



PROGRAM GUIDE

We are committed to support and build stronger communities by providing opportunities for connection and engagement. Below is a list of free programs available.

For more information about any of our programs, you can connect with us at:
403-590-2833 OR info@genesiscentre.ca

PROGRAMS FOR CHILDREN AND FAMILIES

ACTIVE TODDLERS

Provided by Mosaic Primary Care Network

Drop in Active Toddler is a space for caregivers and toddlers to come play in and enjoy many fun toys and a bouncy house.

Monday -Thursdays 10:00am-2:00pm.

Registration in person.

MAGIC CARPET RIDE

Provided by Can Learn Society

Family learning program for parents and children 3-5 years old. Sing songs, read stories, play, learn and get ready for Kindergarten. Families will meet once a week using Zoom.

For registration or more information: email Nada Jerkovic at nada@calgarylearningcentre.com.

LITTLE LEARNERS

Provided by TRELIS

In person parent led kindergarten readiness program for parent with their children 3-5 years.

September start

For more information or registration: 403-930-3370

FAMILY STORY TIME

Provided by Calgary Library

Drop in for stories, songs, and finger play for the whole family to enjoy

Saturdays 2:00pm-2:30pm

For more information: Contact the Library 403-260-2600

PAID PROGRAMMING (FEE ASSISTANCE OPTIONS THROUGH KIDSPORT)

YMCA

The YMCA offers a multitude of paid programs for kids including swimming lessons, basketball, badminton and climbing. They also have their own fee assistant programs.

For more information call: 403- 237-2393

GENESIS CENTRE

The Genesis Centre partners with many organizations to offer all types of programs from soccer to dance. As drop in sports.

For more information call: 403-590-2833 or visit genesis-centre.ca

PROGRAMS FOR WOMEN

PEBBLES IN THE SAND

Provided by CIWA

See Language Programs for more information.

FAMILY CONFLICT PREVENTION PROGRAM

Provided by CIWA

offers professional, first language, cultural sensitive supportive counselling and case management services to Immigrant and refugee women and their families experiencing transition challenges, relationship problem, family violence and conflict, depression, stress, anger and anxiety, self-esteem etc. It offers individual, couple and family counselling.

Age: 14+ irrespective of gender and immigration status. Customized presentations and support groups available. Free childcare on request. All services are FREE.

For more information: Contact Bela Gupta 403-263-4414 ext 142 or belag@ciwa-online.com
azitas@ciwa-online.com

MENTAL HEALTH & ADDICTIONS ISSUES

Provided by CIWA

This group ensures that immigrants and newcomers are able to identify and seek support for addictions and mental health issues impacting their lives and building their resilience.

This program offers: Professional, first language, culturally sensitive counselling for immigrant and refugee women, men and their families, individuals, couples and family counselling, risk assessment and advocacy, support groups and workshops for men and women. Referrals to community and clinical recourses.

For registration or more information: Contact Vandana Sharma at 403-263-4414 ext 255

VandanaS@ciwa-online.com

CONNECT. CRAFT. RELAX

Provided by Trellis

Everyone is Welcome!
Participate in self-care activities. Give back to the community through your talents! Supplies will be provided.

Wednesday 1:00pm–2:30 pm

For registration or more information:

Shanda@growwithtrellis.ca or vandanas@ciwa-online.com
or 403-681-7363

DROP-IN SESSION!

Provided by Trellis

Painting, Mandela art, jewelry making, embroidery & more

Thursday 10:30–11:30am

For registration or more information: Contact Shalini at 403-681-7363 Shanda@growwithtrellis.ca

ONE ON ONE COUNSELLING FOR IMMIGRANT WOMAN

Provided by CIWA

This program provides one on one counselling and group meetings for immigrant seniors who feel anxious, distressed or lonely. One on One Counselling regarding mental health and emotions can also be booked. Senior Women who are aged 50+ and are permanent resident are welcome to register.

The second Tuesday of the month from 1:00 to 4:00 pm.

For registration or more information: Contact Azita Afsharnejat 403-263-4414 ext 147 or

azitas@ciwa-online.com

LANGUAGE PROGRAM

ASSESSMENT

Provided by Immigrant Services Calgary

immigrants integrate into life in Canada. **For registration or more information:** contact or [danijela.latinovic@calgary.ymca.ca](mailto:danjela.latinovic@calgary.ymca.ca)

LANGUAGE INSTRUCTION FOR NEWCOMERS TO CANADA (LINC)

Provided by YMCA Calgary

Teaches English by focusing on 4 main language Components (Listening, Speaking, Reading, and Writing), along with offering valuable information to help new immigrants integrate into life in Canada.

For registration or more information: contact Danijela at 403-537-2714 or [danijela.latinovic@calgary.ymca.ca](mailto:danjela.latinovic@calgary.ymca.ca)

PEBBLES IN THE SAND (ESL LITERACY PROGRAM FOR WOMEN)

Provided by CIWA

This program is intended for immigrant and refugee women of low literacy backgrounds who are struggling to read and write in their first language (less than eight years of schooling from their home countries).

For registration or more information: Contact Anna at annae@ciwa-online.com or language@ciwa-online.com.

COMMUNITY BASED LINC FOR SENIORS

Provided by Centre of Newcomers

Free English Class. Do you want to meet other Urdu/Hindi/Punjabi/Mandarin/Cantonese speakers? Are you an immigrant over the age of 55? Do you want to learn English at a slower pace?

AM 9:45am-11:45am, AFT: 12:15pm-2:15pm

For registration or more information: English (403-569-3330), Mandarin (403-468-2217), Punjabi, Hindi, Urdu (403-438-6842).

PROGRAMS FOR FAMILIES

KEEP CALM AND BE CREATIVE

Provided by Trellis in collaboration with CIWA

Join the program to enhance language skills and learn basic computer program skills which includes Microsoft word, typing, and more. A healthy discussion about social issues.

Every Wednesday from 11:00am – 1:00pm.

For registration or more information: Contact Shalini at SHanda@growwithtrellis.ca or Vandana at VandanaS@ciwa-online.com

BEST BEGINNINGS

Provided by AHS

Provides information and support to pregnant females, which includes:

- One-to-one and group support
- Facilitated discussions of prenatal, postnatal, parenting and nutrition topics
- referrals to community support agencies, if needed
- food coupons, bus tickets, and referrals for food hampers, if needed
- dental referrals and family planning counselling, if needed
- childcare at group sessions with Preschool curriculum

For registration or more information: call 811



PROGRAMS FOR YOUTH

BUILDING YOUTH CONNECTIONS

Provided by Trellis

Come hangout with snacks and games or join us for sports, cooking, and more at BYC. Open to all youth ages 12-24."

ldelgado@growwithtrellis.ca or call Luis at 403 606 8146

Check the BYC Instagram: @buildingyouthconnections for the current schedule

LEVEL UP ! GAMING CLUB

Provided by Saddletown Library

If you love video games or tabletop gaming, this club is for you. Drop in to relax, snack, and play games of all kinds. Ages 13-17

Every Friday from 2:30pm – 4:00pm.

BETWEEN FRIENDS

Provides quality social and self-development opportunities for persons with disabilities to connect.

Between Friends has created a list of recreation activities people can access at home during this time.

Visit <https://betweenfriends.ab.ca/> and then select "At home resources for families"

WRESTLING

Provided by Kids Play Foundation

blurb

Every Tuesday from 4:30pm – 5:45pm.

For registration or more information: email xxxx@xxxxx.com or call Name at 403-999-9999

ANTYX

Antyx Community Arts is a non-profit organization that works in communities across Calgary to provide free, accessible, after-school programming for youths ages 12-24. The programs are designed with an arts-based focus to engage youth in their communities, schools, and neighborhoods. Antyx currently runs visual arts, rap and hip-hop, and film and photography programs.

For more information, please email Ashleigh Imbery at comms@antyx.org

PROGRAMS FOR SENIORS

SENIORS' CONNECT TIME

Provided by 1000 Voices

An opportunity for seniors to connect with other seniors in your community, meditate and do some light exercise.

Every Friday, 11:00am- 12:30pm

For registration or more information:

Contact Shirley at sdsouza@growwithtrellis.ca

LINC PROGRAM

Provided by Centre for Newcomers

See more information under Language Programs

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MOSAIC PRIMARY -ACTIVE ADULTS

Provided by 1000 Voices

Active adults has many benefits of participation , including but not limited, meeting new people, reducing stress, increasing energy levels, managing weight, and health checks with a nurse onsite.

Monday -Thursday 9am-4pm and Fridays 9am-12pm

For registration or more information: 403-569-7252

ORGANIZATIONS SUPPORTING SENIORS IN THE COMMUNITY

CARYA

Office Hours: Wednesday XAM -XPM

403-XXX-XXXX

CALGARY SENIORS RESOURCE SOCIETY

Office Hours: Wednesday XAM -XPM

403-XXX-XXXX

KERBY CENTRE -TRIVE

403-234-6571

Grocery pick up, delivery and medications pick up

ELBER ABUSE RESOURCE LINE

403-705-3250

Confidential information and support, or to report a suspected case of elder abuse

THE WAY IN

403-736-4677

Information, advice and help accessing programs and benefits for older adults

CALGARY SENIORS RESOURCE SOCIETY

403 266 6200

Assistance in social crisis situations. Provide ongoing support to ensure the seniors are supported appropriately long term.

FOOD RESOURCES

Calgary Food Bank 403 253 2055	Emergency food hampers. You must call first to book an appointment time for pick up.
Women in Need Society (WINS) 403 255 5102 ext. 226	Call to get a Calgary Food Bank referral.
Halal Food Bank 403 466 6367	Food support organized by the Muslim Family Network.
Sunrise Community Link Resource Centre 403 204 8280	Call to get a Calgary Food Bank referral.
Good Food Box 403 275 0258 https://www.ckpcalgary.ca/program-services/good-food-box	Low cost hampers of fresh fruits and vegetables. Order and pick up from the main warehouse location in Northeast Calgary. Exact cash is required during COVID-19
Meals on Wheels 403 243 2834	Meal program. Provides doorstep, non-contact delivery during COVID-19. Subsidy program for low income Calgarians
Brown Bagging for Kids 403 264 7979	Offering grocery gift cards to families previously receiving lunches. Call for more information
Society St. Vincent De Paul 403 250 0319	Emergency food hampers. Call for more information.
Dashmesh Culture Centre 403 590 0970	Provide hot vegetarian meal. Deliver meals to anyone who is in self isolation and cannot leave their house due to be quarantined. Call for more information.
Ahmadiyya Muslim Youth Association (AMYA) 1 855 435 7811	Support with shopping, grocery and urgent supplies
Hindu Society of Calgary 403-827-9131	Emergency food hampers available from 10:00am–6:00pm. Call for more information.

OTHER RESOURCES

Immigrant Services Calgary	403 -265-1120	Settlement services, employment services, interpretation & translation assistance, family and therapy support
Calgary Immigrant Women Association	403-263-4414	Settlement and Integration Services, Language Training, Employment Services.Family Services.
Calgary Catholic Immigration Society	403-262-2006	Settlement and Integration Services, Language Training, Employment Services.Family Services.
Bowwest Community Resource Centre	403- 874-6809	Connects individuals and families in need with support, referrals and educational programs

English Language Assessment	403-262-2656	CLARC@immigrantservicescalgary.ca
YMCA Linc -English Classes	403-537-2717	danijela.latinovic@calgary.ymca.ca
Settlement Services	403-265-1120	info@immigrantservicescalgary.ca
Employment Services	403-538-8348	MeenakshiL@immigrantservicescalgary.ca
Employment Services with Low English Skills	403-705-8891	Shaguftal@immigrantservicescalgary.ca

Salvation Army Email: salvationarmycalgary.org
Brown Bagged Lunches (website) text: 587.318.0232
Crisis & Suicide Helpline: 403.266.4357
Bullying Prevention Helpline: 1-888-456-2323

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LINC PROGRAM

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See more information under Language Programs

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ORGANIZATIONS SUPPORT SENIORS IN THE COMMUNITY

CARYA -Office Hours -Wednesdays

CALGARY SENIORS RESOURCE SOCIETY - Office Hours -Tuesdays

FOCUS ON SENIORS -