



## 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](mailto:info@genesiscentre.ca)

### AGENCY'S IN THE COMMUNITY WING

<b>Immigrant Services Calgary</b> Office Hours: Monday -Wednesday 8:30am-4:30pm Thursday 8:30am-7:00pm Friday 8:30am-1:30pm	Gateway Planners -Monday to Friday Employment Services -Tuesday and Thursday. Email: <a href="mailto:referrals@immigrantservicescalgary.ca">referrals@immigrantservicescalgary.ca</a> Phone: 403-265-1120
<b>YMCA Linc -English Classes</b> By appointment only	Email: <a href="mailto:daniijela.latinovic@calgary.ymca.ca">daniijela.latinovic@calgary.ymca.ca</a> 403-537-2717
<b>CALGARY IMMIGRANT WOMENS ASSOCIATE</b> Office Hours: Tuesday and Wednesday 9am-5pm	Phone : 403-263-4414
<b>AHS – Nutritionist</b> Office Hours: Thursday 9am-5pm	<b>For registration or more information: 1-844-527-1160</b>
<b>Mosaic Primary Care</b>	<b>For registration or more information: <a href="tel:403-569-7252">403-569-7252</a></b>
<b>Calgary Seniors' Resource Society</b>	Phone : 403-266-6200

### CALENDAR OF EVENTS

#### VISIT OUR EVENTS CALENDAR!

For up to date information or to submit an event: visit our <https://genesiscentre.ca/community-events-calendar/>



## 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 and enjoy many fun toys and a bouncy house.

Monday – Thursdays 10:00am–2:00pm.

**Registration in person.** Located on the lower level of the Genesis Centre.

### 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. In person every Tuesday 10am–12pm. As long as space remains in the program, you are welcome to join anytime!

**For registration or more information:**  
clarke@canlearnsociety.ca

### 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

### Families Matter

*Provided by TRELLIS*

In person, parent led kindergarten readiness program for parents with their children between 3–5 years.

**For more information or registration:** 4032055194

## PAID PROGRAMMING (FEE ASSISTANCE OPTIONS THROUGH KIDSPORT)

**YMCA**

The YMCA offers a multitude of paid programs for kids including swimming lessons, basketball, badminton and rock climbing. They also have their own fee assistance 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 well as drop in sports. **For more information call:** 403-590-2833 or visit [genesis-centre.ca](http://genesis-centre.ca)

## PROGRAMS

### PUNJABI COMMUNITY HEALTH SERVICES

*Provided by PCHS*  
**Counselling Services : Addictions, Domestic Violence, Mental Health , Parenting , Individual and Couples counselling** Contact: Sandeep [587-500-5674](tel:587-500-5674)

### FAMILY CONFLICT PREVENTION PROGRAM

*Provided by CIWA*

Offers professional, first language, culturally sensitive counselling and case management services to Immigrant or refugee women and their families, who may be experiencing transitional challenges, relationship problems, family violence or conflict, depression, stress, anger, anxiety and self-esteem etc. It offers individual, couple and family counselling available.

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](tel:403-263-4414) ext 142 or [belag@ciwa-online.com](mailto:belag@ciwa-online.com)  
[azitas@ciwa-online.com](mailto:azitas@ciwa-online.com)

### MENTAL HEALTH & ADDITIONS 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 build their resilience.

The program offers: professional, first language, culturally sensitive counselling for immigrant and refugee families, individuals or couples, risk assessment and advocacy, support groups and workshops. Referrals to community and clinical recourses. This program is open to men and women.

**For registration or more information:** contact: Vandana Sharma at [403-263-4414](tel:403-263-4414) ext 255

[VandanaS@ciwa-online.com](mailto:VandanaS@ciwa-online.com)

### CONNECT & RELAX

*Provided by Trellis & CIWA*

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

Thursday 10:30am—12:00 pm

**For registration or more information:**  
[nalhamidi@growwithtrellis.ca](mailto:nalhamidi@growwithtrellis.ca) or [403-990-1481](tel:403-990-1481)

### 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 emotional regulation 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](tel:403-263-4414) ext 147 or

### HEAR CANADA

This program provides Consultations, Hearing Screening Test, Hearing Device Clean and Checks.

The Third Thursday of the month from 1:00 to 4:00 pm.

**For registration or more information:** Contact Loveleen Kapoor [403-590-2833](tel:403-590-2833) ext 120

## LANGUAGE PROGRAM

### ASSESSMENT

*Provided by Immigrant Services Calgary*

Immigrant Services Calgary offers language testing and referrals through the Calgary Language Assessment and Referral Centre (CLARC). CLARC can assess your English language skills and refer you to English classes.

**For registration or more information:** contact or CLARC at 403-262-2656 or [CLARC@immigrantservicescalgary.ca](mailto:CLARC@immigrantservicescalgary.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 403-537-2717 or [daniijela.latinovic@calgary.ymca.ca](mailto:daniijela.latinovic@calgary.ymca.ca)

### PEBBLES IN THE SAND (ESL LITERACY PROGRAM FOR WOMEN)

*Provided by CIWA*

Pebbles in the Sand is a language learning program that also helps with reading and writing. The program is available for immigrant women who are Canadian citizens, permanent resident or refugees with less than 7 years of education in their home countries.

**For registration or more information:**

Contact Anna at 403-444-1750

[annae@ciwa-online.com](mailto:annae@ciwa-online.com) or [language@ciwa-online.com](mailto: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

### ARTS & CRAFTS

*Provided by Trellis -Every Thursday from 11-12:30pm.*

*Walkin Program--Room# D105*

### BEST BEGINNINGS

*Provided by AHS -Every Wednesday from 1-2:30pm*

Provides information and support to pregnant females, which includes:

- One-to-one session and group support
- Facilitated discussions on prenatal, postnatal, parenting and nutrition topics
- Referrals to community support agencies
- Food coupons, bus tickets, and referrals for food hampers
- Dental referrals and family planning counselling
- Childcare at group sessions with Preschool curriculum

**For registration or more information:** call 811





## PROGRAMS FOR YOUTH

### YOUTH PROGRAMMING

*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."

Check the BYC Instagram: @buildingyouthconnections for the current schedule

**For registration or more information:** email [youthprograms@growwithtrellis.ca](mailto:youthprograms@growwithtrellis.ca) or call at [403-60-8146](tel:403-60-8146)

### 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.

### YOUTH SPACE

*Provided by Saddletown Library*

A dedicated space for youth to use. Ages 13-17

Every Friday from 12pm – 7pm.

### 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 registration or more information:** email Ashleigh at [comms@antyx.org](mailto:comms@antyx.org)

### 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.

**For registration or more information:** Visit <https://betweenfriends.ab.ca/> and then select "At home resources for families"

### WRESTLING

*Provided by Kids Play Foundation*

Join Kidsplay Calgary for drop-in wrestling. This opportunity is open to junior and senior high school students.

Every Tuesday from 4:30pm – 5:45pm.

**For registration or more information:** email [contact@kidsplayfoundation.com](mailto:contact@kidsplayfoundation.com) or call Paul Basra at 403-966-5014

## PROGRAMS FOR SENIORS

### SENIORS' CONNECT TIME

*Provided by 1000 Voices –Virtual*

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

Every Tuesdays, 11:00am– 12:00pm

**For registration or more information:**

Contact [nalhamidi@growwithtrellis.ca](mailto:nalhamidi@growwithtrellis.ca)

### 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 10am–2pm and Fridays 9am–12pm

### FOCUS ON SENIORS

*Provided by Focus on Seniors*

F.O.C.U.S. on Seniors is a not-for-profit, volunteer-driven initiative, designed to support older adults, (**55+ years old**) in Northeast Calgary.

**For registration or more information:**

<https://focusonseniors.ca/>

## ORGANIZATIONS SUPPORTING SENIORS IN THE COMMUNITY

<b>KERBY CENTRE –TRIVE</b> 403-234-6571	Grocery pick up, delivery and medications pick up
<b>ELBER ABUSE RESOURCE LINE</b> 403-705-3250	Confidential information and support, or to report a suspected case of elder abuse
<b>THE WAY IN</b> 403-736-4677	Information, advice and help accessing programs and benefits for older adults
<b>CALGARY SENIORS RESOURCE SOCIETY</b> Genesis Centre –Office Hours: Thursdays 9AM –4PM 403-266-6200	Calgary Seniors Resource Society is a non profit agency . Their Registered Social Workers Support older Adults by connecting them with resources including pensions ,benefits, subsidized ,housing ,transportation ,mental health and other programs and services available in the community
<b>IMMIGRANT SERVICES CALGARY</b> <a href="mailto:cisp@immigrantservicescalgary.ca">cisp@immigrantservicescalgary.ca</a> or 403-265-1120.	The Community Initiatives for Immigrant Seniors (CISP) program offers free life-skills classes, computer classes, fitness programs, conversation and reading clubs, and other social activities for adults 55 and over. CISP also offers first language supportive counselling, referring seniors to necessary community resources and services as needed.

## FOOD RESOURCES

<b>Calgary Food Bank</b> 403-253-2055	Emergency food hampers. You must call first to book an appointment for pick up.
<b>Women in Need Society (WINS)</b> 403-255-5102 ext. 226	Call to get a Calgary Food Bank referral.
<b>Halal Food Bank</b> 403-466-6367	Food support organized by the Muslim Family Network.
<b>Sunrise Community Link Resource Centre</b> 403-204-8280	Call to get a Calgary Food Bank referral.
<b>Good Food Box</b> 403-275-0258 <a href="https://www.ckpcalgary.ca/program-services/good-food-box">https://www.ckpcalgary.ca/program-services/good-food-box</a>	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
<b>Meals on Wheels</b> 403-243-2834	Meal program. Provides doorstep, non-contact delivery during COVID-19. Subsidy program for low income Calgarians
<b>Brown Bagging for Kids</b> 403-264-7979 <b>Or Text</b> 587-318-0232	Offering grocery gift cards to families previously receiving lunches. Call for more information
<b>Society St. Vincent De Paul</b> 403-250-0319	Emergency food hampers. Call for more information.
<b>Dashmesh Culture Centre</b> 403-590-0970	Provide hot vegetarian meal. Deliver meals to anyone who is in self isolation and cannot leave their house due to being in quarantine. Call for more information.
<b>Ahmadiyya Muslim Youth Association (AMYA)</b> 1-855-435-7811	Support with shopping, grocery and urgent supplies
<b>Hindu Society of Calgary</b> 403-827-9131	Emergency food hampers available from 10:00am–6:00pm. Call for more information.
<b>Feed Our Children YYC</b> 587-435-6619 <a href="http://Feedourchildrenyyc.com">Feedourchildrenyyc.com</a>	Provides meals for families in need, pick up at Genesis Centre.

## OTHER RESOURCES

<b>Immigrant Services Calgary</b>	403-265-1120	Settlement services, English testing and referrals, education counselling, interpretation and translation services, employment services, and programs for women, children, youth, and seniors.
<b>Calgary Immigrant Women Association</b>	403-263-4414	Settlement and Integration Services, Language Training, Employment Services. Family Services.
<b>Calgary Catholic Immigration Society</b>	403-262-2006	Settlement and Integration Services, Language Training, Employment Services. Family Services.
<b>Korean Social Services Centre</b>	587-374-5313	Connects individuals and families in need with support, Settlement & Integration, Interpretation & Translation
<b>Calgary Bridge Foundation</b>	403-230-7745	Youth help, school settlement, new immigrant support.
<b>Calgary Legal Guidance</b>	403-234-9266	Free legal services
<b>Rise Calgary –Tax Support</b>	403-204-8280	Free tax services
<b>Child safe Canada</b>	403-202-5900	Home alone & baby sitting course for older kids.
<b>Crisis &amp; Suicide Helpline</b>	403-266-4357	
<b>Centre for Newcomers</b>	403-569-3325	Settlement and Integration Services, Language Training, Employment Services. Family Services
<b>The Immigrant Education Society</b>	403-291-0002	Email: <a href="mailto:wcreception@immigrant-education.ca">wcreception@immigrant-education.ca</a> Provide innovative language education, customized employment training and placement, and integration services to newcomers and Canadians based on best practices.
<b>Fisher Law –Community outreach</b>		<a href="https://www.fisher-law.ca/community-outreach">https://www.fisher-law.ca/community-outreach</a>
<b>English Language Assessment</b>	403-262-2656	<a href="mailto:CLARC@immigrantservicescalgary.ca">CLARC@immigrantservicescalgary.ca</a>
<b>YMCA Linc –English Classes</b>	403-537-2717	<a href="mailto:danijela.latinovic@calgary.ymca.ca">danijela.latinovic@calgary.ymca.ca</a>
<b>Settlement Services</b>	403-265-1120	<a href="mailto:info@immigrantservicescalgary.ca">info@immigrantservicescalgary.ca</a>
<b>Employment Services</b>	403-538-8348	<a href="mailto:employment@immigrantservicescalgary.ca">employment@immigrantservicescalgary.ca</a>
<b>Bullying Prevention Helpline</b>	1-888-456-2323	