



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

AGENCY'S IN THE COMMUNITY WING

Immigrant Services Calgary	Website: www.immigrantservicescalgary.ca Phone: 403-262-2656 1200-910 7Ave SW Calgary.ca
YMCA Linc -English Classes By appointment only	Email: daniijela.latinovic@calgary.ymca.ca 403-537-2717
Canadian IMMIGRANT WOMENS ASSOCIATE Office Hours: Tuesday and Wednesday 9am-5pm	Phone : 403-263-4414
Restored Psychology Office Hours: First Friday : 9am-5pm	For registration or more information: Nadine@hoperestoredpsychology.ca
Calgary Seniors' Resource Society	Phone : 403-266-6200
Workers' Resource Centre Office Hours: Monday–Friday 9:00am–5:00pm	Website: helpwrc.org Phone: 587-3282793

CALENDAR OF EVENTS

VISIT OUR EVENTS CALENDAR!

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



PROGRAMS FOR CHILDREN AND FAMILIES

ACTIVE TODDLERS

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 9:00am-12:00pm.

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 TRELIS

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

For more information or registration: 4032055194

AHS - Nutritionist

Office Hours:

Second Monday : 8am-4pm

For registration or more information: 1-844-527-1160

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 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 well as drop in

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 Rohina [Zaffari 403-263-4414 ext 157](tel:403-263-4414) or RohinaZ@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: [403-263-4414 ext 255](tel:403-263-4414)

WOMEN'S CIRCLE

Provided by Trellis & CIWA

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

[Wednesday 1pm–4:00pm](#)

For registration or more information:
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 ext 147](tel:403-263-4414) or

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.

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 danijela.latinovic@calgary.ymca.ca

ENGLISH CONVERSATION CLASS

Provided by TRELIS & CCIS

Join our conversation class to improve English!

Every Friday: 10:00am—12:00pm

We meet once a week. This is a great way to practice your English, meet new friends & learn about your community & Canadian Culture

For registration or more information: contact Noor 403-970-5187 or email: nalhamidi@growwithtrellis.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.

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 10:30am-12:00pm .

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 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.

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 or call Paul Basra at 403-966-5014

PROGRAMS FOR SENIORS

YOGA & MEDITATION

Relax . Breathe . Rejuvenate
 Every Monday & Friday 1:00pm–3:00pm
 For more information please email:
 Pooja.Maheshwari@calgary.ca

ACTIVE PROGRAMMING

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–3pm and Fridays 9am–11am

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

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 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 com-
IMMIGRANT SERVICES CALGARY contact@gatewayconnects.ca 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

Calgary Food Bank 403-253-2055	Emergency food hampers. You must call first to book an appointment 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 Calgaryans
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 being in quarantine. 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.
Feed Our Children YYC 587-435-6619 Feedourchildrenyyc.com	Provides meals for families in need, pick up at Genesis Centre.

OTHER RESOURCES

Immigrant Services Calgary	403-265-1120	Designated NAARS (Needs and Assets Assessment and Referral Service) provider, English testing and referrals, Education counseling, Interpretation and Translation services, Programs for Seniors, children, pre- and post natal.
Canadian 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.
Korean Social Services Centre	587-374-5313	Connects individuals and families in need with support, Settlement & Integration, Interpretation & Translation
Calgary Bridge Foundation	403-230-7745	Youth help, school settlement, new immigrant support.
Calgary Legal Guidance	403-234-9266	Free legal services
Rise Calgary –Tax Support	403-204-8280	Free tax services
Child safe Canada	403-202-5900	Home alone & baby sitting course for older kids.
Crisis & Suicide Helpline	403-266-4357	
Centre for Newcomers	403-569-3325	Settlement and Integration Services, Language Training, Employment Services. Family Services
The Immigrant Education Society	403-291-0002	Email: wcreception@immigrant-education.ca Provide innovative language education, customized employment training and placement, and integration services to newcomers and Canadians based on best practices.
Fisher Law –Community outreach		https://www.fisher-law.ca/community-outreach

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	employment@immigrantservicescalgary.ca
Bullying Prevention Helpline	1-888-456-2323	
Narcotics Anonymous	1-877-463-3537	www.chinookna.org
Workers’ Resource Centre	1-844-435-7972	www.helpwrc.org