-3pm Youth Tutoring 6-7:30pm	31 	<b>November</b> 1	2



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

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## OCTOBER 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](mailto: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 service

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

**Basic Computer Skills** by *Fish Creek Library*  
Laptops provided! Learn to use the Internet, Microsoft Word, email, and library resources.

Mondays, Jan 21st to Feb 11 @ 1pm - 3pm

**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 to May 26@10am-12pm

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

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

**Budgeting** by *Momentum*  
Wednesdays Oct. 16<sup>th</sup>, 30<sup>th</sup> & Nov. 13<sup>th</sup> @ 1-3pm

**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 to Oct 17@1pm-3pm

**ESL Conversation Café** for immigrants  
Thursdays Oct 24<sup>th</sup> to Dec 12<sup>th</sup> @ 1-2:30pm

**Watch out for more upcoming events!**