



#42- 2580 Southland Drive SW  
Oakridge Shopping Center  
Calgary AB T2V4J8  
403-238-9222  
info@swcrc.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Free Bread After 10:30am  Feeding your Baby 1-3pm	3 Magic Carpet Ride 10am- 12pm	4 Indigenous Life Skills 1-3pm Youth Tutoring 6-7:30 pm	5 ESL Conversation Café 1-3 pm	6	7
8	9 Free Bread After 10:30am	10 Magic Carpet Ride 10am- 12pm	11 Indigenous Life Skills 1-3pm Youth Tutoring 6-7:30 pm	12 ESL Conversation Café 1-3 pm	13	14
15	16 Free Bread After 10:30am	17 Magic Carpet Ride 10am- 12pm  <b>Happy St Patricks Day!</b>	18 Youth Tutoring 6-7:30 pm	19 ESL Conversation Café 1-3 pm	20 	21
22	23 Free Bread After 10:30am	24 Magic Carpet Ride 10am- 12pm Tax Clinic 3-6pm	25 Youth Tutoring 6-7:30 pm	26 ESL Conversation Café 1-3 pm	27	28
29	30 Free Bread After 10:30am	31 Magic Carpet Ride 10am- 12pm Tax Clinic 3-6pm				

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## March 2020

If you live in SW Calgary and have children under the age of 18 living 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 send us an email at [info@swrc.ca](mailto:info@swrc.ca) and we will ensure you receive the calendar and newsletters each month.

### Our Programs

ALL programs are free for families

- ❖ **Counselling** by *insight counselling & Therapy*. Counsellors have extensive experience and background in health and wellness and will be providing strengths and solution focuses- counselling to those in need. The cost is \$5/hour for low income families, this cost is negotiable.

- ❖ **Free Bread** by *ECSSEN Career School*. Free Bread available for our families on Mondays after 10am.
- ❖ **Magic Carpet Ride** by *Canlearn Society*. Free program for parents of children ages 2-5 to play, sing and learn together. ONGOING REGISTRATION. Tuesdays 10am- 12 pm until May 26<sup>th</sup>.
- ❖ **Youth Tutoring Free** tutoring program for grade 7-12 students. Wednesdays 6-7:30pm.
- ❖ **Indigenous Life Skills** by *Furthered Education Society*. This four –week workshop will help you to learn how to use your cultural traditions in everyday life, build self –esteem, develop healthy relationships and improve financial literacy. Wednesdays Feb 19-Mar 11 1-3pm.
- ❖ **Tax Clinic** by *Aspen and Chartered Professional Accountants Alberta*. Individuals who are making less than \$35,000 annually or families making less than \$52,000 annually can register to have their taxes done for free.
- ❖ **Feeding Your Baby** By *Alberta Health Services* Monday March 2<sup>nd</sup> 1-3pm.

